

Weeding: Using a hand fork or hoe



"I thought I wouldn't be able to go back to gardening, now I'm in and out of the garden."

Benefits:

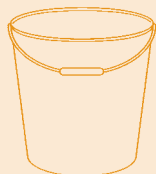
- helps maintain **stamina** and **energy** levels
- helps to **build** up **mobility** level
- keeps up level of **confidence**.

You will need:

Hand fork



or hoe



Bucket or container to dispose of weeds



① Choose a warm, sunny day



② Select which tool to use comfortably



"I have a couple of chairs in the garden now if I need a rest."

③ Ease each weed out using a hand fork



OR

③ Carefully hoe weeds by keeping the blade just under the surface of the soil



④ Leave your weeds to dry on the surface of the soil



⑤ Dispose of weeds. **X** Do not put perennial weeds onto compost heap

