



Healthy Minds Todmorden

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To whom it may concern,

Healthy Minds works with people who have mental health issues, physical or disability conditions in the community. Often people are lonely and isolated and lockdown has served to highlight this situation for many people.

I am particularly keen to see a community garden in Walsden because our service users who live there find there aren't enough amenities available that would help them connect with others.

Accessibility is problematic for people, particularly in outdoor spaces so somewhere that is local and people are physically able to meet would be of huge benefit both to their mental health and physical wellbeing.

If a community garden becomes a reality, Healthy Minds plans to use it for mindfulness sessions, for social meet ups and as a base for our Wellbeing Walks.

I already facilitate a weekly drop in at Walsden Cricket Club which is growing in popularity and the group has often requested an outdoor space where they can meet.

Walsden is a small community but without accessible, common meeting spaces unfortunately, which causes its residents to feel very isolated.

Regards,

Deborah Corbyn
Team Leader
Healthy Minds Todmorden