

Growing together:

How gardening is supporting people with dementia



Since 2022, GreenSpace and Esther Hepple from the Dementia Hub have supported two weekly gardening groups:

- One for people in the early stages of dementia
- One for people with young-onset dementia

For many, finding support groups tailored to their needs can be challenging. These gardening groups provide a welcoming space for peer support, friendship, and community—all while enjoying the outdoors and watching the garden change with the seasons.

Anne's* Journey



Anne was diagnosed with young onset dementia at the age of 55. Without a garden of her own, she struggled to find peaceful places in the city. The gardening group became her “oasis”, offering sensory joy and emotional relief.

The impact on Anne:

- ✓ Improved mental wellbeing
- ✓ Sense of community and belonging
- ✓ Routine and purpose

*Pseudonym used to protect anonymity

When we're all together, we forget about our diagnosis.

We'd be lost without these sessions... we're different people

Support the project and donate to their [JustGiving page](#).

Fundraising in action

Fundraising is always a challenge for small groups like these, but Esther and her colleagues recently rose to the occasion—**raising over £1,000 through crowdfunding** by taking part in the Nottingham 10K. Their dedication not only highlights their commitment to the project but also reflects the immense value these gardening groups bring to the community, providing vital support and connection for people living with dementia.

[Learn more](#) about Dementia Hub and how every little donation has a big impact.

