























































## News for 2016 - GREEN GYM



- CCG Innovation funding provided to BFBC Community learning with the provision based at Jealott's Hill Community Landshare.
- To give support and opportunity to those persons with mild to moderate mental health conditions and dementia.
- Starting Spring 2016 with a dedicated full time project manager employed by BFBC Community Learning.
- A focus on giving motivation, support, exercise, socialising and the therapeutic benefits of gardening and being close to nature.
- Manager Vacancy currently on BFBC website

Jeal tts Hill

## News for 2016 – LITTLE MUDDY BOOTS - Bi weekly sessions started February 2016



- Reconnecting under 5's and parents with nature and being outside.
  Building dens, looking at nature, sowing seeds and making mud pies.
- Building up immune systems for 2 5 year olds. Filling lungs with fresh air and enjoy natural daylight thats full of vitamin D.
- Boost everyone's mood and ability to sleep at night, and most importantly spend quality time together with family and friends outdoors.
- Stimulate imagination and inventiveness.

Jealŵtt's Hill



