

# TEAM SPRINGBOARD CIC



**AWARDED: £2,000**

**Team Springboard CIC** were awarded **£2,000** to provide open gardening sessions for participants of Zen Community Garden who face challenging lives.



Operating from an allotment site in the West Midlands, Team Springboard CIC runs regular open gardening sessions, which are a lifeline for many participants facing challenges such as mental health difficulties, isolation, long term unemployment, and being a recent migrant. The organisation was first set up to tackle green deprivation, environmental degradation and to help the long term unemployed improve their prospects.

Project funding has allowed Team Springboard to hire a qualified and experienced horticulturist to lead and support 18 participants in over ten open gardening sessions at Zen Community Garden, improving their horticulture knowledge as well as their mental health. Volunteers cut back hedges and ivy where it was damaging the host plant, nurtured seedlings in greenhouses, spread compost on vegetable beds and other more general garden maintenance. There was also the opportunity to have snacks and hot drinks together in the new shed – important for some participants who experience social isolation.

The Open Gardening Sessions project has boosted participants' wellbeing and gardening skills while improving the environment and wildlife habitats through finding eco-friendly alternatives to gardening, such as using hedges instead of fences, and laying compost on soil to prevent damaging microorganisms through digging.

**Lucy Lynch, Team Springboard CIC**

**Administrator, said:** "The funding helped us continue to welcome people to our community garden to learn, get exercise in the sunshine and feel connected to people with similar interests. Thanks for gardening with Team Springboard people feel better able to face the challenges in their lives whether that's poor mental health, getting to know a new country, struggling to find a job or funding themselves isolated in a large city. Thank you to the players of People's Postcode Lottery"



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