

Cover of “comments book” and invitation to contribute



Please feel free to write stories, messages or draw pictures on any of these pages. You can add your name, so I know who you are, or don't, if you don't wish to.

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No matter what happens in life, the garden cheers me up, feel better love all the different people/children that attend, Get a buzz out of all feeling better for coming here.

ADAM BEAN GOING TO RAINBOW GARDENS 2 1/2 YEARS ALLWAY BEEN VERY GOOD DON SUM PRINTING AND PLANTING WITH MY CLIENT FUNNEL HOW IS A VERY

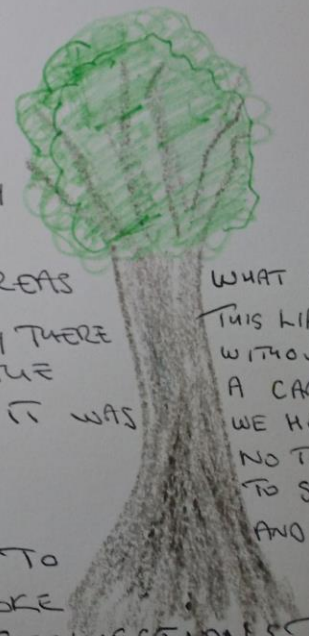
"I've been going to the Rainbow Gardens 2 and a half years. Always been very good. Done some painting and planting with my client, who is very funny"

SITTING HERE (TEABREAK) CONTEMPLATING MY MORTALITY (MY COLLEAGUE BEEN TAKEN ILL) I REALISE WHAT SELFISH BEINGS WE ARE AND HOW WE END UP THINKING ABOUT OURSELVES AND OUR NEAREST AND DEAREST WHEN SOMEONE ELSE IS ILL.

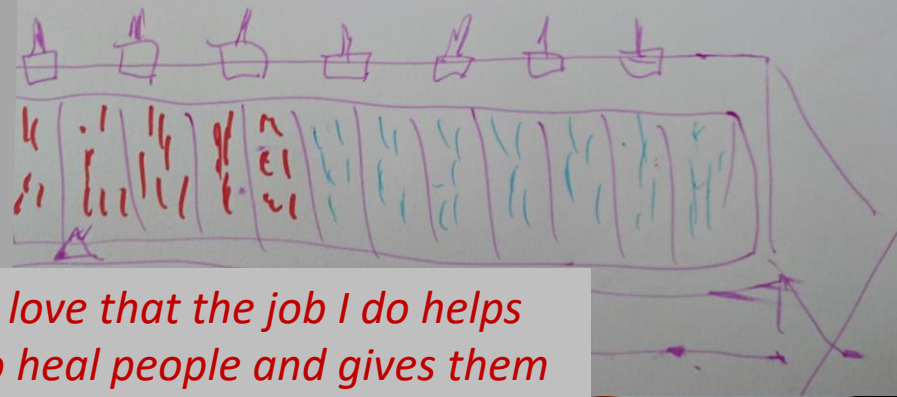
I'M ALSO THINKING HOW BEING AT THE GARDEN HELPED TO HEAL MY MIND WHEN (THE BLACK DOG) WAS HANGING OVER ME LIKE A FILTHY DIRTY BLACK CLOUD AND IT FELT LIKE IT WAS NEVER GOING TO LEAVE.

I CAME HERE 11,12 YEARS AGO, IT WAS VERY DIFFERENT THEN, MORE OVERGROWN AND NOT MANY PEOPLE CAME. OVER THE YEARS EVERYTHING HAS CHANGED, THE GARDEN HAS OPEN UP (DIFFERENT AREAS HAVE BEEN DEVELOPED) AND THERE IS AN ANALOGY THERE TO HOW MY MIND HAS OPENED UP AND ACCEPTED THE LIGHT IN AND GROWN IN WAYS I DIDN'T KNOW IT WAS CAPABLE OF.

