



www.cultivatingchange.co.uk

Cultivating Change is a Cambridge based seed donation initiative set up to support mental health, wellbeing and community by harnessing the positive power of the natural world through gardening & growing your own food.

The power of getting out in nature through horticulture has long been recognised as a restorative or preventative therapeutic activity, which has gained momentum over the last two years due to the difficulties brought about by the COVID-19 Pandemic. Throughout lockdowns & restrictions an increasing number of people worldwide have headed into their gardens, open spaces and nature as a way to cope & support their mental health. This is a core principle of Cultivating Change.

We set up the initiative at the end of 2020 donating seed bundles to individuals, families, community groups, schools, charities, mental health support groups, community allotments and more. With seeds such as Salads, Pak Choi, Chard, Radish, Pumpkin, Sunflowers, Rocket, Herbs, Nasturtiums; to name a few. All the growers involved in our initiative become part of our virtual community where they document their seed growing journey and enjoy the support and encouragement of like minded people. This allows us to chart the positive impact that growing can have on our communities' wellbeing.

We are going to be visiting St Faith's in the second half of this term to talk about Cultivating Change and introduce the St Faith's community to growing, gardening and getting out in nature as a great way to support wellbeing. As St Faith's parents this is a really exciting opportunity.

How does Cultivating Change work? You can apply for free seed bundles via our website, where we ask you to tell us how you feel gardening & growing your own could be of benefit to you, your family, your community, group, school etc. If your application is successful we then encourage you to sign up to our private virtual community of growers on Facebook so we can follow and support your progress as you grow.

We would love to have St Faith's families join the initiative.

The closing date for applications this year is **Friday February 18th**.

If you would like to apply or get to know us more please visit the website or follow us on social media.

Our website is <https://www.cultivatingchange.co.uk/join-our-community>

Instagram @cultivating.change

Facebook - Cultivating Change @everyseedanopportunity