



Growing

It is important to take care when handling compost and plant materials. Hands should be washed thoroughly with soap and water after handling compost as it contains bacteria. Parts of plants such as seeds in the activities must not be eaten. Gloves should be worn to protect broken skin from bacteria from soil.

Houseplants

Caring for Houseplants has been shown to improve mood, reduce stress, increase productivity, increase reaction times, improve attention span and increase tolerance to pain.

<https://www.rhs.org.uk/plants/types/houseplants/for-human-health>

We need to care for our plants, watering them, feeding them, and providing the right conditions for them to flourish. Plants have the ability to grow from a seed, reproduce and sometimes sadly, they die. They are not really so different from people, so care for yourself by caring for a plant.

Inch Plant (*Tradescantia zebrina*)



The silver inch plant, is a plant with unusual, variegated leaves that are green, purple and silver. It has a trailing habit so looks great in a hanging planter or on a shelf.

LIGHT: It can cope with some direct sunshine but generally does better in indirect but bright light
CARE: Water freely from spring to summer but allow the top few centimetres of compost to dry out before watering again.
TIPS: remove any plain, green leaves, which grow more strongly than the variegated ones

Post your progress on our facebook page, we would love to see your plants grow.



<https://www.facebook.com/getupandgrowNW/>

Get Up and Grow promotes and supports the health and wellbeing of the local community through social and horticultural therapy, regardless of age and ability

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