



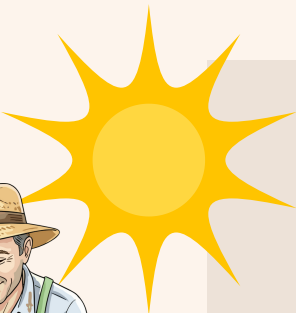
10 health benefits of green social prescribing:



Volunteering in community gardens

Effective form of stress relief

It boosts the production of serotonin and dopamine - two chemicals that have a big impact on mood.



Boosts your immunity system

Sun exposure boosts vitamin D levels, supporting immune function. The immune system can also be strengthened through inhaling beneficial soil bacteria like *Mycobacterium vaccae* while gardening.

Improves your physical strength

The best bit about exercising in the garden is that it doesn't feel like exercise;



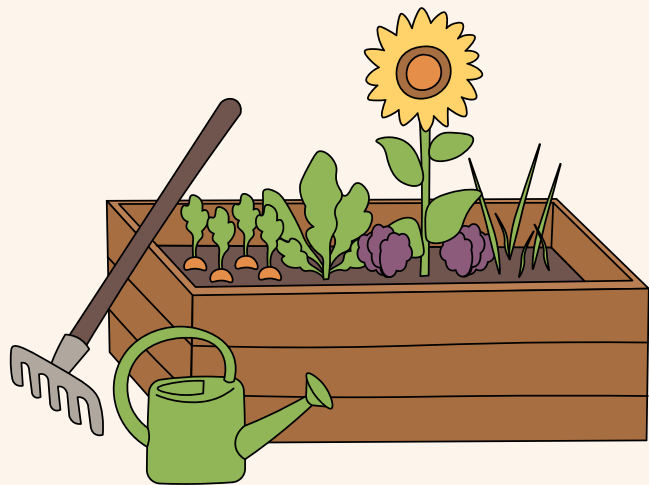
Can reduce your chances of a heart attack or stroke

A moderate session in the garden offers the same benefits as a light cardiovascular workout.

Effective in treating...

depression, anxiety and other mental health illnesses





Improves recovery from operations

In a pioneering randomised study, views of plants & trees from post-operative wards improved the mood of patients, & reduced analgesic use, surgical complications and length of stay.

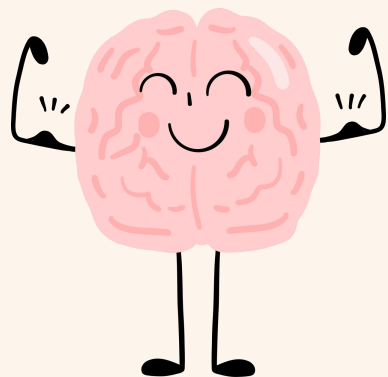
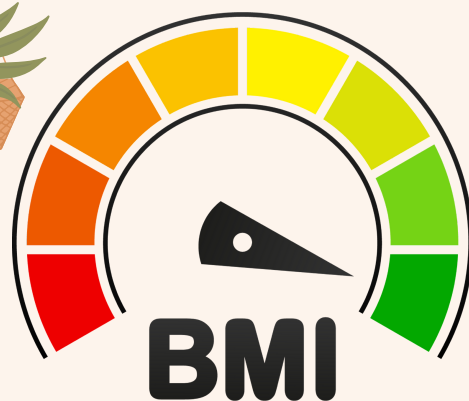


Encourages you to eat your 5 a day

A study among children has shown that they were 5 times more likely to eat fruit & vegetables if they had grown it themselves.

Helps you lose weight

Research shows that people who regularly participate in gardening have a lower body mass index and lower odds of being overweight, than non-gardeners.



Stimulates the brain

Growing evidence backs up the idea that gardening trains the brain. One thorough study showed that daily gardening can reduce risk of dementia by as much as 36%.

Can improve your social wellbeing

Creates new social networks and renews them.



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