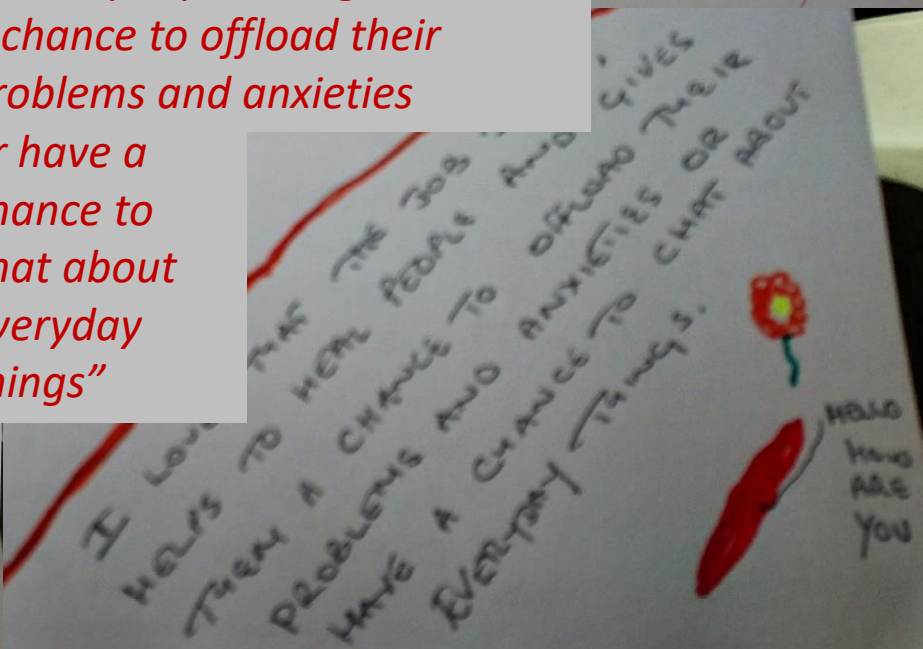
OVER THE YEARS LOTS MORE PEOPLE HAVE COME TO VOLUNTEER, CLIENTS WITH THEIR PROBLEMS. I LOVE TO SEE HOW PEOPLE CHANGE AND OPEN UP, LAUGH + JOKE AND HOW SATISFYING IT IS WHEN PEOPLE MAKE CONNECTIONS THAT THEY MIGHT NEVER MAKE IN OTHER SITUATIONS.



WHAT IS THIS LIFE WITHOUT A CARE WE HAVE NO TIME TO STAND AND STARE.



"I love that the job I do helps to heal people and gives them a chance to offload their problems and anxieties or have a chance to chat about everyday things"



I LOVE THAT THE JOB HELPS TO HEAL PEOPLE AND GIVES THEM A CHANCE TO OFFLOAD THEIR PROBLEMS AND ANXIETIES OR HAVE A CHANCE TO CHAT ABOUT EVERYDAY THINGS.

HOW ARE YOU

The Garden
a place to be creative
have fun, make friends & breathe
a chance for the children to run
in a natural, safe environment
I can have a cup of tea
in the shed.
We love it here!

"The Garden, a place to be creative, have fun, make friends and breathe. A chance for the children to run free, in a natural, safe environment.

And I can have a cup of tea in the shed. We love it here!"

I HAVE ENJOYED MY AFTERNOON IN A NICE ATMOSPHERE

"I have enjoyed my afternoon. A nice atmosphere."

An amazing space and beautiful haven, I have been bringing the kids for 12+ years and always find it a calming and peaceful environment, very welcoming and brilliant staff!

I've been coming to the garden now for 16 years both in a working capacity and a voluntary role. The garden helped me to bring some of the Travellers children who were close to being excluded. This was a great place for them to come and be themselves. I also enjoy coming to see the gang and get on their nerves with all my talking.

For myself the gardening is very therapeutic for me after suffering a brain injury after a car crash 5 years ago I am able to loose myself and enjoy what I am doing without having to concentrate on lots of different things. I am able to concentrate on 1 or 2 things. It has helped me build my confidence a lot.