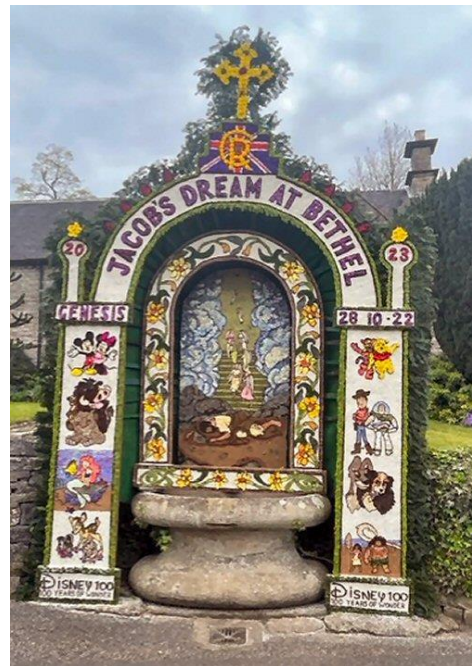


A NATIONAL PASSION

A 2022 survey reported that around 27 million UK residents named gardening as a hobby, and approximately 144,000 work as professional gardeners. Gardening isn't only pleasurable, but also good for physical and mental health. It builds muscle strength, can boost immunity and protect memory. Simply visiting and walking through gardens can have similar benefits.

At this time of the year, after ensuring that their plot has been 'put to bed' by early December, gardeners look forward to settling into their most comfortable chair, hot drink to hand, and indulging in the luxury of 'armchair gardening', poring over plant catalogues and happily dreaming of the spectacular growing season to come.

However, on Thursday 29 February, members of Rotherham u3a (Ru3a) Garden/Out and About group will go one step further, vacating their favourite armchairs and gathering at Winthrop Gardens, Wickersley S66 1EE at 10 am, to enjoy an illustrated talk "Calendar of Colour", delivered by gardening expert Don Witton. His informative, enthusiastic and entertaining talks are legendary, presenting a kaleidoscopic array of plants covering all colours of the rainbow. A great antidote to the dark, winter months. Why not come along to meet Don and the group? There's a small entry charge which includes refreshments.



As its name suggests, 'Garden/Out and About' members also enjoy a programme of spring, summer and autumn visits to stately houses, gardens, waterways and other beautiful and interesting places.

To join the group and/or receive further details of its activities, contact:

Lesley Clark lclarke62@hotmail.com or Membership Secretary 01709 379 379

For information about all 35+ Ru3a activities, visit u3asites.org.uk/rotherham or call Sue Cable 01709 379 379.