

The Gilstrap Children's Wood and Wildlife Meadow

WINTHORPE ESTATE RESIDENTS GROUP
ALTERNATE PROPOSAL





Our Dream & Vision.

This New Proposal will fulfil the Charitable objectives & obligations of the Gilstrap Charity, Newark and Sherwood District Council's deceleration of a Climate Emergency, Tree planting scheme and the "Pocket Parks Programme" introduced by the Communities Secretary Robert Jenrick.

The Gilstrap Charity Children's Wood & Wildlife Meadow.

With the current proposals of redevelopment of Yorke Drive adding to the growing Green Space Deficit locally,

https://m.facebook.com/story.php?story_fbid=611915669314521&id=154161975089895

The Gilstrap Charity Children's Wood & Wildlife Meadow will be the last non prescribed open green space in the Bridge Ward.

This space is vitally important for our local community, with minimal financial support it could be a place where people continue to get together to walk dogs, picnic, garden and play. It's a space where everyone can come together without the financial pressure of pay to play.

The Children's Wood with local groups, Schools, Academy's, Nurseries and Council could host regular events with the aim to connect people to nature, raise aspirations and involve people in the management of the land. People are increasingly disconnected from nature and this is having serious mental and physical health implications. Our Proposal of The Gilstrap Charity Children's Wood & Wildlife Meadow can redress the imbalance right in the heart of our community.

The Gilstrap Charity Children's Wood & Wildlife meadow could be accessed at any time of day or night by families, adults, carers, schools, our community and wildlife.



Proposal concept Key:

1. Picnic benches and Accessible Picnic benches

2. Multi Use Games Arena refurbished.

3. Public Footpath

4. Ambitious planting scheme.

5. Solar lighting.

6. Accessible Play Equipment

7. Open non prescribed Green Space

Nature and Mental health

Nature improves your health
Daily contact with nature is linked to reduced levels of chronic stress, reductions in obesity and improved concentration, so get your colleagues outside and help them feel healthier.

Nature makes happier workers
Green your office by creating an outside area and encouraging lunchtime walks. There is a 10% reduction in work absence if employees are able to look at a green space rather than a wall.

Green offices boost productivity
Adding plants and photos of wildlife (or even playing birdsong!) can help your colleagues at work. Employees are 15% more productive when workplaces have even a few houseplants.

Nature makes you more active
Map out local walking routes in wild places for people to enjoy at lunchtime. People with easy access to nature are three times as likely to be active as those without access.

Green exercise can save the NHS money
Ecotherapy could reduce antidepressant prescription costs, so encourage walking meetings and exercise in your workplace. Mind has shown that green exercise benefits health and wellbeing.

Green neighbourhoods cut depression
Natural features near houses reduce mental illness. Work with neighbours to create wildflower borders and bird feeding stations.

The Benefits of Outdoor Free Play on Children's Development

Mental Health
Better moods
Decrease in hyperactivity
Decreases in symptoms related to anxiety and depression

Physical Health
More opportunities for movement
Decrease in the likelihood of developing obesity or diseases
Development of fine and gross motor skills

Cognitive Health
More opportunities to make decisions and problem-solve
Increases in creative thinking
Children use higher levels of sequencing, planning, organizing

Emotional Health
Development of empathy
Increases in self-esteem
Development of emotional intelligence

Social Skills
Increased social interactions
Higher levels of sharing, cooperation, helping
Decreases in solitary play

Play Skills
Increased creativity
Development of higher play skills and play types
More opportunities for imagination and engagement

Despite living in a society where materially life has been good, some things are getting worse and society is noticing an increasing number of problems associated with modern living such as depression, anxiety, obesity, food poverty, the achievement gap and so on. We believe The Gilstrap Charity Children's Wood & Wildlife Meadow can play a role in tackling some of these 21st Century problems and minimise the impact of the more challenging aspects of modern living. Being outside, even if it's just to play and have fun, can reduce anxiety and increase self-esteem and attention span in children. The same is true for adults and for problems like depression; spending time in nature can be as effective as antidepressants in reducing symptoms. It's a simple, free, activity with no side effects. Not only can the land help to alleviate negative feelings and thoughts but it can boost well-being and help people and our community to flourish.

Rewild a Child and support our Alternate proposal, The Gilstrap Charity Children's Wood and Wildlife Meadow for Cedar Avenue Park.

Help put nature back into childhood. Because all our lives are better when they're a bit wild.

Children's contact with the natural world is in decline. Only 10% of

children now spend time in wild places, compared to 40% of their parents when they were young.

The increase in screen time, the pressures of schoolwork, parental fears and a decrease in accessible green space have all contributed to a decline in 'wildplay', leaving our children divorced from nature in their formative years.

If children continue to be disconnected from nature, they will not value and care for it in the future. Children who spend less time in nature also suffer in their health and wellbeing and miss out on opportunities to develop physically and mentally.

We're working to make nature a part of growing up again. From imaginative play in woodlands to pond-dipping and getting wet and muddy, this builds confident, healthy and happy children and makes a connection with nature that can last a lifetime

Protecting Spaces

- Deed of Dedication with ownership and management remaining at local level
- Wide range of outdoor spaces
- Millions in improvements funds
- Activation projects, targeting the inactive
- Tangible legacy

For this proposal to happen The Gilstrap Charity will need to protect the land through a Deed of Dedication with Fields In Trust. It's a robust yet flexible way to do it. The Deed is a legally binding document which means the proposed Gilstrap Charity Children's Wood & Wildlife Meadow is protected for future generations to enjoy.

If successful, our alternate proposal *"The Gilstrap Children's Wood and Wildlife Meadow"* will be the only Park in Newark and Sherwood that will have accessible play equipment.

we cannot find any other examples where families can play on multiple equipment together regardless of physical ability, non-discriminatory, allowing families to play, learn and get back to nature as families.



An ambitious tree planting scheme along with shrubs, wildflowers, wildlife and child friendly soft landscaping would give nature a home and provide vital "Green Lungs" to our heavily polluted community absorbing carbon contributing towards NSDC's carbon neutral target.

Community veg growing, Community gardening, Community events, Play Groups, Outdoor learning, Sensory Garden, Education, Forest Schools, Bush craft workshops, open green space, Dog Walking, just sit and enjoy nature, the possibilities this proposal presents are endless.



↓ ↓ Our mood board album can be found here ↓ ↓

<http://www.facebook.com/winthorpeestate/albums/749914318847988/?scmts=scwspstd&extid=wAUWYhImUTITaEIs>

Thank you for taking the time to read our proposal and allocating time in the committee meeting for discussion.

Kind Regards,

Winthorpe Estate Residents Group.