Pyjama Gardeners

Spring is here!

Please act now to bring nature into your life!

Nature is awakening to new life! We all miss our usual life with friends going out and about when we choose, with walks, games and picnics in the park and time spent in school. However, the desire to help keep others safe makes us stay home and stay safe. **So, let us bring nature in!**

Liverpool World Centre invites you to welcome spring into your homes. You can sow a seed, plant a flower, herb, vegetable, fruit, shrub, or a tree. At home. In a bottle, a jar, a vase, a pot, or whatever you fancy.

**Watch them grow, take a picture, and share the wonder of life.** Those of you who can’t buy seeds can use lentils, beans, cereals, wet cotton and light. **We look forward to receiving pictures of your home gardens, and will share your messages with the world.**

Send your photos to [jacquie@liverpoolworldcentre.org](mailto:jacquie@liverpoolworldcentre.org) or share them on Facebook:[https://www.facebook.com/GetupandgoalsUK/](https://www.facebook.com/GetupandgoalsUK/)

This invitation is going out across Europe, in Austria, Czech Republic, Hungary, Ireland, Italy, Netherlands, Poland, Portugal, Romania, Spain, and Bulgaria.

[www.getupandgoals.eu](http://www.getupandgoals.eu)