



Therapeutic Garden opens in Lewisham

On Sunday 17 September over 230 visitors joined the opening ceremony of a Therapeutic Garden in Lewisham, in St Mary's churchyard.

Marion Watson (Reader) writes:

Flo Headlam, BBC 2's *Gardeners' World* presenter was there to cut the ribbon (photo right) and local MP Vicky Foxcroft congratulated all involved in creating "such a beautiful space".

The inspiration for the garden came about because members of St Mary's congregation were keen to get more involved with the Ladywell mental health facility, next door to the church.

So three years ago the curate, the Revd David Evans, approached the Ladywell Unit and asked how St Mary's could help. The unit staff stressed

the therapeutic benefits of gardening in aiding recovery from poor mental health. We offered a quiet part of the churchyard, close to the river, that we felt would be ideal. We raised enough money to employ two professional gardeners; buy tools and plants; create raised vegetable beds and an orchard; and replace the overgrown paths, making them wheelchair-friendly.

Eventually parishioners and volunteers from the Ladywell Unit and the local community came together over five Saturdays to create the garden. A wonderful spirit of friendship has developed between all the volunteers and regular therapeutic gardening sessions continue to take place every Tuesday afternoon.

It's a beautiful garden coming under the protection of the church, full of sensory planting which has also encouraged a diversity of wildlife, and is now a place of peace and calm for the whole community to enjoy.



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'From a galaxy far, far away...'



On 9 September St George, Crowhurst fete was 'invaded' by the Star Wars Outlanders Group!

They arrived to the sound of the Star Wars theme, which the Silver Band had specially learned for the occasion.

After the initial 'extra terrestrial' greetings were exchanged, Darth Vader, Storm Troopers, Emperor's Royal Guard, a Jedi Knight, Rey, Kyo Ren, and Sev from Republic Commando mingled with the villagers and visitors.

They posed for photographs (including with Team Vicar, Anna Eltringham) and shared high fives all around.



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