



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.

Spider Plant (Chlorophytum Comosum)



spider plant or common spider plant due to its spider-like look, also known as spider ivy, ribbon plant, and hen and chickens is a species of evergreen perennial flowering plant of the family Asparagaceae.

LIGHT: Place the plant in bright to moderate light in a room that's a comfortable temperature for everyone.
CARE: Keep the soil slightly moist. Once-a-week watering is sufficient in spring and summer; in winter, allow the soil to dry a bit more between waterings.
TIPS: Once your spider plant's leaf tips turn brown, there is nothing you can do once the damage is already done. Simply trim the brown leaf tips off with a pair of sharp scissors.

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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