

MISSION STATEMENT

Gerddi Bro Ddyfi Garden

“Social and therapeutic horticulture is the process by which individuals may develop wellbeing using plants and horticulture – this is achieved by active or passive involvement” – Thrive.

Mission statement

To promote for the benefit of the inhabitants of the Bro Ddyfi area, the provision of facilities for recreation or other leisure time occupation of individuals who have need of such facilities by reason of their youth, age, infirmity or disablement, financial hardship or social and economic circumstances or for the public at large in the interests of social welfare and with the object of improving the condition of life of the said inhabitants.

To meet these objects, the CIO will:

- Provide and promote therapeutic Community Gardens for the local community.
- Improve the physical and mental health of the local community,
- Support and sustain wildlife habitats and promote biodiversity & sustainable land management.

Aims

To promote and achieve health and wellbeing outcomes in the community using gardening, horticulture and related activities

To facilitate courses and activities enabling participants to gain the benefits of being active in the outdoors

To achieve the integration of volunteers in future planning of the Plas grounds

To support, develop and achieve life skills and opportunities for all through horticulture

To enable social inclusion by reducing barriers to community participation

To develop a therapeutic environment

To work with nature to increase biodiversity and practice organic gardening principles in balance with wildlife

To develop a sense of belonging within the community and celebrate the community

To liaise and work with the Town Council in furthering its aims for an active community

To liaise and work with Bro Ddyfi Transition Initiative in furthering its aims for a sustainable community

Ethos

Through activities, courses and day to day involvement, the community garden project may enable people to improve their fitness, mobility and mental health, develop social skills and gain horticultural skills, possibly qualifications as well as improve access to employment. Gardening can be sociable and confidence building and is an accessible activity for everyone.

Horticulture is therapeutic in that it works with living entities which have their own needs and requirements. Through nurturing these entities, people become involved in something outside of themselves and this process can help them feel less isolated and more connected with the social and natural world, as well as developing a sense of pride and accomplishment.

Much research has proven that gardening and, more generally, being active outdoors, reduces anxiety and stress.

What we will offer

Opportunities for voluntary work (gardening, conservation etc.)
Opportunities for physical exercise
Opportunities to work and plan together as a team.
Opportunities to learn about wildlife conservation and promotion
Opportunities to enjoy the outdoors
Opportunities to develop confidence and social skills
Opportunities for wild play
Routes and opportunities for arts and crafts activities
Routes to education, training and paid work,
Organic /wildlife growing courses
Some plant sales (amenity gardening)

Who will benefit

All users of the Plas including visitors to the area
Vulnerable adults
Adults with physical and sensory needs
Adults with mental health issues
Young people and young people's groups
Families and pre-school groups
Older people and older people's groups
Adult learning groups
Organisations Involved
Partner organisations
Ecodyfi
Machynlleth Town Council and the Plas Committee
Communities First Bro Ddyfi
Dyfed-Powys Police and Powys Neighbourhood Policing Team
Machynlleth Youth Club
Bro Ddyfi Youth Forum
Montgomeryshire Wildlife Trust
Mach Maethlon
Powys Teaching Health Board

Management

The project will be managed by a constituted committee of volunteers with various interests in the community, who will meet regularly to plan, monitor, finance activities and develop a long term sustainability plan. The project will remain a member of Thrive; the Federation of City Farms and Community Gardens, who provide support and guidance at a national level.

Membership to the committee and meetings will be open to all volunteers, course members, and representatives of partner organisations and organisations using the garden

Members, partners, users and funders will be kept in touch by newsletter. A regular maintenance programme will be professionally led by staff with the assistance of course members and volunteers