

'Naoberschap' Brochure



Made possible by contributions from: Dorpsraad Gaanderen, Wijknetwerk Gaanderen (Gemeente Doetinchem, Buurtplein, BuHa, Sité Woondiensten) and Rabobank Graafschap

For and by the residents of Gaanderen

Welcome to Gaanderen



On behalf of everyone living in Gaanderen, we wish you a very warm welcome to this beautiful, green and sociable village. We can imagine that you will have a lot to deal with as it is, especially if you are moving to the village for the first time. This brochure therefore includes lots of useful information about Gaanderen. Which supermarkets there are, where to find the family doctor or what public transport is available, for example, and what is expected of you regarding household waste collection and garden maintenance. You can also find out where to go if you have queries, on any subject. Or perhaps you would like to join one of the many sports or cultural clubs in Gaanderen. You will find more information about the amenities and facilities Gaanderen has to offer in Appendix 2.

It is very important to us you feel at home in Gaanderen and get the feeling known as ‘Naoberschap’ (neighbourliness). ‘Naoberschap’ is a concept in the Achterhoek region (this part of the Netherlands) that goes back for generations and basically equates to ‘a good neighbour is worth more than a far friend’. Connecting with your neighbours and fellow villagers is important. You are not alone. And together we can make living in Gaanderen more enjoyable.

Are you curious about the origins of the village of Gaanderen and the role that the iron industry played in its development? See Appendix 1.

The purpose of this Naoberschap Brochure

Over the centuries, Gaanderen developed into a village. There used to be small groups of farms called ‘Droebels’, which later grew into a village. People were very dependent on one another. For such things as bringing in the harvest, collectively grazing cattle, joint management of the village pump, etc. Neighbours shared life’s joys and sorrows. People originally had to have 8 neighbours, who could carry the coffin at a funeral. That number of 8 later became less important.

‘*Buurt maken*’ - a housewarming to get to know new neighbours is still very much a tradition in Gaanderen. It is an old custom in rural areas, including in the Achterhoek region, a tradition newcomers would do well to honour. You don’t have to do that right away, of course, but if you do invite your neighbours to your home, you will belong. You will get to know your neighbours and be able to count on support, knowing that you are not alone. The so-called ‘*naoberplicht*’ or ‘neighbourly duty’ used to entail a great deal (even including arranging a funeral, as mentioned earlier), but nowadays relationships are more informal.

Our advice: Build a good relationship with your neighbours.

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Waste collection

To separate your waste as effectively as possible, the municipality of Doetinchem - including Gaanderen - provides four types of wheeled rubbish bins for you to have at home. Colloquially, these 'wheelie bins' are known as 'klikos'.

The different types of wheelie bins:

- **Orange** lid for plastic packaging, tins, and drink cartons
- **Green** lid for garden, fruit and vegetable waste + food waste
- **Blue** lid for paper
- **Grey** lid for residual waste

You should put the bin out, in the designated place along the public road, on the designated days. The bin with the green lid is emptied once every two weeks. All other bins are emptied once every 4 weeks.

The cost of waste collection via the bins is charged via a municipal waste levy. For you, this levy consists of two parts:

- A fixed amount per year
- A fixed amount each time you put your residual waste bin (the bin with the grey lid) out for collection or dispose of residual waste in an underground container.

You do not have to pay each time you put the other bins for collection: fruit, vegetable and garden waste + food waste (GFT+E) (bin with green lid), plastic, cans and drinking cartons (PBD) (bin with orange lid) and paper (bin with blue lid).

Garden maintenance

Generally speaking, the residents of Gaanderen residents quite proud of their gardens. There even used to be an annual 'most beautiful garden' competition. It saddens residents to see how gardens in Gaanderen are increasingly being neglected. Some are overgrown with weeds, spoiling the appearance of the street. It would obviously be greatly appreciated if you keep your garden neat and tidy. And gardening is good for you too. See Appendix 3.

