

MindSpace cultivates local support for wellbeing garden

Friday 18 December, 2020

Since securing a large allotment in Stamford, MindSpace has been planning to create a wellbeing garden for local residents. Not to be dissuaded by Covid restrictions, MindSpace and a small army of local volunteers have made great strides in readying the garden with a view to introducing a range of activities at the site from spring 2021. The progress at the garden is due to the tremendous support shown by local volunteers and organisations who have come forward to help MindSpace create a peaceful oasis with a combination of natural planting for rest and relaxation and other areas for active participation - both areas providing space for activities that support the 5 Ways to Wellbeing, which evidence suggests have a positive impact on mental health.

The once tangled and overgrown allotment plot was attacked with the help of Neil McIvor of **Stamford Litter Pickers**, and Tom Lamb from Great Casterton who provided heavy kit to start the work, followed by the generous donation of hard landscaping material from Hanson Cement. Next in line came a crew of apprentices from **Berry Apprentice Academy** in Oakham worked on one of the coldest days this year to start to shape up beds for planting.

To find out more and assist next year with this exciting project please contact MindSpace Stamford at info@mindspacestamford.com

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