

Allot of help

A GARDEN haven at an 18th Century heritage site is providing respite for vulnerable patients.

Charity Norcare has created an allotment at a plot at Gibside Chapel, near Rowlands Gill in Gateshead.

The aim of the garden is to allow vulnerable people, such as those with mental health problems, domestic violence victims, recovering alcoholics and former offenders, to grow their own food, learning about nature and nutrition.

A recent study found malnutrition costs the NHS £7.3bn a year.

Vicky Richardson, Norcare health improvement officer, explained: "Many people we help are at high risk of malnutrition because other issues take precedence over looking after their physical wellbeing."