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Ack

From: Patients Group CSP
Sent: 30 September 2015 11:54
To: DPD
Subject: Cullompton North West Urban Extension - Community Health Garden

Dear Sirs

On behalf of the Patients' Group at Culm Valley Integrated Centre for Health in Willand Road, I would like to register my support for land for a community health garden to be allocated to the rear of the existing car park and to be shown on the final plans.

We already have a small area in the car park where vegetables and herbs are grown. These are sold to the public and the proceeds used to purchase seeds and plants for the following year. With an increased area available we could not only enlarge the growing area, but also provide an area of flowers for quiet reflection and tranquillity. The Health Garden has the potential to provide huge benefits not just for College Surgery patients, but for the whole community and potentially the new Primary School. Patients will not only be able to access the garden to help them deal with stress, depression, bereavements etc, but some may be invited to work in the Garden to help with conditions such as Diabetes, Obesity, rehabilitation etc. Produce from the Garden would be sold and also used in cookery demonstrations to enable those with diabetes or obesity to have a better understanding of nutrition, healthy eating and how to cook meals using simple ingredients. There is real evidence to show that 'Green prescription' is hugely beneficial. The NHS is under a huge challenge as demand for treatment grows and this is the kind of initiative which could be vital in the future not only for patients, but for the community as a whole.

This is a Centre of Excellence and a teaching facility which is nationally and internationally renowned. It is recognised by the Ministry of Health and The Prince of Wales for it's valuable pioneering work. It would be a travesty if the Health Garden did not materialise and allow us to expand and build on what we have already achieved.

I understand that several Councillors are prepared to support this request and I hope that the full Council will approve this land being allocated in the final plan.

Yours faithfully

Jean Berriman
Chair

