

I've got a wee sign saying 'Helen's Garden' hanging outside the greenhouse. Inside it's like a wee house. I've got my shelves up and my plants in their trays. There's a pine chair and my wireless and clock. I've seen me going out there and having a wee cup of tea. When my grandchildren come to visit they go in there with me and help.

Lots of people are enjoying what comes out of the greenhouse. My neighbours were coming over last year and getting home-grown tomatoes and some of the family did the same.

I'll be honest, if I didn't have the greenhouse I'd just be in the house more. You can't do much outside in the winter but with the greenhouse I can still potter away in there and do what I want. That place has been a great great help.



My name is Helen and it's just me and my daughter Moira at home. I have to do a lot for her because she has paraplegia – it's like cerebral palsy. She has a powered wheelchair and a manual one if we go out, and in the house she uses a zimmer. We don't really get out much together because of her mobility, and mine's not great either. I had a stroke myself and don't have much feeling in my foot.

Because of that I used the grant for something close to home. I was an outdoor person anyway and I love my garden and with the help of the grant I was able to do something new there. I got a greenhouse. I've had it for three years now – I don't know what I would do without it.

I can get out there and potter about and I can shut the door. It gives me a wee break from being in the house and a break from Moira too. But even if I'm in there I've got my mobile and she's got hers, so she can call me if she needs me.

Since I got the greenhouse I've been able to grow lettuce, tomatoes and cucumbers. It's changed the way I do gardening. I've learned new things because I'd never grown anything like that in my life before. I went online and got tips and used the gardening magazine I get every week. I even bring on seeds now. I brought on lavender in the greenhouse and then used fresh lavender for my foot spa!