



Monday 6<sup>th</sup> February 2023

10.00am – 1.00pm

Veterans Garage, City Airport, Liverpool Road, Salford, M30 7SA

Number of people registered: 40

**Speakers**

Vanda Groves (Age UK Salford)  
Michael Carroll (Salford CVS)  
Jason Williams (CloudgardenerUK)  
Maryam Taher (Gardens of Sanctuary)  
Natalie Stables (Salford City Council)  
Fay Watts (Take Action Together CIC)  
Simon Robinson (Salford CVS)

**Salford CVS staff present**

Martyn Willcock (chair)  
Gill Bruder (minutes)

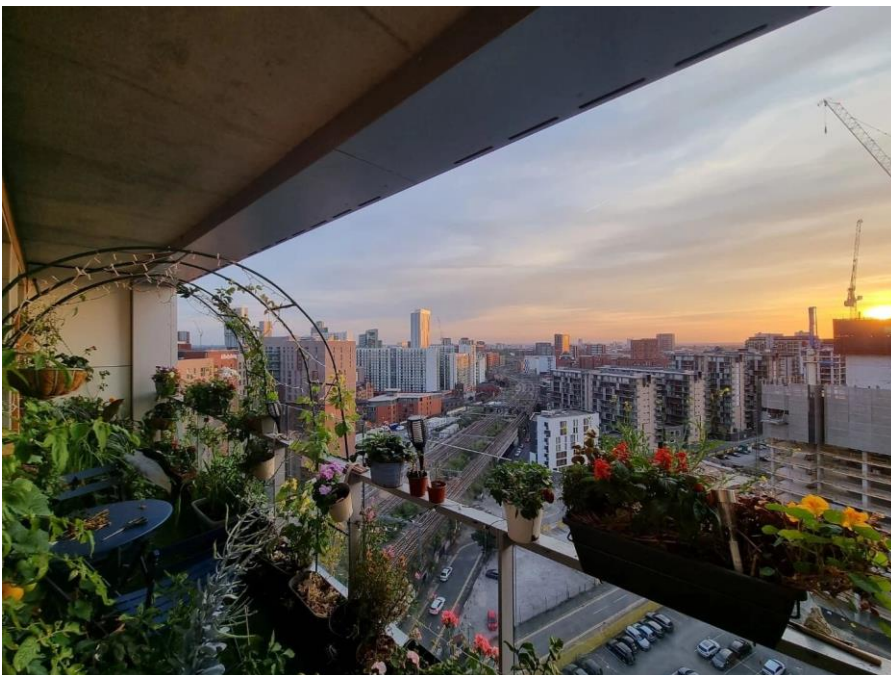
Martyn Willcock (Salford CVS) opened the event alongside Dave Renshaw from Veterans Garage. They welcomed all attendees, who then introduced themselves and their area of work.



## How small space gardening can impact biodiversity & mental health?



Jason Williams from CloudgardenerUK shared a presentation. Jason lives on the 18<sup>th</sup> floor and during lockdown he decided to share his story on social media of how he transformed his 18<sup>th</sup> floor balcony. Jason decided to transform his balcony and inspire a new generation of urban gardener to encourage more urban residents to maximise their unique growing space to increase benefits to urban wildlife, biodiversity and also mental health.





However, he slowly learned that balcony gardening has its own challenges. There was little to no representation online discussing the difficulties of balcony gardening. Jason decided to make a YouTube Channel documenting his learnings to help others with container gardening. Jason's channel then became an outlet for him to express his struggles with Mental Health.

The more he shared, the more he realised that his honesty resonated with people. The channel grew rapidly and has expanded across all forms of social media, Instagram, Facebook, Twitter and even TikTok. Jason has turned Cloud Gardener UK into a brand and his mission is to continue to recruit more urban container gardeners and show people "How to start a balcony garden".

The first step to creating your own balcony garden is to speak with your building management / landlord as there could be a weight limit or there could be some colour regulations on what plants and colours you can use.

Jason was asked to create The Cirrus Garden for the Chelsea Flower Show 2022 which was practical and realistic.



Jason has also created 3 x 35<sup>th</sup> floor balconies in Croyden and is working with local authorities and housing associations on how we can improve borders on housing estates so we can increase biodiversity in our cities.

Jason also hosts a monthly seed grow class in Sale which 40 people attend.

### **Salford Age Friendly Standards**



Vanda Groves from Age UK Salford and Michael Carroll from Salford CVS shared a presentation on Age Friendly Standards. Age Friendly Salford is a programme of work funded since 2015 by the Clinical Commissioning Group and Salford City Council to engage and support older people to age well. The programme is delivered by a partnership of voluntary sector organisations:

- Inspiring Communities Together
- Age UK Salford
- Salford CVS

The programme is split into 4 categories:

1. **Community Venues** - Gateways, GP surgeries, Libraries and Community Centres
2. **Business** – small local shops, café's, hairdressers, large shopping centres
3. **Outdoor spaces** – parks, walkways, crossings and pavements
4. **Transport** – buses, trams, trains and taxis

There are 5 key points to the Age Friendly Standards:

1. **Social** – welcoming and responsive to the requirements of older people
2. **Integrated** – considers opportunities to address wider health and wellbeing priorities
3. **Food provision** – café's and shopping centres

4. **Environment** – physical environments meets the needs and expectations of older people

5. **Transport** – safe, reliable and affordable

An assessment tool was developed and co-designed with older people and once they meet the principles they are awarded a certificate of accreditation which is signed by Councillor John Merry and lasts for 3 years. We currently have 22 venues in Salford which have been accredited. All venues accredited are on the Age Friendly website: [Age Friendly Salford](#)

The world Health organisation recognises Salford as an Age Friendly City, which strives to achieve no barriers for older people to enjoy their life.

