

A Place for Experience to Grow

There is a wealth of knowledge held by the elders in our community—lessons learned through years of gardening, fixing, making, and doing. At JLYSG, we don't just welcome that experience; we rely on it.

Our **Elder Community sessions** are all about making sure that wisdom doesn't just stay in the past, but helps shape the future of our **Sustainable Sunderland** project. Whether it's knowing the best way to prep soil or sharing a story about how the local area used to be, your perspective brings something unique to JLYSG.

What We Do Together

Our activities are a mix of staying active, getting creative, and just enjoying the fresh air. With a focus on building connections and nurturing greenspaces.

- **Hands-on Skills:** We share practical tips on growing food, composting, and the "make do and mend" skills of repair and reuse.
- **Art & Nature:** We host craft classes using natural materials and cook together using whatever we've harvested from the beds.
- **Health & Movement:** From walking groups to gentle strength and balance sessions, we keep things moving in a way that feels good.
- **Talks & Games:** Sometimes we just gather for local history talks, storytelling, or a few rounds of traditional games.

Why It Matters

When different generations get together in the garden, the whole community becomes stronger. By being involved, you're helping us:

- **Bridge the Gap:** Building friendships between younger members and mentors.
- **Keep Sunderland Green:** Protecting our local wildlife and promoting seasonal, mindful living.
- **Stay Connected:** Breaking the cycle of isolation by creating a space where everyone is seen and heard.

"You bring the stories and the skills; we provide the space and the community. It's a partnership that keeps our garden—and our communities—thriving."

Making a Difference

We're committed to making sure the Garden is a place where you feel at home. Whether you're here to teach a younger neighbour how to prune a shrub, or simply to enjoy a cup of tea and a walk, your presence is what makes this project work.

To find out more about how you can get involved, contact Phil Holland
Phil@justletyoursoulgrow.co.uk