Maintaining your garden does require a few tools, such as a spade, a hoe, a rake and a broom. If you don't have the tools you need, perhaps a neighbour could help you and lend you theirs.

Try to consider the following as much as possible:

- Prevent plants and bushes from growing over the pavement. This can make the pavement slippery, and pedestrians could fall.
- In winter, it would be greatly appreciated if you keep the part of the pavement in front of your house free of snow. Then neighbours and postmen, for example, can use the pavement safely.



Try to avoid or limit nuisance

Your neighbours also want to enjoy their peace and quiet. To be able to watch TV for a while, enjoy the sun in the garden, and so on. Loud music, slamming doors, screaming and whining children out on the street late at night, etc. can be perceived as a nuisance and cause irritation with your neighbours. It sounds simple enough, but we again advise: build and maintain a good relationship with your neighbours.

That doesn't have to be a close relationship, not everybody wants that, and that's fine. But it doesn't take much effort to say a friendly hello to your neighbours or chat with them from time to time. Those brief moments of contact create connection, making arguments less likely to arise. If neighbour nuisance does occur, raising the matter with your neighbours will be less of an obstacle. Try to avoid (noise) nuisance as much as possible so there will be less chance of neighbour nuisance.

Fun facts about Gaanderen

Did you know that:

... Kermis Gaanderen, the annual village fair, is held in the second weekend of September? 4 days of festivities for young and old alike!

... When someone turns 50, friends and family often put a large doll (Abraham or Sarah) in front of their house? Fireworks may then also be set off at night.

... The skies really light up with fireworks at midnight on New Year's Eve?

... Clubs and associations in Gaanderen regularly organise fundraising activities? These include door-to-door sales of oranges, 'speculaas' biscuits, or geraniums. The money raised is for the relevant club.

... Sirens can be heard at noon on every first Monday of the month? This is a test by the authorities and no reason to panic.



Appendix 1: The village of Gaanderen

Gaanderen is a village in the municipality of Doetinchem, in the Dutch province of Gelderland. The village borders Terborg and has 5,575 inhabitants (as of 1 January 2021).

Origin

Gaanderen originated in the twelfth century. At the time, the village was called Gernere, after the dunes that protected the land from the Oude IJssel river. Gernere is said to have been derived from the words 'gér' and 'laar', meaning 'row of pointed hills'. In the 17th century, the place, which then had around 120 inhabitants and 20 farms, became one of Doetinchem's five hamlets. The area was called 'Gander'.

At the end of the eighteenth century, a period of forestry began for Gander. Many oaks had to be felled, which led to a demand for new labour. Many of the new workers settled in the area and the village of 'Gaanderen' was born. Administratively, Gaanderen and several other hamlets formed the municipality of *Ambt Doetinchem* until this municipality merged with the neighbouring municipality of *Stad Doetinchem* to form the current municipality of Doetinchem.

Two streams, the *Akkermansbeek* and the *Bielheimerbeek*, flow past and through the village and into the Oude IJssel. The Bielheimerbeek owes its name to the Bethlehem monastery, which used to be located beside the stream. The course of the Bielheimerbeek was changed. The

'old' Bielheimerbeek is a small stream, the 'new' Bielheimerbeek lies some 200 metres to the east and is significantly wider.

Iron industry

The area around Gaanderen contains a lot of iron ore. The streams could provide water power and there was sufficient wood for the charcoal needed to produce iron. This allowed Gaanderen to develop into an iron-making village. In 1689, Josias Olmius founded the first Dutch iron foundry, called the Rekhem hut, on the Bielheimer stream. Bombs, bullets, hand grenades and household objects were all made here. In 1821, the iron foundry Vulcaansoord was established on the



Akkermansbeek, on the border with Terborg, and later developed into a large company that employed practically everyone in the village. In 1977, however, it went bankrupt due to fraud and mismanagement. The twentieth century saw even more metal industry, with such companies as Neerlandia, Pelgrim (pans, gas heaters, stoves, kitchen appliances), Ferro Techniek (enamelling factory) and Senten/SeGa (small metalwork factory). Pelgrim was taken over by rival ATAG in the 1980s and after a few years the factory was moved to a new location in Duiven; quite a drain on employment in the village. Only Ferro remains in full operation today. The disused Pelgrim factory was demolished and the Pelgrim care home was built on the huge empty site.

