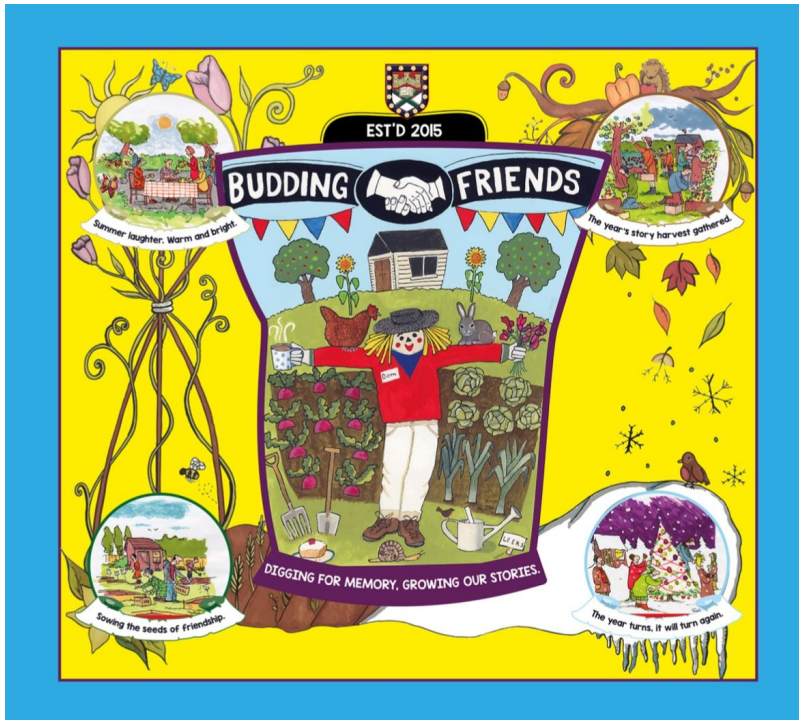


## Digging for Memory, Growing Our Stories By Budding Friends, Exeter



### Artists

**Concept** Ian Beesley

**Design** Martyn Hall

**Centre illustration** Paula Charman

**Inset illustration** Tony Husband

**Poem** Ian McMillan

**Embellishments** Ian Beesley

**Unfurled** Exeter, 12th April 2019

### Meaning

'Digging for Memory, Growing Our Stories', created by 'Budding Friends Exeter' considers the importance of friends, families and support groups in encouraging active living and social interaction to combat loneliness and isolation.

### Symbolism

The colour yellow represents ambition, blue represents loyalty and purple stands for dignity. The corner illustrations depict the four seasons, spring, summer, autumn and winter. The central image is of 'Dom', the Budding Friend's allotment scarecrow that welcomes people to the allotment.

Age UK Exeter's Budding Friends Allotment Project is made up of people living with dementia and their carers, who alongside volunteers maintain and nurture an allotment full of home grown vegetables, herbs, flowers, and lots of laughter.