

Ottery St. Mary Community Gardening Project



Whether it's greening a local area, starting a food growing project or conserving an area for wildlife – community gardening can have a huge impact for both people and places in Ottery St. Mary



Benefits for your community

- **Pride:** a sense of ownership, connection and identity
- **Skill share:** learning new things and environmental awareness
- **Greener Surrounds:** a cleaner and greener place to live and visit
- **A healthier environment:** attracting wildlife to boost local biodiversity and tackling air pollution
- **Transformation:** community gardens can regenerate run-down areas and boost the local economy
- **Safer streets:** Cleaner, greener environments have been linked to lower crime rates and reduced anti-social behaviour
- **Healthier communities:** Local food growing can help people make better eating choices, while green exercise is linked to better mental and physical health

Benefits for you

- **Less stress:** 'green exercise' like gardening can help reduce anxiety levels and improve mental wellbeing
- **Get moving:** gardening is a great form of aerobic exercise and could help boost your strength, stamina and flexibility
- **Sense of ownership and connection:** being involved gives an identity with and respect for where you live
- **Better connections:** by growing with others you could meet new people and form stronger local networks
- **New skills:** gain new knowledge, how to grow fresh tasty food, how to support wildlife, how to improve the local environment and more
- **Discover:** take the chance to explore new areas of your community and improve

Who?

- School groups on school land
- Scout and Guide groups
- Churches
- Existing community groups
- New community groups
- Businesses
- Health Centre



Why?

- Increase bio-diversity
- Soil Health
- Managing water
- Prevent pollution
- Brighten our town
- Increase cohesion
- Provide sense of connection and belonging
- Provide opportunity and skill sharing



Where?

- Planting boxes
- Hanging baskets
- Alleyway makeovers
- Roadside planting
- Carparks
- Park gardens
- Orchards
- Allotments
- School grounds
- Private land



What?

- Food
- Flowers
- Wildlife havens
- Decorative displays
- Learning spaces
- Meeting points
- Social hubs
- Community Supported Agriculture



How?

- Management group to oversee projects run as:
 - Planting groups
 - School communities
 - Church communities
 - Housing communities
 - Street communities
 - Community allotment
 - Community Supported Agriculture



Existing Community Orchard



Verges



Local Churches



Small greens



Small greens



Local public spaces



Town centre



Alleyways



Existing community planting





Oasis Community Centre & Gardens, Worksop, Nottinghamshire



OASIS Community Centre & Gardens opened in 2011 with lots of hopes and dreams for the future. We had no idea it would grow to become a Centre and Hub with over 10,000 visitors annually. The Oasis has become a wonderful community resource with over 30 projects for people of all ages, needs and interests. It is also an important community garden with over 30 areas and gardening, horticultural and nature-based projects which make a big impact on many people's lives.