



6 June 2023

British Garden Centres partners with Diabetes UK to promote gardening and wellbeing

British Garden Centres is delighted to announce it is partnering with leading charity Diabetes UK, for its annual Wellness Walks this summer.

Diabetes UK's Wellness Walks take place from July to September passing through the neighbourhoods and landmarks of Birmingham, Glasgow and London, with British Garden Centres supporting each walk by supplying 1,000 packs of(?) seeds to be handed out and a free coffee voucher to redeem in any of its 62 stores. Gardening benefits mental and physical health, and the seeds will be given to the children taking part, encouraging them to engage with nature and gardening, helping improve their overall well-being.

Diabetes is a serious condition, affecting more than five million people in the UK. Diabetes UK is the UK's leading diabetes charity, committed to campaigning with and supporting people living with the condition. The charity also funds ground-breaking research, taking us closer to a world where diabetes can do no harm. The Wellness Walks aim to support those with diabetes to walk towards a happier, healthier future. With every step, walkers across the country will be helping to fund Diabetes UK's life-changing research, whilst supporting their wellness and that of their loved ones.

As well as taking part in the walk, participants will be given tips and advice on healthy eating, how to make changes to be more active and generally live well. The Glasgow and London Wellness Walks will finish with a Wellness Celebration and the Birmingham Wellness Walk will incorporate wellness moments along the route.

Amy Stubbs, Development and Project Manager at British Garden Centres said: "Gardening has so many great benefits, one being the impact on health and helping to live as active a lifestyle as possible. It is an excellent cardiovascular workout, but it also promotes endorphins and allows you to stay healthy and happy too. We are delighted to be donating seeds to the Diabetes UK Wellness Walks and helping to plant the seeds of good health."

Hannah Richards, Head of Community and Events at Diabetes UK said: "We're so grateful to British Garden Centres for kindly donating seeds to our Diabetes UK Wellness Walk participants. Diabetes UK's Wellness Walks are all about getting outside and walking for a healthier, happier future. Gardening is a great way to get active for people of all



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ages. We hope these seeds will encourage the children taking part to get their gardening gloves on and spend time in nature, which we know can have a positive impact on wellbeing.”

The Diabetes UK Wellness Walks take place in Glasgow on 11th June and Birmingham on 2nd July, followed by a London walk that will take place on 24th September.

To register to take part, please visit https://www.diabetes.org.uk/get_involved/fundraising-events/walk

ENDS: 451

WORD COUNT:

Notes to Editors:

About the business:

British Garden Centres (BGC) is the UK’s largest family-owned garden centre group with 62 centres around the country. The group is owned and led by The Stubbs family, who also own and operate Woodthorpe Leisure Park in Lincolnshire. BGC was launched in 1987 with the opening of Woodthorpe Garden Centre by brothers Charles and Robert Stubbs. Since 2018 it has expanded rapidly with the acquisition of 50 garden centres allowing it to grow from its heartland to the business it is now with 62 garden centres spread from Carmarthen to Ramsgate, Wimborne to East Durham.

The group has a team of 3,000 colleagues working across the garden centres, restaurants, 2 growing nurseries, 4 distribution centres and Woodthorpe Leisure Park and Woody’s Restaurant & Bar.

Social Media

Facebook: British Garden Centres

Twitter: @BGCentres

Instagram: @BritishGardenCentres

Website: www.britishgardencentres.com

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Notes to editors:

1. Diabetes UK’s aim is creating a world where diabetes can do no harm. Diabetes is the most devastating and fastest growing health crisis of our time, affecting more people than any other serious health condition in the UK - more than dementia and cancer combined. There is currently no known cure for any type of diabetes. With the right treatment, knowledge and support people living with diabetes can lead a long, full and healthy life. For more information about diabetes and the charity’s work, visit www.diabetes.org.uk



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2. Diabetes is a condition where there is too much glucose in the blood because the body cannot use it properly. If not managed well, both type 1 and type 2 diabetes can lead to devastating complications. Diabetes is one of the leading causes of preventable sight loss in people of working age in the UK and is a major cause of lower limb amputation, kidney failure and stroke.

3. People with **type 1 diabetes** cannot produce insulin. About 8 per cent of people with diabetes have type 1. No one knows exactly what causes it, but it's not to do with being overweight and it isn't currently preventable. It's the most common type of diabetes in children and young adults, starting suddenly and getting worse quickly. Type 1 diabetes is treated by daily insulin doses – taken either by injections or via an insulin pump. It is also recommended to follow a healthy diet and take regular physical activity.

4. People with **type 2 diabetes** don't produce enough insulin or the insulin they produce doesn't work properly (known as insulin resistance). Around 90 per cent of people with diabetes have type 2. They might get type 2 diabetes because of their family history, age and ethnic background puts them at increased risk. They are also more likely to get type 2 diabetes if they are overweight. It starts gradually, usually later in life, and it can be years before they realise they have it. Type 2 diabetes is treated with a healthy diet and increased physical activity. In addition, tablets and/or insulin can be required.

5. About 2 per cent of people have **other types of diabetes**. Other types include 11 different forms of monogenic diabetes, cystic fibrosis related diabetes and diabetes caused by rare syndromes. Certain medication such as steroids and antipsychotics, surgery or hormonal imbalances could also lead to other types of diabetes.

For more information on reporting on diabetes, download our journalists' guide: [Diabetes in the News: A Guide for Journalists on Reporting on Diabetes](#) (PDF, 3MB).

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