Today

Gaanderen is still a very close-knit village. The village has one Protestant Christian and two Roman Catholic churches. Of these, only St. Martinus church is still in use. However, it too will have a different

purpose from 2026. *St. Augustinusschool* (St. Augustine's school) was linked to *Sint-Augustinuskerk* (St. Augustine's church). *St. Martinusschool* (St. Martin's school) was linked to *Sint-Martinuskerk* (St. Martin's church). *St. Augustinusschool* was renamed Augustinusschool, severing its link with the St. Augustine parish. Later, *St. Martinusschool* and *Augustinusschool* merged and moved into a new school building: *Gaanderwijs*. The third school is the state primary school *Wis en Wierig*, also near De Pol sports park.

The village is home to numerous clubs and associations. In the region, Gaanderen has become known for its many music societies, such as *Musical Producties Gaanderen*, *Symfonisch Blaasorkest Gaanderen* (Symphonic Wind Orchestra), *Gaanderens Mannenkoor* (male-voice choir) and the choir *Liberate*. On the sports front, there are table tennis association *Odion*, badminton association *Poona* and football association *VVG'25 Gaanderen*, among others.



There has always been a certain divide between two groups of Gaanderen residents. The Winterswijk - Zevenaar railway line running straight through the village forms the boundary between northern Gaanderen ('Old Gaanderen') and southern Gaanderen ('New Gaanderen').

This phenomenon is gradually fading however, and people no longer feel such a strong connection with 'North' or 'South'.

Up until 1934, Gaanderen had its own railway stop on the Winterswijk-Arnhem line. On 10 December 2006, thanks in part to the efforts of *Dorpsraad Gaanderen*, a new Gaanderen station was opened, just a few metres away from the old location. So Gaanderen once again has a railway station. Gaanderen used to share a stop with the hamlet of

Oosseld. The Gaanderen-Oosseld stop was in the woods north of Gaanderen and was decommissioned in 1927.

Gaanderen is located in beautiful surroundings. Kasteel Slangenborg and the woodland estate there is well worth visiting, as is Koekendaal park with its petting zoo. A streamside walk along the Akkermansbeek is also to be recommended

Appendix 2: Facilities and Amenities

Gaanderen has a full range of facilities and amenities. Below is a list of what Gaanderen has to offer.

Health care

If you or anyone with you is in a life-threatening situation, call 112 (Dutch emergency number) immediately.

Family doctor:

- De Pelgrim practice Pelgrimstraat 61A, 7011 BJ Gaanderen, 0315 325 310.
- Van Noort practice Vulcaanstraat 28, 7011 ES Gaanderen, 0315 323 535.

Dentist:

- A.W. Baris. Franks Bultstraat 38, 7011 BB Gaanderen, 0315 325 395.
- M. Janssen. Rijksweg 42, 7011 EA Gaanderen, 0315 631 269.

Physiotherapy:

- Fysio Holland. Bloemenweg 3, 7011 AH Gaanderen, 0315 328 249.

Pharmacy:

- Apotheek Benraad Terborg, with a 24/7 prescription collection machine in Gaanderen. Hoofdstraat 25, 7061 CG Terborg, 0315 323 545.

Hospital:

- Slingeland Doetinchem. Kruisbergseweg 25, 7009 BL Doetinchem, 0314 329 911.

Did you know that transport company Arriva offers a cheap bus ticket for patients visiting the Slingeland Hospital polyclinics? For just €2.40 (per person), you can buy a bus ticket online that allows you to travel to the hospital, both outward and return.

Care home:

- Sensire Pelgrim. Blikslagerstraat 6, 7011 MK Gaanderen, 0900 8856.

