

We need your help!



Project Overview

We are a mother and baby unit who support young mums from the age of 16 - 25 and their babies/children up to age 5. We are trying to set up a gardening project at our scheme which will benefit our young residents by getting them out in the fresh air and contributing to an improvement in their mental health. It will also give them a sense of pride in their home which they will hopefully take with them when they move on from Bamber Court.

What support is needed:

We are looking for anything that we could use to get our gardening group up and running as we have nothing at all at the minute. We will need tools, seeds/bulbs, planting containers, soil, compost and anything that could possibly help to make our garden an inviting place for our mums and their children.

Bamber Court Mother and Baby Unit

What difference it would make to our project?

This would really benefit our residents as it would encourage them to work together as a team, it would stop them from feeling isolated and get them out in the fresh air which would have a massive impact on their mental health. It would also have a positive effect on the children and may encourage them to eat healthy foods if we can grow fruit and vegetables.

To find out more about the group:

Ring 01942 523382 or email: Bamber.Court2@jigsawhomes.org.uk

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