

# GET SET, GARDEN, GROW!

## Top tips for gardening this Spring

National Garden Scheme garden owner Carol was due to open her garden just eight weeks after undergoing breast cancer surgery. Only able to manage low level activity, Carol got her garden in shape with just 20 minutes of gardening a day.



### Carol's top tips

- Plan how long you'll be in the garden and decide which job can be achieved in that time – before you go out.
- Save time and energy by using one tool per session and limit your work to just that, e.g. raking.
- Balance heavier work with lighter things, like cutting the grass and then sowing some seeds.

**'Pace yourself, stop,  
observe, listen and enjoy!'**

**Carol, National Garden Scheme  
garden owner diagnosed with  
breast cancer**



### Carol's energy tips

- Tidy a small area of your garden at a time, which is much more satisfying than doing a little in each area. Start on the section you can see from the house.
- Plan new additions and buy seeds to refresh the gaps in your garden.
- Tidy the debris like leaves and broken stems to make space for new shoots to be seen. It lifts your spirits and encourages you to do more! A neat backdrop frames the scene for nature to do its thing.

**Activity level:**

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