



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.

Succulents



Low maintenance and drought tolerant, cacti and succulents make attractive and easy-to-grow houseplants. A few can also be grown outdoors in sunny, well-drained conditions. Readily available in great diversity, these inexpensive plants are fascinating and highly collectable.

LIGHT: Grow in a warm location with plenty of light
CARE: Water moderately when in growth from spring to early autumn; very sparingly when dormant. Apply a balanced liquid fertiliser two or three times in the growing season.
TIPS: Low maintenance, no pruning required

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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