

COMMUNITY GARDENS

Peebles and Innerleithen

It is well researched and documented that gardening is very good for your physical and mental health and can aid recovery from illness. In a community garden you get the added bonus of belonging to a like minded group of people, giving something back to the community, and the opportunity to make friends, learn from, teach, support and be supported by other people. It's also fun, very rewarding and there is a great feel-good factor after working in the garden.

We are very lucky in this area to have several different community gardens all with a slightly different focus. It's a great way to provide good food locally, free and with no air miles. Something to suit everyone.



Peebles

Tweedgreen Secret Garden

The Secret Garden, in the heart of Peebles, offers a peaceful haven just off the High Street and welcomes everyone to come, sit, enjoy and join in. It's part of Tweedgreen and it's in Dean's Wynd, beside the British Heart Foundation, and always open during shop hours. Gardeners can regularly be found there on Tuesdays from 11.00 to 2.00 and, at the same time on the first Saturday of the month, we have Secret Garden Saturday with music, cake, friends and families. All welcome. Come and meet us, garden and enjoy.

**Contact - Lesley 07792 932406
or Jan 07739 031868**

The Glebe Project

The Glebe project is a therapeutic growing project for people in the Tweeddale area with a mental health or cancer diagnosis who are in the recovery phase of their illness and have low to moderate support needs. The Glebe is situated behind The Manse, Innerleithen Road, Peebles, EH458BD and people are welcome to come on a Wednesday between 10.00 and 4.00 for a coffee/tea and a chat, or to work in the garden. Volunteers are welcome.

**Contact - shirleykspence@gmail.com,
07932 436077 or alex@youcancook.org.uk,
07722 808830**

The Courthouse

This garden aims to grow as much vegetable produce as possible to be distributed locally. It's situated behind the old courthouse and beside Peebles Parish Church at the end of Peebles High Street. Meeting times can vary so contact Adam for details.

**Contact - Adam 07980129201 or
info@foodcommunities**

Peebles CAN

The Peebles CAN community garden is located behind Victoria Park day centre on Kingsmeadows Road. Our volunteer sessions (Tuesdays and Fridays from 10.00 -12.00) welcome gardeners of all ages and abilities, from those who would like to share their knowledge, to supporting people who are learning to grow fruit and vegetables. The garden promotes sustainable living, inclusive communities and living a healthy lifestyle.

**Contact - nichole@peeblescan.org,
07380 162964**

Railway Path Group - Innerleithen Community Trust

The group has taken on the responsibility for the railway path from Haughhead Bridge to new Woodbend Bridge. Their aim is to encourage diversity and wildlife habitat. Their volunteer group is out every Tuesday from 10.00 - 12.00 weather permitting. Anyone interested can go on the mailing list.

**Contact - Ross Mc Ginn
community@innerleithen.org.uk**

Peebles Path Group (PPG)

This group manages the Peebles end of the old railway path between Cadronna and Peebles. They meet on 1st Thursday and 2nd Sunday of the month. Tools provided and guidance where needed.

Contact - ppg2019@googlegroups.com

Bonnie Peebles

The Bonnie Peebles group looks after several public areas around the town providing lots of colourful flower beds for visitors and locals to enjoy. They would be happy to have more volunteers.

**Contact - Margaret Wightman,
stuartwightman@gmail.com**

Innerleithen

St Ronan's Wells Garden

St Ronan's Wells is a lovely ornamental community garden. It is a hill garden but there is lots for all abilities to do and the herb bed is on the ground level. Volunteers meet from 11.00 - 3.00 on Thursdays and usually the 2nd Saturday each month. People can do as little or as much as they wish to. It's very relaxed and flexible. As the garden is at the top of a steep slope transport can usually be arranged.

Contact - Jan Cameron 07739031868

The Edible Garden

The Edible Garden is a community garden behind St Ronan's Primary School in Innerleithen, run by volunteers and a steering group. Their aim is to inspire, motivate and build confidence in adults and children of all ages and abilities to learn how to grow their own food in order to promote a healthy lifestyle. They provide workshops about gardening, growing and reducing your carbon footprint. Volunteers meet on Friday mornings 10.00 - 11.00 to tend the garden and pick produce.

Contact - via Facebook - The Edible Garden

