

# Community Health & Wellbeing Plan for PC Land adjacent to the Village Hall.

Further to the topic of what to do with the land owned by the PC, A plan has been put forward to turn the piece of land into an enclosed garden that all can enjoy. The garden is designed so that all can enjoy regardless of age.

The garden will be designed to incorporate every sense -

**SIGHT - SOUND - TOUCH - SMELL - TASTE.**

As we do not have an abundance of space, we have tried to include ideas to cater for those of all ages, with dementia, & autism, an eco environment with sensory attributes. Therefore, creating something for every ones health and well being as well as being educational.

**According to the National Association of Local Councils (NALC) Health and wellbeing**  
[www.nalc.gov.uk](http://www.nalc.gov.uk)

Maintaining good health and overall wellbeing are essential parts of everyday life. Parish and town councils have the potential to substantially impact countless individuals' lives through the provision of critical information, services, and accessibility. The personal nature of health and wellbeing means that these councils play a vital role in catering to the diverse needs of their residents.

Our objective is to illuminate the responsibilities of parish and town councils, promote awareness, and encourage positive transformations within local communities, ultimately contributing to the development of resilient, healthier, and flourishing societies.

# Research and Testaments

## Why are eco gardens important?

Creating an eco-friendly garden isn't just a trend; **it's a responsible way to contribute to a healthier planet**. By adopting these eco-conscious practices, you can reduce your ecological footprint, support biodiversity, and enjoy a beautiful garden that thrives in harmony with nature (<https://www.thegardencontinuum>).

A sensory garden is **a green space which has been designed to appeal to as many of the senses as possible**. In healthcare settings, sensory planting is often designed for people with dementia, as colour, touch and scent can calm and ground, and inspire the recollection of distant memories and sensations (<https://nhsforest.org>).

A sensory garden is all about stimulating and engaging the five basic senses of sight, smell, sound, touch and taste. This type of garden not only allows you to connect to nature, but encourages you to become more aware of your surroundings and your response to them, tapping into the principles of mindfulness.

(<https://www.kew.org>)

For your garden you have to think carefully also to other small things. Entrance is essential, it must give **privacy** and seem almost a door to another world. You should think about **relaxation areas**, you can put **hammocks** or **comfortable benches**, in a well defined area. It's best to alternate along the route different materials, for example by establishing an area dedicated to sand and the next one to leaves. It is essential to create any **trails with boardwalks** that wind through the garden, to make the visit more pleasant and less distracting.

Your garden must invite to touch: plants must be **easily accessible**, the best leaves are **large, velvety** or **feathered**. You can create short paths to go **barefoot** on the sand or gravel.

A sensory garden is an area where every sense is stimulated, where nature guides us in a **harmonious path** and plants and flowers have **therapeutic effects** on our **body**, our **mind**, our **emotions** (<https://ecobnb.com>).

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### Funding

EDF/Hinkley still have funding available for a worth while project. We believe that this is such a venture. The creation of this project, if successful, will not add anything to your parish precept.

WALL

RAILINGS

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1

A

1

B

D

D

B

790cm

Key

1 = Bird feeding units

A = Herb garden

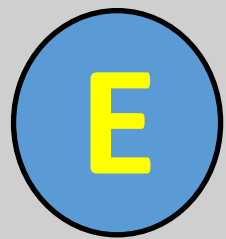
B = Plant and flower beds

C = Sensory wall.

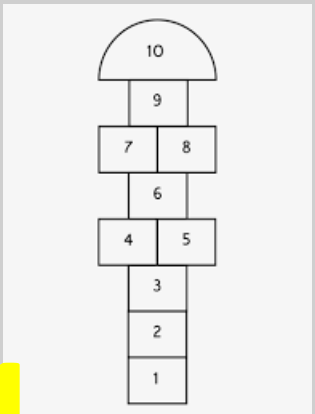
D = Benches

E = Water Feature

910cm



C



1

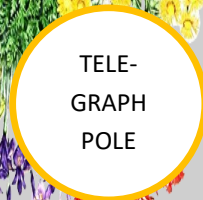
B

D

B

1

D



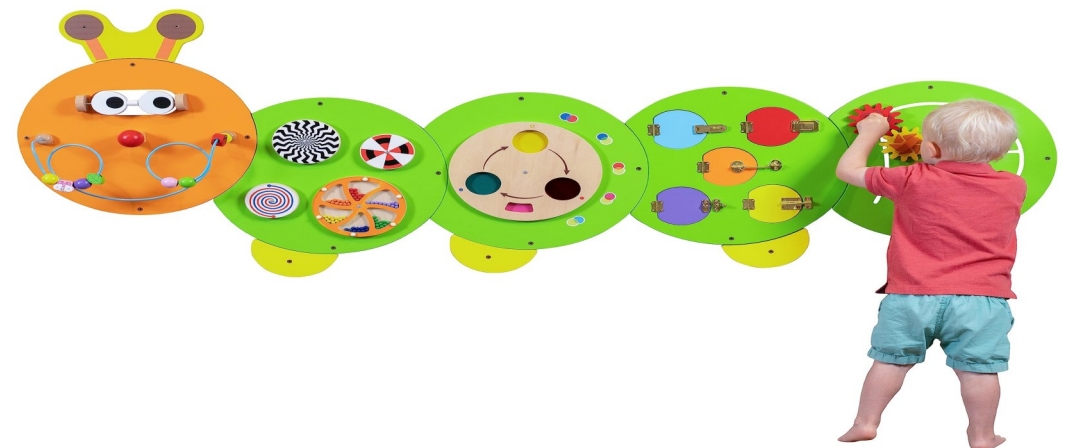
RAILINGS

RAILINGS



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- The garden will be enclosed by iron railings and an Iron gate - which will not be locked but will be able to close. The railings will be flat and NOT spiked on the top.
- Sustainable Flowers and plants will be planted around the area, for colour and scent. Planters will have to be either purchased or built. If built will be best as they can be built to shape.
- A herb garden will be along the wall in front of beach entrance.
- A number of bird feeders will be placed around so that visitors may feed and enjoy.
- A child safe water feature to be placed in the middle. If there is room, Palms can be planted around the fountain.
- The wall at the back will become a sensory wall. We would also like to see hop scotch on the ground by the wall. Noughts & Crosses on the wall also.
- Benches will be placed around the garden for visitors to sit and relax.
- Bat and insect boxes can also be put around.



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