

Stockport CAN Seed Fund Application

Application number 2a46afdc

Group name	Seeding The Change C.I.C.
Group description	<p>Seeding the Change C.I.C is led by a General Practitioner and Registered Mental Health Nurse. Our projects improve greenspace and biodiversity, support climate change and support GPs Social prescribing programmes in Stockport via:</p> <ul style="list-style-type: none"> • Weekly gardening sessions for up to 8 participants per session improving and creating greenspaces across Stockport • Connecting people to people and people to greenspace, improving mental and physical health
Funding requested	£1,000
Amount requested per ward	£1,000 from Offerton
Proposal details	<p>We will develop a community garden at Britannia Hotel, Offerton which is currently housing people seeking asylum with no greenspace. We will deliver facilitated gardening&wellbeing sessions in the garden during which we will create and develop the space. The garden will be accessible to all residents at all times and will tackle the inequalities in access to greenspace this community experiences for improved physical and mental health outcomes and to increase local greenspace and biodiversity.</p>
How will proposal tackle climate change and / or increase biodiversity	<p>We'll discuss the importance of nature for health for improved health, wellbeing and social inclusion. Up-skill residents in solutions to enhance biodiversity and re-green Stockport. Discuss sustainable healthcare, reducing carbon footprint and improving air quality through active travel, lifestyle choices and sustainable gardening techniques. We'll create the space so children can explore natural ecosystems, promoting a love of nature essential to making a greener, more sustainable community.</p>
How many people will benefit from proposal	400
Who will benefit from proposal	<p>A community garden and sessions at Britannia Hotel will provide a therapeutic space and intervention to all hotel residents. Many have significant mental health problems, lack purpose, belonging, autonomy and finance. Evidence shows residents engaging in the garden and sessions will experience improved mood, health and wellbeing as previous session attendees from the hotel have</p> <p>'The day I joined the garden group my life changed for the better'</p> <p>'This place is heaven'</p> <p>'I wish we could come everyday'.</p>