

From: Siobhan
Sent: 23 September 2015 17:52
To: DPD
Subject: Cullompton Community Health Garden



Dear Sir/Madam

As part of the planning consultation process am writing in support of the **Community Health Garden next to College Surgery, Centre for Integrated Health.**

Why I believe this project is important for Cullompton:

- *It is a forward thinking project with potential for enormous health benefits for Cullompton, the community as a whole, and will provide a social meeting place.*
- *Access to the garden would help with the effects of stress, depression, bereavements, alzheimer's, terminal illness, and aid rehabilitation.*
- *working in the Garden has potential promote a positive effect on depression, obesity and related ill health.*
- *cookery demonstrations using garden produce would inform about a healthy diet, and nutrition, and be linked to advice from a health facilitator.*
- *good results, have already been achieved with diabetic patients, using produce from small scale raised beds in the car park. With larger space much more could be achieved.*
- *The NHS is under a huge challenge as demands for treatment grow, this is the kind of initiative which is likely to be vital for the future and in the best interest of patients.*
- *It would be tragic if the opportunity for a Health Garden was lost for ever, and with it the opportunity to build on and expand on excellent work already started.*

Yours sincerely
Siobhan P Gilroy
Burrow Court
Tiverton
EX16 4PS