



# **Mind your Sunflower**

In aid of Suffolk Mind everyone is invited to help create a host of towering sunflowers to promote the Wheatsheaf's chosen charity for 2023 and to brighten the journey of passing travellers. All you need to do is grow your own sunflower, plant it in one of the numbered plots in the Wheatsheaf field by the A137 and tend it with tlc until the end of August.

This year's growing plots have been rotovated and marked out with numbered pegs. When you have chosen your plot and planted your sunflower you need to complete the entry sheet and put your donation in the collection box.

A minimum donation of £1 per plant is suggested. The plants in plots 81 to 100 are available to adopt. If you want to adopt a plant, then fill in the entry sheet at the bar but a minimum donation of £5 is asked in this case.

## Instructions:

1. Select a growing plot and and plant your sunflower or select a plant to adopt.
2. On the entry sheet write your name by the number of the plot / plant you have chosen.
3. Put your donation in the collection box at the bar.
4. It is strictly one sunflower per plot so if you want to plant more than one you will need to make a new donation for each plot.
5. You will probably need to do some weeding of your plot and you will certainly need to do some watering. A KEY TIP - Adding something like garden compost or spent mushroom compost to your plot will help to retain the moisture and boost your sunflower's growth.

The sunflowers will be judged on Sunday 27th August. There will be a prize for the tallest sunflower and a more subjective prize will be awarded for the most attractive sunflower.

So now it is time to get growing and help us create a swathe of sunshine.

**Help us to help Mind who can help you.**

Supporting  
 **Mind**  
Suffolk