### Gardens of Sanctuary



Maryam Taher and Natalie Stables shared a presentation on Gardens of Sanctuary and City of Sanctuary, a UK-wide movement about welcome and belonging.

Gardens of Sanctuary are providing a safe environment for refugees. It is a collaboration between communities where we share good practice.



Salford is currently in the process of applying to become a city of sanctuary.

### **Theory of Change**

Social Contact – Empathy into action

Movement building – campaigning and advocacy

### **Asylum in the UK**

It is a complex and strictly controlled asylum process, making it extremely difficult to get protection. There is slow decision making which results in huge backlogs – lots of people having to stay in hotels or barracks. People are unable to work until the process has been completed. They receive £40 per week for food, travel and toiletries.

### **Natalie Stables – Salford City Council**

Salford has the desire to build a movement and have set up a steering group to include education, health, university and colleges so we can help grow the movement but it is a long process of consultation.

A motion has been passed through Salford City Council for a bid for Salford to become a City of Sanctuary and Tom Stannard has written to Priti Patel at Central Government. Salford are awaiting the decision.

Pendleton Library will be a Library of Sanctuary and there is ongoing work to work with GPs to make a Surgery of Sanctuary.

The North-West takes the highest number of Asylum seekers in the UK.

### **Gardens of Sanctuary awards process**

**LEARN** – about what it means to be seeking sanctuary

Take positive action to **EMBED** concepts of welcome, safety and inclusion

**SHARE** your vision and achievements

There are 3 essential criteria:

1. Active involvement of people seeking sanctuary
2. Marking refugee week
3. Have a safeguarding system in place

There are 6 gardens of sanctuary in the UK who have gone through the accreditation.

## The Kore Garden Project



Faye Watts from Take Action Together talked about the Kore Garden Project. They are a small not for profit company CIC who aim to bring social change through nature and sustainable wellness

Take Action Together believe that everyone in the UK should have access to good quality green spaces. They are currently working on a project at a hotel at Manchester Airport where refugees have been hold up for the last 19 months to create a garden / greenspace for residents to socialise.

Women find it difficult to get out and access services and most have big families. Action Together have been running 6 week rug making sessions, 6 week basket weaving sessions and 6 week plant hangers sessions. They have employed a horticultural therapist and have taken ownership of the growing of food and spices as living in a hotel, refugees cannot cook their own food. A member of staff from Manchester City Council and a translator attend each session.

Action Together are currently in the process of building an eco-play area for the children. They recently attended a project in Parr Fold Park in Walkden, where they enjoyed sustainable play sessions using scrap materials. The consultation meeting took place on Wednesday 18<sup>th</sup> January 2023.



Not sure about scale and head height. Position of kids unit looks great .  
Love all of the curves.  
Decided to also add some more sustainable elements like a container garden to model what can be done with little to no budget. Discussed water butt and water play .

Lots of extra shelter and privacy provided by the addition of the triangular shades.  
Love the round seating areas which create another version of the woven bowl - a space to be held and socialise



Action Together are hoping to move the garden to Wythenshawe Park once the hotel stops being a refugee hotel.

## **Salford CVS grants**

Simon Robinson, Grants Manager at Salford CVS, talked through upcoming grants programmes.

“Dosh for dirt” is Salford CVS grants programme supporting green and growing projects.

Most of Salford CVS grants focus on achieving health and wellbeing outcomes. The following grants are currently live or are coming up:

1. Volunteer expenses fund (£750 max) – closes 3<sup>rd</sup> March 2023
2. Achieve Asset (£15k max) – closes 24<sup>th</sup> February
3. Impact Fund (to be launched end of Feb)
4. Wellbeing Fund (£1k max) – closes 17<sup>th</sup> February

Salford CVS hold “Meet the Funder” meetings where organisations can come along and ask questions on what a good bid looks like and the Salford CVS team can tell you everything you need to know.

The Green Fund panel took place last week and groups will be notified this week. A total of £20,000 was awarded.

## **Community Updates and Any Other Business**

The organisations in attendance were invited to give updates on the work of their organisations or any other business.

### **Andrew Swarbrick – RHS**

The RHS have been working with Salford University on a survey and we will feedback soon with a plan of action.

### **Ian Bocock – Incredible Education**

Incredible Education have been nominated for a National Award Innovative Project for the Cleveleys Forest Garden Project.

### **Michael Carroll – Salford CVS**

Salford CVS run Wellbeing Conversation training and are trying to diverse the people attending the training, to raise awareness of wellbeing in different cultures. If anyone would like to attend the training sessions please contact Michael on

[Michael.carroll@salfordcvs.co.uk](mailto:Michael.carroll@salfordcvs.co.uk)





### **Maggie Lister – Wellbeing Matters**

Recreate-U are running groups where you can bring your children along to the sessions. Public transport is an issue in Salford and people are struggling to get to venues to attend classes. There is need to link into schools to gain access to their minibuses and community drivers so they can drive people to groups / sessions.

### **Nic Spiby – Wellbeing Matters**

Wellbeing Matters is growing as a team and are currently recruiting new Community Connectors to join the team. If you run groups and want to link into the programme, please get in touch so we can refer people into the programme to your services. For more information, contact Nic at [Nicola.spiby@thebiglifegroup.com](mailto:Nicola.spiby@thebiglifegroup.com)