Care apartments:

- De Vlinder Zorgappartementen. Kerkstraat 258a, 7011 CT Gaanderen, 0315 236 883.

Occupational therapy:

- Gaanderhuus. Hoofdstraat 11a, 7011 AA Gaanderen, 06 510 134 34, <https://gaanderhuus.nl/>
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Education

Primary schools

- Gaanderwijs. Pelgrimstraat 59c, 7011 BJ Gaanderen, 0315 325 767.
- Wis en Wierig. Watertapweg 1, 7011 BP Gaanderen, 0315 341 655.

Out-of-school care

- Humankind – Kinderdagverblijf Tovertuin (day-care centre) and BSO Harlekijn (out-of-school care) Pelgrimstraat 59d, 7011 BJ Gaanderen, 0315 228 890.
- Humankind – Peuteropvang 't Kruieltje (preschool). Pelgrimstraat 59c, 7011 BJ Gaanderen, 0315 215 290.

Secondary schools (all outside Gaanderen)

- Almende College in Silvolde (havo, vwo). Terborgseveld 75, 7064 AN Silvolde, 0315 630 000.
- Zone College Doetinchem (vmbo). Gezellenlaan 14, 7005 AZ Doetinchem, 088 262 0400.
- Ulenhof College Doetinchem (mavo, havo, vwo, T-vwo). Bizetlaan 86, 7002 LZ Doetinchem, 0314 378 787.
- Houtkamp College Doetinchem (vmbo-t, mavo, havo, vwo). Ruimzichtlaan 155, Kruisbergseweg 4, 7009 BP Doetinchem, 0314 727 199.
- Panora Lyceum Doetinchem (mavo, havo, atheneum, gymnasium). Holterweg 121, 7001 EK Doetinchem, 0314 727 100.

Supermarkets

- ALDI Gaanderen. Hoofdstraat 4, 7011 AB Gaanderen, 088 202 9300.
- PLUS Gaanderen. Hoofdstraat 1-27, 7011 AA Gaanderen, 0315 396 160.

Public Transport

- Train (Arriva), route Arnhem – Winterswijk.
- Bus line 40, route Doetinchem – Dinxperlo.
- *Contact op Wielen* ('Contact on Wheels' COW), volunteer car service. <https://www.contactopwielen.nl/>

Buurtplein - Personal help

If you have questions about, for example, health & care, your family, money matters or your neighbourhood, contact *Buurtplein* and they will help you.

What they have to offer: neighbourhood mediation, neighbourhood coach, walk-in hours, youth intervention team, youth and family worker, family care centre, social counsellors, WMO (Social Support Act) and a volunteer centre.

Community centre the Trefkuul in Gaanderen is a work and meeting place for *Buurtplein*, see further on in this brochure for more information about the Trefkuul.

Address: Terborgseweg 21, 7001 GM Doetinchem.

Telephone: 0314 341 919

Email: info@buurtplein.nl

Website: <https://www.buurtplein.nl/>

Buha – Public spaces

Buha workers work hard to help maintain clean, safe, sustainable, and climate-proof public spaces. Their main areas of work are waste collection, cemeteries, green spaces & animals, enforcement & parking and roads & sewers. If you have any questions in this respect, please contact Buha and they will help you further.

Address: Havenstraat 80, 7005 AG Doetinchem

Telephone: 0314 377 444
Email: meldpunt@buha.nl
Website: <https://www.buha.nl/>

Sité – Housing

Renting out and maintaining homes, garages and commercial premises has been among Sité's core tasks for over 100 years. They go the extra mile for high-priority people seeking housing, working together with social partners.

