

# The Edinburgh Community Climate Fund



**(1a) Organisation/group name:** Let's Talk (Young People) CIC

**(1b) Project name:** Feel Good Community Garden

**(2) Tell us about your organisation / group (what do you do?) (150 words maximum)**

Our agency supports children and young people (5-26) to improve their emotional and mental health. We deliver therapeutic one-to-one and group work services, we have drop-ins and we offer yoga, music and outdoor activities. Inside we have a small art gallery space where young people can put on exhibitions of their work and we are developing a small café for young people. Our approach is responsive to those who may have experienced developmental trauma and our evaluations show that the work we do is effective and valued by young people.

**(3a) Please select the fund criteria which your project relates to (Select all that apply)**

- Create opportunities for community leadership and learning on climate change
- Reduce greenhouse gas emissions within communities and contribute to the net-zero target for Edinburgh
- Generate sustainable projects for the benefit of local people to build resilience or adapt to climate change within communities
- Build relationships between neighbourhoods of different socio-economic and ethnic backgrounds to work together on just, equitable and accessible climate and resilience activities contributing to the cities net zero agenda, also ensuring that activities work towards reducing or removing barriers for disabled people in the transition to net zero.

**Deadline for applications: 12th February 2023**

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## **(3b) Tell us about the project you would use the money for. (500 words maximum)**

We are applying for £20,000 to contribute towards the costs of building our Feel Good community garden and to employ a part-time Specialist Mental Health Practitioner (SMHP) who can support young people to access and learn in our outdoor space. We would like to buy and install some outdoor gym equipment and the SMHP would support young people to increase their physical fitness while exploring issues around emotional wellbeing and how that is linked to the environment.

We consulted with young people who told us they would like to have outdoor rooms in the garden (areas blocked off by plants), where small groups could meet to engage in emotional literacy, creative and environmental activities. The SMHP will develop a range of programmes, based on the individual's needs, to encourage children and young people to engage with the Feel Good garden to learn new skills and develop their confidence. We will explore biodiversity – we would like to build a pond, we will arrange community walks and litter picking activities. We will create lanterns, tell stories and roast marshmallows on our fire pit. Most importantly of all we will take time to build trust and form relationships. We want to make emotional and mental health support accessible. Young people can learn about self-care, and about how to cope with difficult feelings. They will learn gardening and woodwork skills. The garden that we create will reduce greenhouse emissions in our community.

Our SMHP will be able to support young people to learn coping strategies to help them manage their difficult feelings. We will work in partnership with the local schools to offer placements for young people to increase their confidence and develop peer education skills. Our SMHP would then carry out short learning sessions for younger children, to do wildlife and insect audits and understand the journey from seed to table.

The SMHP will be able to link young people into the other services that we provide and to our community café. They will develop nutrition and cooking sessions for young people. They will work closely with Castlebrae Community High School to get young people involved in planting the schools' raised beds. We can offer JET placements to pupils at the school too.

We would hope that over the course of the year, we would be able to provide 5 work experience placements, with intensive support, for local young people who may face additional barriers. We hope that 100 children and young people will be supported by our SMHP over the year.

We evaluate all of our work, using pre and post measures of distress or wellbeing. We record demographic information to ensure equality. We count the numbers of people using our service and we ask them to complete an end of programme questionnaire to review any changes they feel have occurred as a result of the programme. We use the Piers approach to plan, implement, evidence, reflect and share our learning.

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## (4) Describe your project in no more than 30 words (this will be used for publicity)

Our Feel Good Community Garden will provide an outdoor wellbeing space, where local young people can spend time, planting, growing, building and developing their confidence and their emotional/mental health.

## (5a) Who do you hope will benefit from this project?

Our project will be aimed at young people who live in and around the Craigmillar area of Edinburgh, which is an area which is in the top 5% on the Scottish Index of Multiple Deprivation. The children and young people are impacted by the inequality that poverty brings and they may experience other additional risk factors for poor mental health, such as developmental trauma, care experience, being a refugee/asylum seeker, being LGBTIQ+, from a BME group, or being a Gypsy Traveller.

Yes

No

### If no, please explain:

It is focused on young people (aged 11-26) – all young people are welcome.

## (5c) Will the project have a positive impact on any of the following protected characteristics?

Disability

Marriage  
or civil  
partnership

Pregnancy  
and  
maternity

Race

Sex

Age

Sexual  
orientation

Religion or  
belief

Gender  
reassignment

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## (6) Where will the project be delivered?

Our project will be delivered in Craigmillar and surrounding areas. Our premises is in the heart of the local community and we are turning the old car park at the rear of the building into a community garden, outdoor café space and outdoor gym.

## (7) Project start date: Project end date:

April 1<sup>st</sup> 23 – end March 24

## (8) How many people do you hope will benefit from your project?

105

## (9) Is anyone else working with you on the project?

Yes

No

### If yes, please tell us about this:

We will work in partnership with local high schools, where we already deliver therapeutic services. These schools have fed back to us about the needs for the most vulnerable young people that they worked with, who often struggle to succeed in school. We can be involved in parents' evenings and transition events to promote the opportunities our Feel Good Community Garden will offer.

In particular, we have close connections with Castlebrae Community High School (CCHS) and would also hope to support young people to develop the school's raised beds. We are forming a network with CCHS, Craigmillar Medical Practice, the Active Schools Coordinator and the local Sports Hub to explore options for a social prescribing approach to support the most vulnerable young people. Our Feel Good Community Garden will link to this network.

We work in partnership with voluntary sector agencies across our local areas and link with them to promote what we are doing and to do joint ventures when funding is available.

We will link young people into the other services we offer at Let's Talk (yoga, our community café, music groups, drop-ins and one-to-one support). We have some funding from CEC which will contribute to the costs of our community garden build.

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**(10) Do you require permission from anyone or any additional insurance to carry out your project?**

**Yes**

**No**

**If yes, please tell us about this:**

We already have permission from our landlords to create our garden project. Our insurance covers outdoor activities.

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<b>(11) Please outline a breakdown of the cost of delivering this project (including VAT).</b>		<b>(12) Do you have additional funding or income from charges which will contribute to this project? If yes, please detail below</b>	
Goods/Equipment/Time etc	£	Source	£
SMHP salary, NI and pension	16,024		
Outdoor rowing machine	1,200		
Activity costs	2,000		
Equipment (laptop)	500		
Contribution for direct management/admin.	276	CEC contribution to garden build (each year potentially over years)	2,500
<b>Total Expenditure</b>	<b>20,000</b>	<b>Total income</b>	<b>2,500</b>

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