

# Active Leicester: Braunstone and Rowley Fields

## *Case Study: Growing Communities*



Since 2015, b-inspired's Neighbourhood Support Team has been involved in a project to redevelop a piece of donated land on a farm; with the aim to engage people in improving their physical health, mental well-being and financial status. The redevelopment of the land also allowed them to be able to grow fresh produce, which would in turn be able to be used for other projects, such as the local Food Share and at local events. The project also offered the volunteers a number of positive benefits, such as:

- being involved in a local project
- learning new skills
- occupational therapy
- social integration
- mental well-being



Currently, there is a bank of 37 regular volunteers who contribute to the redevelopment of the land; with an average of 8-10 volunteers attending on a weekly basis, contributing over 1,000 hours of volunteering.

The Active Leicester: Braunstone and Rowley Fields project was very keen to be involved in the project, as it saw the great potential in also advocating and elaborating on the physical benefits that being involved in the scheme offered to participants.

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***"It made me pleasantly tired and I am feeling mentally and physically better. Luke's warm up was really good and gave me some good pointers for the future"** John, local volunteer*

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Our initial collaboration has involved our Community Activators attending various sessions to conduct a warm up with volunteers, educating them on the importance of stretching and warming their bodies before what is essentially 2 hours of exercise! We also promote the scheme within our timetable, on our website and also refer any participants from other sessions who may be interested.

Future work is planned to increase participation with young people at the farm, especially around young offenders and those young people at risk.

