



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 2022 and to brighten the journey of passing travellers. All you need to do is grow your own sunflower, plant it in the Wheatsheaf field along the hedgerow with the A137 and tend it with TLC until the end of August.

Small packets of sunflower seeds can be collected from the Wheatsheaf for a suggested donation of at least £1.

- Select a growing plot. Put your name on the numbered sheet by the seeds and mark your chosen plot with your number.**

- It's first come, first served with the plots so act quickly to get the best one. The centre of each plot will be marked with a small stake, but you will need to clear the grass and prepare your own plot for your sunflower.**

- It is one sunflower per plot so if you want to plant out more than one then you will need to make a new donation for each plot.**

- You can choose to grow your own sunflower variety but you will still need to make a donation to claim a plot.**

- If you want, then you can sow seeds directly in the ground or you can start them off in pots and transplant them later. Whichever method you decide on, your sunflower will need to be in the ground by the August Bank Holiday when judging takes place.**

We will be judging sunflowers grown from Wheatsheaf seeds for the tallest plant and for the greatest number of flower heads. Other varieties of sunflower will be judged on their height only.

To keep up to date with tips on growing your plants and keeping them safe, then please give us your email contact. Your email address will not be shared and will be used purely for keeping you informed about this activity and will be deleted once you have been informed of the best sunflowers at the end of August.

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