



safe place, belonging. really breathe, connection with inner child

a non verbal communication and understanding

its also good for mental and physical wellbeing

natural patterns

connection to the soil, garden and perhaps themselves

relief, bonding, peer support

heal themselves and share knowledge

able to breathe

all body is engaged - hearing, seeing sound, touch and taste (fruits)

Community and friendship

Calm

Self-sufficient

Makes me so grateful to have an allotment - the best thing I've ever done for my mental health

Silence

Summer

learning and sharing to grow together

second home

Connected to nature and the earth

Nature and wildlife

Birdsong and traffic noise in the background.  
It's not silent.

Equality

engaged, calm, peaceful, productive, hopeful

Happiness

Safe space and healing

takes away the heaviness

embrace

Tranquillity and calm, from not only the noises of nature but the women talking. you can hear the peace in their voices

I just feel so happy after listening to this.  
Makes me feel like I need a retreat.

Mental health care

Connections and community

Diversity



calm and relaxed

Love

Sustainability

home

feels like a hug

Moving away from traditional power

sounds of nature, enveloped in peace

Being together - what is felt

melts all the worries away

Peace

hope, belonging

Connection to the child and energy in you

