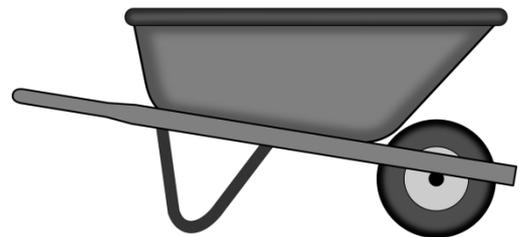


### Gardening Advice and Information

1. Whatever activity you are doing in the garden, the normal principles of **planning** and **pacing** are important. Vary the jobs you do to change position frequently.
2. Try to avoid over-stretching by making sure that you are working at a comfortable height. Raised beds, where the soil is at waist height, and containers at different heights are options to consider.



3. Make your beds narrow, so that you can reach without straining.
  4. Think about the job you're going to do and plan what will make it easier for you. You may need hand tools for use at high raised beds or tools with longer handles for working at lower beds.
5. If you can, take a chair with you into the garden and vary your gardening position between sitting and standing. Choose a seat to work from that is comfortable to use, and stable. Some garden kneelers can be used as a seat when turned upside down, but make sure you place it on even ground.
  6. When sitting at a table, place the items you need in easy reach and avoid over stretching. Make sure that the table is at the right height for you to work comfortably sitting down - a table with a shaped recess can be more comfortable to work from.
  7. Get all the tools you'll need together to save trips back and forth to the shed or garage.
  8. Picking small things up from ground level can be easier using a litter picker. A grabber rake is useful for lifting larger amounts of debris. A long handled dustpan and brush is another option.
  9. To avoid over-reaching, choose tools with longer handles. Multi-change tools give you a choice of handle lengths for working at different heights and you simply change the tool head for different jobs.
  10. Find the best way for you to carry your tools. You could use a garden cart, wheelbarrow, tool carrier, bucket, or a tray, or a basket attachment if you use a wheelchair.
  11. You may find a twin-wheeled barrow with bar style handle easier to manage than a conventional barrow.



(This information has been adapted from [www.carryongardening.org.uk](http://www.carryongardening.org.uk))

## **Further information**

### **Gardening for the Disabled**

The Gardening for the Disabled Trust provides grants to people in the UK to enable them to continue gardening despite age, illness or disability. It helps with adaptations, the cost of tools and raised beds as well as advice and information on different aids and techniques.

Website: [www.gardeningfordisabledtrust.org.uk](http://www.gardeningfordisabledtrust.org.uk)

### **Thrive**

A small charity promoting gardening for the disabled, and researching ways for the disabled to enjoy gardening.

It offers help to disabled people who want to garden at home or in a community setting with factsheets, written and audio publications. There are also opportunities to learn through roadshows and short courses.

It also has a website, [www.carryongardening.org.uk](http://www.carryongardening.org.uk), providing practical advice on garden design, specialist tools and tips for gardening with a disability.

Website: [www.thrive.org.uk](http://www.thrive.org.uk)

### **Norfolk Trusted Trader**

A directory operated by Norfolk County Council of service providers in various trade sectors, including home maintenance and improvement, gardening services and personal care services.

Website: <https://www.norfolk.gov.uk/business/trading-standards/trusted-trader>

E-mail: [trustedtrader@norfolk.gov.uk](mailto:trustedtrader@norfolk.gov.uk)

Telephone: 0344 800 8020 (Customer Services) to request a printed copy of the directory.