Visiting address: Hofstraat 47, 7001 JD Doetinchem
Postal address: Postbus 172, 7000 AD Doetinchem
Telephone: 0314 372 000
Email: site@swd.nl
Website: <https://www.swd.nl/>

De Gaanderbode – Village newspaper

Keep up to date with the latest news in Gaanderen! The *Gaanderbode* is delivered as widely as possible within the postcode area of Gaanderen. For various reasons, however, it is not delivered to every house. Fortunately, you can also pick a copy of the *Gaanderbode* up

from any of the following addresses:

- Plus Gaanderen, Hoofdstraat 1-27 (during opening hours)
- JS Schoenen (formerly Schoenmode Jeannette), Hoofdstraat 41 (during opening hours)

- *Het Gaanderhuus*, Hoofdstraat 11a (from the box in the outside wall)

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If you would like to read *De Gaanderbode* online, go to <https://gaanderbode.nl/>

If you have any questions, comments or would like to put something in *De Gaanderbode*, please contact Astrid van Beveren.

Email: info@gaanderbode.nl
Telephone (or Whatsapp): 06 - 4782 9074

Gaanderen.nu – Information

This website provides news, the village calendar, and lots of other information about Gaanderen. Helping residents and visitors alike to find their way around the village. New information is regularly added. The news is provided by *De Gaanderbode*.

Website: <https://gaanderen.nu/>
Email: info@gaanderen.nu
Telephone: 06 - 4782 9074

Gaanderhuus – Meeting

Gaanderhuus is a 'living room' and community centre for the fine village of Gaanderen. A meeting place for all the residents of Gaanderen, run by a team of enthusiastic volunteers. *Gaanderhuus* organises all kinds of activities. Three times a week, the 'living room' is open for people to drop in for a cup of tea or coffee, for example. Or to play billiards, play games, exercise to music, or do some flower arranging or another craft. If you prefer outdoor activities, then cycling with a group of fellow villagers or a game of pétanque are among the possibilities. Yet *Gaanderhuus* offers more than activities alone. It is a place where

people can get to know one another. Where people help each other with all kinds of things, where networks are built, and friendships are made.

Beter Wonen Gaanderen information point



Beter Wonen Gaanderen information point is located at *Gaanderhuus*. Information point for any queries residents or professionals may have about housing in Gaanderen. Where you can receive *and* provide information. Information on such matters as housing for young people, different kinds of housing, dual occupancy, or temporary accommodation.

Address: Hoofdstraat 11a, 7011 AA Gaanderen

Telephone: 06 510 134 34

Email: info@gaanderhuus.nl

Website: www.gaanderhuus.nl

Dorpsraad Gaanderen - Interest representation

Dorpsraad Gaanderen (Gaanderen Village Council) has been cooperating with and connecting various organisations and associations in the village for decades. The *Dorpsraad* also tries to inform and involve fellow villagers as much as possible in decisions made by the municipal authorities of Doetinchem (*Gemeente Doetinchem*). It is important for the residents of Gaanderen to be heard, but also for them to contribute ideas. Together, we often devise and develop good ideas and solutions. In short: for and by the residents of Gaanderen.

Dorpsraad Gaanderen is always looking for new members to join and strengthen the team. All ages welcome. The *Dorpsraad* meets every first Wednesday of the month, at Sporthal de Pol. Non-members are also welcome to attend a meeting. Please don't hesitate, get in touch.



Address: Pelgrimstraat 61, 7011 BJ Gaanderen

Email: info@dorpsraadgaanderen.nl

Website: <http://www.dorpsraadgaanderen.nl/>

Municipality of Doetinchem – Local Administration

Town Hall address: Raadhuisstraat 2, 7001 EW Doetinchem

Telephone: 0314 377 377

Website: <https://www.doetinchem.nl/>

Neighbourhood police officer - Safety

The neighbourhood police officer is an experienced police officer who works together with a base team of colleagues such as surveillance officers and detectives. Focusing on enforcement and investigation, the neighbourhood police officer works to ensure a safe community. They will often be the first contact person in the neighbourhood and are a familiar face. They know many of the residents and entrepreneurs and speak with them regularly. Thanks to all these contacts, they know what is going on in the neighbourhood and can resolve problems at an early stage, or preferably even prevent them.

