

The Edinburgh Community Climate Fund

- Social Enterprise
- Community interest companies (CIC)
- Registered charity (SCIO)

Informal groups who do not meet the above criteria can still apply but will be required to work with a parent organisation who would submit the application in partnership. If you are not sure or would like to discuss please contact:

communityplanning@edinburgh.gov.uk

How do you apply?

To apply for the funding you must return this form before midnight on 12th February and submit an idea proposal through the [Your Voice platform](#). If your idea fits with the fund's objectives, the community will get to vote for the best idea at the start of March.

(1a) Organisation/group name: Community Foundation For Planetary Healing aka The Planetary Healing Centre

(1b) Project name: Nature and Wellbeing

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

Our charity was established in 2003 and aims to connect people to nature and community. We support mental health and wellbeing in Edinburgh through the delivery of outdoor wellbeing and skills development activities. We work with 300 beneficiaries annually who experience mental, physical and emotional health challenges, often exacerbated by socio-economic disadvantages, caring responsibilities and trauma. Our activities take place outdoors in our community woodland in Balerno.

A majority of our projects are accessed via self-referrals and all projects are available by donation or free of charge. We offer support for participants who cannot manage transportation costs and some of our projects are child-orientated. All of our staff, volunteers and contracted professionals are safeguarding trained.

Deadline for applications: 12th February 2023

The Edinburgh Community Climate Fund

(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.

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

Nature and Wellbeing is a 12-month food growing and nature activities project that will take place in our community woodland in Balerno starting in Spring/Summer 2023. The aim of the project is to provide opportunities for people in Edinburgh to learn environmentally sustainable practices, strengthen their connection with nature and build resilience for the benefit of the Edinburgh community and environment.

The food-growing training will teach sustainable, low-tech mushroom-growing techniques, mycoremediation and safe mushroom foraging. The full training will be delivered in a 6-part workshop and we will deliver 3 rounds, 18 days total.

The nature activities will teach nature connection and conservation skills and foster community-building and resilience. Participants will learn environmentally sustainable heritage skills from the past to inform their lives in the present and create a more resilient future for our planet and community. The activities will be delivered in a 4-part workshop and we will deliver 6 rounds, 24 days total.

Participants will have the opportunity to invite family and friends to attend the last day of the workshops to share their learning and skills.

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The Edinburgh Community Climate Fund

The workshops will be delivered in collaboration with professional facilitators who are experts in these fields and experienced teaching these activities.

Please see the detailed activities outline for more information.

Our aim is to reach 150 people and achieve the following outcomes: learning food growing and nature-based skills; developing skills to cultivate mushrooms, indoors and outdoors at home; improved mental health and wellbeing; reduced stress and anxiety; improving social networks and developing a stronger sense of community and belonging; increased climate action conversations and activities; fostering lived experiences of nervous system regulation outdoors; learning about the cycles and rhythms of nature and looking to nature for health and wellbeing support; improved personal empowerment, leadership, connection with self, confidence, self esteem, resilience, sense of safety and trust.

We conducted surveys to consult community members who participated in a similar project we delivered in 2022. The findings and feedback from the surveys informed the development of this project.

(4) Describe your project in no more than 30 words (this will be used for publicity) An outdoor Nature and Wellbeing project with food growing and nature activities to build resilience and teach environmentally sustainable practices for the benefit of the Edinburgh community and environment.

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

Our project hopes to benefit people in Edinburgh who are experiencing economic disadvantages and struggling with their mental wellbeing, particularly as it relates to the climate emergency and the cost of living crisis. We will work with adults, parents with children over 8 years old and young people aged 12 to 24.

The project will maintain the wellbeing of our piece of local natural heritage, our community woodland, while continuing to provide an outdoor learning and wellbeing space for Edinburgh community, in particular people who might otherwise not have access to outdoor green spaces to learn and improve wellbeing.

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The Edinburgh Community Climate Fund

(5b) Is your group open to all?

Yes

No

If no, please explain:

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

Disability (mental health)

Marriage or civil partnership

Pregnancy and maternity

Race

Sex

Age

Sexual orientation

Religion or belief

Gender reassignment

(6) Where will the project be delivered? In our community woodland in Balerno EH14
7JB

(7) Project start date: April or May 2023

Project end date: April or May 2024

(8) How many people do you hope will benefit from your project? 150

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

Yes

No

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The Edinburgh Community Climate Fund

If yes, please tell us about this: We will collaborate with Youth Vision, a local charity working with young people, to deliver some of the activities for some of their service users.

(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:

(11) Please outline a breakdown of the cost of delivering this project (including VAT).		(12) Do you have additional funding or income from charges which will contribute to this project? If yes, please detail below	
Goods/Equipment/Time etc	£	Source	£
Facilitators	11,856	EVOC/Scottish Government-Edinburgh Communities Mental Health and Wellbeing Fund	10,137
Supplies	1,500	Charity Unrestricted Funds	743
Volunteer Expenses	1,008		
Project Operations	6,528		
Admin	3,264		
Project Engagement	1,632		
Monitoring & Evaluation	1,632		
Project Accessibility	1,260		
Promotion	750		
Contingency	1,450		
Total Expenditure	30,880	Total income	10,880

We are requesting £20,000 from The Edinburgh Community Climate Fund for our project.

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