

"GOING TO THE MARKET GARDEN TAKES MY MIND OFF MY EPILEPSY... IT MAKES ME FEEL MOTIVATED BECAUSE I AM DOING THINGS. IT ALSO MAKES ME FITTER, MAKES ME FEEL INCLUDED AND I AM PART OF THE GROUP." Hannah



CONTACT

Community Gardening & weekend volunteers: Olwen Barlow, Sustainable Wantage info.suswantage@gmail.com Supported Gardening & weekday volunteers: Sarah Griffiths, Style Acre sgriffiths@styleacre.org.uk

📔 Wantage Market Garden

FIND THE GARDEN



Wantage Market Garden Wantage Community Support Service Charlton Village Road Wantage OX12 7HG





A beautiful and productive garden situated in the grounds of the Wantage Community Support Service (WCSS)

Run in partnership







GARDENING FOR ALL

The garden is maintained by a team of gardeners from all walks of life and abilities. Inclusivity and empowerment is key to the garden's success.

DURING THE WEEK

People with learning disabilities and autism from Style Acre and WCSS attend so they can enjoy the therapeutic benefits of gardening.

AT THE WEEKEND

Sustainable Wantage manage a team of dedicated volunteers from the local community. They garden, do DIY, socialise and de-stress.



*THE GARDEN IS A WELCOMING PLACE WHERE YOU CAN BE USEFUL AND SOCIABLE IN THE MIDDLE OF NATURE. IT'S REWARDING TO KNOW YOU ARE PART OF A TEAM EFFORT, A HEALTHY WAY TO GET EXERCISE AND A GREAT WAY TO DE. STRESS IN THE COMPANY OF OUR GARDENING "FAMILY", FINISHING THE AFTERNOON WITH TEA AND A CHAT."

BENEFITS

- learn and develop gardening skills
- enjoy the therapeutic benefits of gardening
- understand the benefits of growing your own produce and healthy eating
- take part in activities that benefit mental and physical health
- relax and have an increased sense of wellbeing from nurturing nature
- opportunity to take part in fun events to promote the garden and its benefits to others
- take part in a wide range of activities to suit your own interests and skills - including woodwork and DIY, wildlife projects, arts and crafts
- enjoy being part of a friendly and inclusive team
- take home lots of freshly picked produce

GET INVOLVED

VOLUNTEER Ve welcome new aardeners

ATTEND AN EVENT Plant sales, wildlife workshops, open days

> DONATE Help keep the garden running

CORPORATE VOLUNTEERS

Local businesses and corporate companies can volunteer at the garden. Manpower helps with maintenance, painting, pruning and planting!







Debby