If you would like to speak to the neighbourhood police officer, contact *Dorpsraad Gaanderen* or *Gemeente Doetinchem*. They will be able to help you contact the right person. Alternatively, you can call the general number for the Police: 0900-8844

Gaanderen Neighbourhood Network - Livability

Wijkwerk (Neighbourhood Network) is a cooperative of residents and professionals in a neighbourhood or village. They form a network in which many organisations participate, such as neighbourhood and village councils, the municipality, neighbourhood coaches (*buurtplein*), the police, Sité Woondiensten (housing association), buha, youth work, entrepreneurs and school representatives. Gaanderen also has an active neighbourhood network: *Wijknetwerk Gaanderen*. The neighbourhood network takes initiative and tackles issues collectively to make and keep the neighbourhood as liveable as possible. If you have a suggestion or question about your neighbourhood, or would like to know more about the neighbourhood network, please visit www.wijkwerkdoetinchem.nl

Sports clubs and cultural societies

Gaanderen is home to a wide range of vibrant clubs and societies. These include many sports clubs and cultural societies. De Pol Sports and Cultural Centre and De Trefkuul community centre play a key role in this.

De Pol Sports and Cultural Centre

Stichting Exploitatie de Pol Gaanderen the foundation responsible for the running of the sports and cultural centre, evolved from *Stichting Sport en Cultuur Gaanderen*, which was established in 1967 with the aim of promoting the foundation and/or operation of one or more

buildings and/or other accommodations for sports, culture, youth and social youth work. Thanks to various local activities and campaigns, and contributions from the municipality of Doetinchem, De Pol sports and cultural centre was opened in 1974. Ownership and management rest with the municipality of Doetinchem.

The objective is an efficient organisation and De Pol as the heart of village life in Gaanderen. The board members are all volunteers and the Foundation has no profit motive. Clubs, societies and individual users deal directly with the Foundation and its staff.

De Pol sports and cultural centre is suitable for many different sports and cultural events. The sports hall can also be divided into two equally sized halls which can be hired separately. In addition, the complex has a gymnasium, 2 cultural halls and a meeting room, as well as a sociable sports bar: 'Bij de Pol'.

'Rondje de Pol' is a round walk that was opened in the summer of 2024. It is a marked route with a few optional challenges, where people of whatever age and with or without disabilities can meet and exercise healthily together. The round route is publicly accessible and approx. 2 kilometres long. It begins and ends at De Pol, enabling people to catch up with old acquaintances and make new ones over a cup of coffee.

Address: Pelgrimstraat 61, 7011 BJ Gaanderen

Telephone: 0315 239 627

Email: administratie@depol-gaanderen.nl

Website: <https://depol-gaanderen.nl/>

De Trefkuul community centre

DeTrefkuul community centre is the *Buurtplein* working and meeting place and part of the complex run by De Pol. De Trefkuul is suitable for meetings, gatherings and activities for and by village residents.



Address: Pelgrimstraat 59a, 7011 BJ Gaanderen

Telephone: 0314 760 142

Website: <https://depol-gaanderen.nl/accommodaties/buurthuis-de-trefkuul/>

All the clubs and organisations in Gaanderen are listed below

If you would like to know more about any of the clubs or to join, just go to Sporthal de Pol and ask for more information.

