

# **My Sanctuary**

**Aimee Williams**

# Discover

Growing up as a child I spent as much time as possible in my garden. I would play out in the garden with my sister and my dog, and we would get up to all sorts of mischief together. Some of my favourite memories from my childhood are of times that we spent together in our garden. We even made a den at the back of our garden, which we thought was absolutely amazing! From a young age I realised, my garden is my sanctuary. Fast forward 15-20 years, I now own my own home with my partner and my garden is still my sanctuary. I love spending time in my garden with my cats, reading a book and to think and reflect. My garden brings me peace, when my late Bampa was diagnosed with cancer early last year I sat in my garden for hours after finding out. Looking over the mountains and watching my cats play, reflecting on the many wonderful memories we had shared together.





# My Garden

This is my garden, the first garden I have ever owned myself. My garden is located in Resolven, a village in Neath. My garden backs onto a rugby field and is surrounded by glorious mountains. I have taken some different photos of my garden on days where I have sat and reflected peacefully in my sanctuary.



**My Garden, My Sanctuary...**

**I like to think of my garden as my sanctuary**

**A place I go to reflect**

**There are no expectations of me, sitting on  
my garden bench**

**I like to think of my garden as my sanctuary**

**A place I call my own**

**There is safety in the walls of this garden,  
allowing my thoughts to fall**

**I like to think of my garden as my sanctuary**

**A place I love the most**

**There is lots to see around me, happiness  
need not be forced**

**I like to think of my garden as my sanctuary**

**A place not just for me**

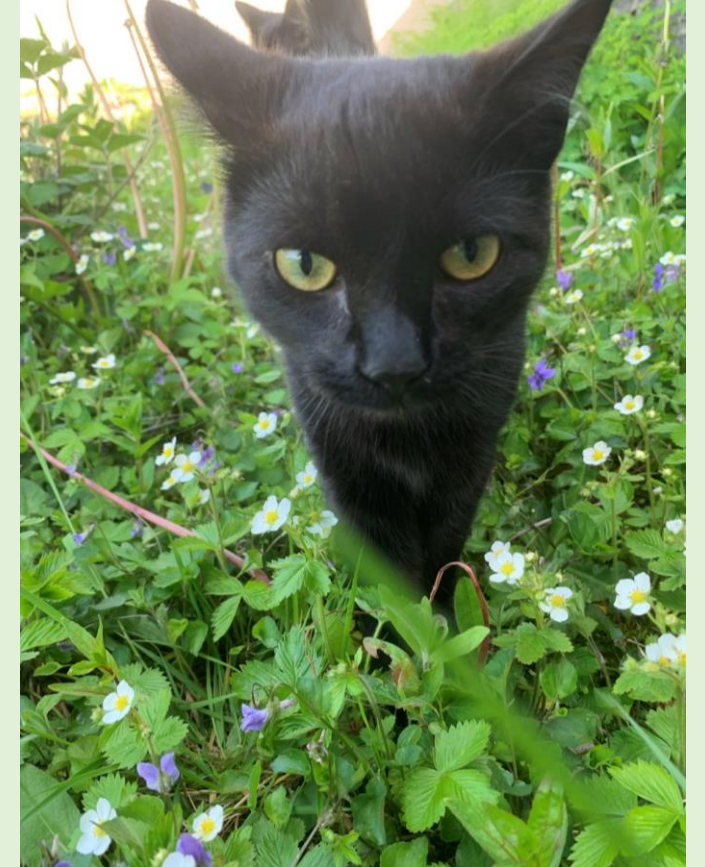
**There are two furry friends besides me,  
their sanctuary they'd agree**



# **Explore**



Whilst exploring my garden I noticed how even though I hate the overgrown areas of the garden, my cats absolutely love it! I always feel I never have enough time to tackle the garden with work, assignments and cleaning the whole house. The garden is always an afterthought, which is a shame because I love sitting in the garden and admiring the views behind it. Even though I dislike the overgrown areas in my garden, at least my cats enjoy playing in the long grassy areas which makes me happy.



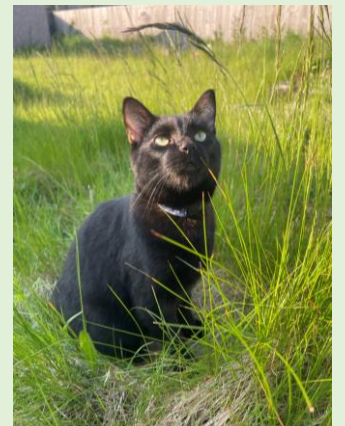
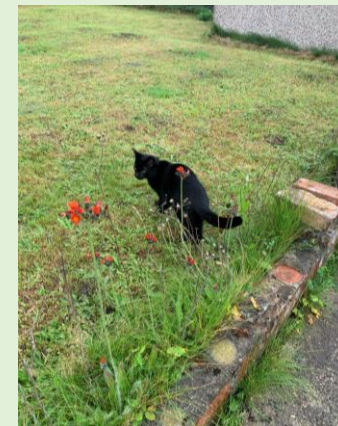
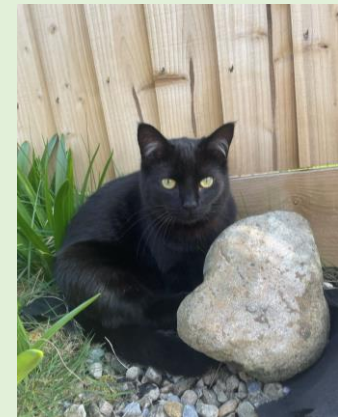
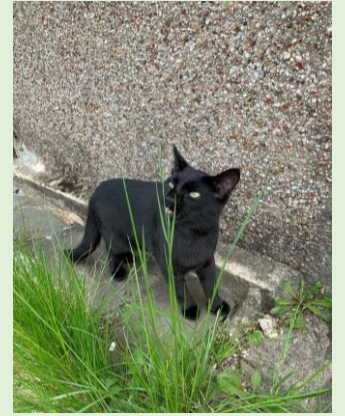


# **Conserve**

When calling my cats in for their tea one evening I walked right down to my back wall to check if they were playing out on the rugby field. I noticed over the wall that there was an abundance of litter left where the spectators stand to watch the events that take place on the field. After chatting to my neighbours one day, I realised that this is an ongoing issue and so I decided I wanted to do something about it. During a conversation with my partner's grandparents I found out that there was a local litter picking group who go out once a week and pick all the litter from on and around the rugby field. So now when I get the chance, I join in on the litter picking to do my bit to conserve our beautiful land that we are so lucky to have.

# Share

After taking part in the John Muir award, I realised that I rarely have time to sit and take in nature. Through taking part in this experience, it gave me the chance to take some time for myself and being outdoors has really helped with my well-being. I feel so peaceful when I'm sat out in my garden just watching the wildlife, the sky and my two beautiful cats playing and enjoying the overgrown areas of my garden. I felt so good after giving myself some time to sit and enjoy nature that I decided to share this scrapbook and my thoughts about the experience with my partner. This has inspired him to spend more time outdoors himself and he also wants to help me tackle some of the overgrown areas within our garden to make it a nicer area. Although we have agreed to leave some overgrown areas that our cats particularly enjoy.





**In every walk with nature one  
receives far more than he seeks.**

John Muir