

# **The Gilstrap Children's Wood and Wildlife Meadow**

**WINTHORPE ESTATE RESIDENTS  
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,

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.

materially life has been good, some things

The Benefits of

# Outdoor Free Play

on Children's Development

<p><b>Mental Health</b></p> <ul style="list-style-type: none"> <li>Better moods</li> <li>Decrease in hyperactivity</li> <li>Decreases in symptoms related to anxiety and depression</li> </ul>	<p><b>Physical Health</b></p> <ul style="list-style-type: none"> <li>More opportunities for movement</li> <li>Decrease in the likelihood of developing obesity or diseases</li> <li>Development of fine and gross motor skills</li> </ul>	<p><b>Cognitive Health</b></p> <ul style="list-style-type: none"> <li>More opportunities to make decisions and problem-solve</li> <li>Increases in creative thinking</li> <li>Children use higher levels of sequencing, planning, organizing</li> </ul>
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<p><b>Emotional Health</b></p> <ul style="list-style-type: none"> <li>Development of empathy</li> <li>Increases in self-esteem</li> <li>Development of...</li> </ul>	<p><b>Social Skills</b></p> <ul style="list-style-type: none"> <li>Increased social interactions</li> <li>Higher levels of sharing</li> </ul>	<p><b>Play Skills</b></p> <ul style="list-style-type: none"> <li>Increased creativity</li> <li>Development of higher play skills and play types</li> </ul>
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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

The graphic includes the 'fit Fields in Trust' logo in the top right corner, a photograph of a group of children in white t-shirts and dark shorts standing on a grassy field, and a silhouette of a dog on a grassy hill at the bottom.

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.



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

**Kind Regards,**

Lucy, Lee, Russ & Ryan

The Gilstrap Charity Children's Wood & Wildlife Meadow Committee