- A4D Gaanderen (evening four-day walk)
- ABC Biljartvereniging (billiards)
- Badminton association G.B.C. Poona
- Bridgeclub Gaanderen
- Buur maakt Natuur (neighbourhood nature)
- Dartclub Bij de Pol (darts)
- De Trefkuul (community centre)
- Dorpsraad Gaanderen (village council)
- Fotoclub De Trefkuul (photography)
- Gaanderense Mannenkoor (male-voice choir)
- Gaanderhuus
- Gemengd Koor Augustinus-Martinus (mixed choir)
- Gymnastiekvereniging Tempora (gymnastics)
- Handbalvereniging Minerva (handball)
- Hengelsportvereniging De Oude IJssel (Fishing)
- Koor Janboel (choir)
- Koor Liberate (choir)
- KunstRoute Gaanderen (art route)
- Landgoedkoor De Slangenburg (choir)
- Musical Producties Gaanderen (MPG) (musical theatre)
- Only Friends Achterhoek
- Oranjecomité Gaanderen (committee organizing royal celebrations)
- Oudheidkundig vereniging Gander (historical society)
- PCI Caritas Gaanderen (parish caritas)
- Rijvereniging en Ponyclub de Vulkaan (horseriding)
- Schaakvereniging De Kameleon v/h Regina Gaanderen (chess)
- Schuttersgilde St. Martinus (ceremonial shooting club)
- ScoGa Scouting Gaanderen
- Stichting exploitatie sporthal de Pol (foundation operating De Pol)
- Stichting KiVaDa (3-day children's holiday activity)
- Sportservice Doetinchem
- Stichting Sport & Cultuur
- Symfonisch Blaasorkest Gaanderen (wind orchestra)
- Tafeltennisvereniging Odion (table tennis)
- Tennisvereniging Tega '74 (tennis)
- The Hohner Boys (harmonica association)
- VDH Kringgroep Slingeland (German Shepherds)
- Volleybalvereniging Volga (volleyball)
- VVG'25 (football)
- WAO Club Achterhoek (club for the disabled)
- Zij-Actief Gaanderen (women's network)
- Zonnebloem Gaanderen (social support for physically disabled)
- Zwerfafvalbrigade Gaanderen (litter brigade)
- Dartclub Bij de Pol (darts)

Appendix 3: Gardening is good for you

'People who garden tend to be healthier, recover from illness more quickly, suffer less stress and feel happier. After all, you're not just weeding your garden, you're weeding your mind too,' says Ms. Sue Stuart-Smith, a psychiatrist in Hertfordshire (England). Moreover, in the garden, you are busy with earthly matters, rather than with other people. That allows your brain to rest.



Maintaining your garden does require a few tools, such as a spade, a hoe, a rake and a broom. If you don't have the tools you need, perhaps a neighbour could help you and lend you theirs. Alternatively, you could ask whether *Stichting Present* could help you start gardening. Contact *Gemeente Doetinchem* or *Dorpsraad Gaanderen* and they will put you in contact with the relevant people. Where do you start? When should you maintain the garden? Where can you find nice plants for the garden?

A few tips:

- **Wear whatever you like** Your garden is not a catwalk, so you set the dress code. Your favourite fleece, body warmer, or cut-off jeans? Anything goes in your garden, because you're the boss. Nothing beats gardening in a comfortable outfit.
- **Less stress** Do you suffer from stress, in our sometimes-overstimulated society? Then we have good news! Because gardening has been scientifically proven to have a calming and stress-reducing effect. While you garden, your body releases endorphins, feel-good hormones that help you feel relaxed.
- **Ideal for busy bees.** Don't like sitting still? And do you see a week's leave as an ordeal rather than a reward? Then gardening is the ideal activity to fill your time. You can get dug in and

transform your garden altogether! And once you see the result, you are guaranteed to feel fulfilled!

- **You get to be creative** Gardening is also a creative hobby. You may have to think about how best to combine various plant species and colours. But there aren't many rules, and you can pretty much do whatever you want in your garden! Gardening also helps you clear your head, making room for new ideas. After an hour's gardening, you will be brimming with inspiration for other things!
- **It's healthy** Gardening is also healthy. You do it outside in the fresh air and you exercise. An hour of gardening can burn between 200 and 300 calories. A healthy work-out in other words! And if the sun is shining, your body will also absorb an extra portion of vitamin D!
- **Back to the basics** A spade, pruning shears, and a watering will get you a long way. You don't need high-tech gardening gadgets to do a good job. And you can switch off your mobile phone and laptop, because you won't need them either! Not only are you more productive them, but your body also benefits from not having to absorb those stimuli for a while.