

Health & Wellbeing Group Grant Form (for small grants)

- 1. Name of applicant: Rebecca Twigg**
- 2. Organisation applying: The Secret Garden Salisbury**
- 3. Contact details of applicant: beckybeesknees@gmail.com**
- 4. Total cost of your project (provide a simple breakdown of costs):**
 - Picture hanging fixings, printing of info for each exhibit feature, parcel tags for interactive feature, glue, scissors etc, tissue paper and arty materials, Social media promotions, volunteer recruitment and data collecting book, second hand frames for presenting the exhibit info. £248.00**
 - Printed photo foamex boards, £210.00**
 - Exhibit space fee and launch expenses £170.00**
- 5. How much are you applying for from the Health & Wellbeing Group fund? £628.00**
- 6. What is the title of your project?
A year in the life of a community garden – An awareness exhibition at Salisbury Library**
- 7. Please give a paragraph (or 2) description as to what your project is for/what its aims and objectives are.**
 - i. This is an awareness project. The exhibit in Salisbury's public library will reach out to the whole community, including many who have not yet heard of the community garden and what we offer.**
 - ii. An interactive 'Meadow Wall' will grow with community groups home made flowers during the month of the exhibit, and these are already 'signing up' to be involved in making the flowers during their regular group meet ups. The groups that have already getting involved include:**
 - iii. Jo Benson Day Centre, Salisbury Homeless shelter Art group, First Steps Nursery, Woodlands primary school and a large group of home educators in the local area.**
 - iv. In addition to the groups who have signed up early, and once I actively promote this activity on social media I would hope to also engage care homes and specific groups relating to older community members and health, and then the young groups in the community such as Avon House and Fiver rivers child care.**
 - v. I already have many other links with groups such as the Blind society in Salisbury who I will also encourage to get involved with this, even though it may be perceived as a challenging project; I think they will enjoy being involved; having spoken to them at length about being 'part of every day community initiatives'.**
 - vi. I also plan to have an 'in situ' interactive activity, where people are invited to write favourite nature memories onto parcel tags (provided by**

us) and hang them up to make a memory tree/wall hanging area. I do this at the garden and it really engages people and gets them thinking about the outdoors and how valuable it has been to their lives.

- vii. I will also give some talks as part of the months offerings, about the journey of the garden project, an insight into the value of it so far, and the incredible response we have had from all of the community from individuals, local and national businesses to the local council. I will create a launch at the beginning to invite garden friends and supporters within the local area, to say thank you for being a part of it.

8. Please tell us when your project will take place
The whole month of October 2018

9. Does the project meet a local need? (for which postcodes?)

Yes, it will offer an opportunity for people to experience the Secret Garden through being a visitor or becoming a volunteer. This seems to be particularly useful to vulnerable adults, but I expect to see interest from new groups too. The library will be a hub for new interest and we will have info that people can take away including how to become a volunteer.

10. How well does the project meet the priorities of the Joint Strategic Needs Assessment:

The project will be a catalyst for groups to find new ways to experience outdoors and the strong sense of well being that is gained from that. I have monitored how our visitors and volunteers have benefited the garden through collection of comments in a garden feedback book, as well as feedback via more confidential means in email and on a one to one basis. The information this has collected over 3 years has been invaluable in steering my projects where they are of most impact and value in the community. The things that have been tackled at the garden, based on that feedback I have collected, are: Social isolation, loneliness, recovery from substance abuse, gender identity, workplace bullying and consequent loss of work and confidence, recovery from domestic abuse, PTSD, social anxiety, transition into retirement, bereavement, transition from school to the workplace, support to volunteers to move into new healthy active outdoor life styles/hobbies including walking and wildlife watching, support to parents who are home educating or lone parenting, support to carers, physical disability and depression. I also have many people who report a general sense of well being after connecting with the project, even though they would be outside of the above groups, and in the voluntary group I mix all these groups together to promote real understanding of others in our society which helps to break down social barriers and promote kindness. In addition, there are many who we come for advise on local resources and organisations they may need to access elsewhere, so we are very much becoming a support service, even if we cannot directly support an individual.

Loneliness

Social Isolation

Dementia

Carers

Avoidable admissions to hospital

Avoidable admissions to hospital due to falls

(ie Does the project addresses the reasons why people are admitted to hospital eg providing opportunities for healthy eating/exercise etc)

11. How well have older people and their carers been/will be involved in the project?

I will be contacting all the local age groups and carers groups to invite them to be part of this exhibition, this will open a door to become connected with the garden itself.

12. How accessible is the project for all? (Disabled access, low income, vulnerable, socially isolated etc)

Very. The library has good access and the project is free and easy for all to join in with.

13. How well will the project safeguard the welfare of vulnerable people?

N/A in this library exhibition. Groups that come in will have own policy for visiting the space.

14. How will the you monitor and evaluate the project?

Feedback forms and sign up to volunteer/visitor activity.