

AGENDA ITEM

EASINGTON VILLAGE PARISH COUNCIL CEMETERY & GROUNDS MEETING

SEPTEMBER 2025

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Request for an allotment – Charity Spare 10 for Ben

Background:

Spare 10 for Ben is a local charity based in Seaton Holme that provides awareness, care and support to people from all walks of life who are experiencing mental health difficulties or have been through some form of trauma.

It is well known that gardening offers numerous mental health benefits, including:

Stress Reduction: Engaging in gardening activities can significantly lower stress levels and promote relaxation.

Mood Improvement: Gardening acts as a natural mood booster, helping to alleviate feelings of anxiety and depression.

Cognitive Stimulation: The tasks involved in gardening can enhance brain function and improve focus and concentration.

Social Integration: Gardening can foster social connections and strengthen bonds with others, contributing to a sense of community.

Mindfulness and Acceptance: It encourages mindfulness and acceptance, helping individuals to be present and appreciate their surroundings.

These benefits highlight how gardening can be a powerful tool for enhancing mental and physical well-being.

EVPC currently have allotment placements available.

An enquiry has been made regarding Spare 10 for Ben being allocated an allotment on the Sunderland Road site for the purposes of group therapy and well-being.

Proposal: That Council consider allocating one full plot to the charity Spare 10 for Ben to be managed as a group for the purpose of improving mental health.