WHITLEY WILDLIFE
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CHECKLIST

Your first week of recovery gardening

- [ ] Choose one small space to begin — a windowsill, balcony or shared allotment plot.
- [ ] Buy or borrow a basic trowel, watering can and one packet of hardy seeds or a supermarket herb.
- [ ] Plant your first seeds or transplant your herb into a larger pot with drainage.
- [ ] Set a daily time for watering and checking growth, preferably before breakfast.
- [ ] Record what you planted and when in a notebook or phone.
- [ ] Assign one longer task for the weekend — repotting, weeding or sowing a second variety.
- [ ] When an urge arrives, go to your growing space and work with the soil or water the plants until the urge quiets.
- [ ] Contact GamCare or BeGambleAware if gardening alone isn't steadying you.