

## The Green Space at Braunstone Town Case Study Katy



### Katy's story:

As a single parent of three and a busy planner for Leicester's local council, Katy doesn't get much time off.

Juggling work and family leaves her little time to herself; in fact, her visits to the garden are often the only time she gets to catch her breath.

**"When I visit the garden I get to be an adult, not just a parent,"** she says.

Katy first came to the site for the community fridge, and while waiting, she noticed the other volunteers. Inspired, she decided to get involved.

Katy is navigating a difficult divorce from an abusive ex-partner, and her Tuesdays at the Buzzing Roots garden are a brief, vital respite where she gets to spend time in nature and catch up with friends at the garden.

Now, volunteering at the garden is a family affair.

Katy has started bringing her children along to family sessions, from weaving to dreamcatcher making.

Her parents occasionally bring the children along to the garden, and the kids now know all the volunteers.

**"It's nice to get my children off their screens and out in nature,"** she notes.

She feels the absence when she can't make it, explaining that the garden is a safe space.

**"I only recently realised how much the garden meant to me,"** she reflects.

