

Green<sup>side</sup> Up



## Workplace Gardens

**Helping to create sustainable communities for a changing and challenging future.**



## Greenside Up Workplace Community Gardens

For companies who wish to improve the **quality of life for their workforce**, their families and that of the local community and society at large as well as improve their **Corporate Social Responsibility**.



## What We Do



- ❖ We work with management & staff to create workplace community gardens at client premises.
- ❖ We provide talks and demonstrations to staff about basic gardening techniques.
- ❖ We can help you find a community garden close to you that would benefit from your sponsorship or teambuilding exercises.
- ❖ We consult with clients and workplaces, offering advice about specific sites.



# Community Gardens :

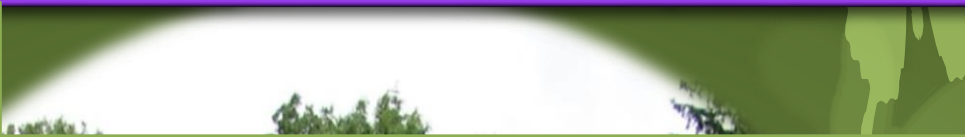
Where people come together to grow fruit, flowers and vegetables. They share the work & share the produce.

*“I want to know where the food I eat comes from”*

*“I want to grow my own food but I don't have the time.”*

*“I live in an apartment & don't have anywhere to grow my own food.”*

## Benefits of Workplace Community Gardens




**Community Gardens Help to Reduce Stress.** Workplace stress can account to 40% of all absenteeism according to information reported by the HSE.



**Growing food changes the way people eat,** encouraging them to consume more vegetables & seek healthier choices.



Growing food is an excellent way of **counterbalancing indoor, sedentary lifestyles.**




Growing food in community gardens **brings people together** in social environments that connect them.

With several years experience specialising in the creation of community gardens and tutoring adults how to grow food, Greenside Up helps to create sustainable communities for a changing & challenging future.

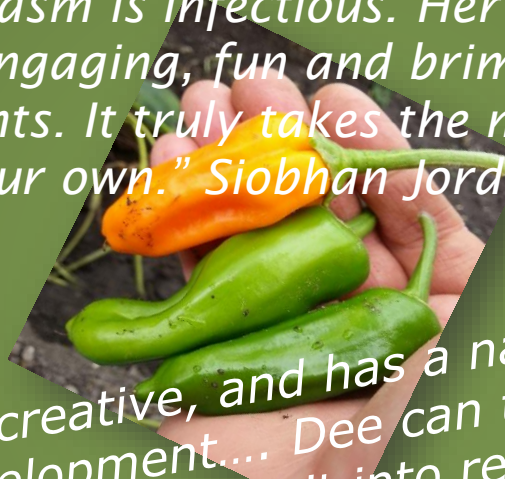


Contact Greenside Up for More Information

## Testimonials:



*"I did an entry level gardening course with Dee and couldn't recommend her course enough. She knows anything there is to know about vegetable growing, is very free with her knowledge. Dee genuinely loves what she does and her enthusiasm is infectious. Her class was fabulous, engaging, fun and brimming with useful tips and hints. It truly takes the mystery out of growing your own."* Siobhan Jordan, Artist



*"Innovative, creative, and has a natural flair for Business Development... Dee can take on any innovative idea, and turn it into reality twice as good as it's original brief" Ann-Marie Lahart, Development Officer, Kilkenny Leader Partnership"*

*"Droichead Community Garden Project feel very lucky to have a lady such as Dee facilitating our group. Dee has an in-depth knowledge of all things gardening and is a tremendous asset to any gardening group. "* Olive Mahar, Manager, Droichead Resource Centre, Callan



## Contact Greenside Up for More Information



To discuss how your  
company can address its  
Corporate Social  
Responsibility  
through community  
gardening

Contact Dee Sewell  
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