



Welcome to “Flourish” Steeple Aston Wellness Garden

A partnership between Steeple Aston Church and Steeple Aston Allotments..

What is the Wellness Garden and who is it for?

Steeple Aston Church and the Steeple Aston Allotment Society in partnership are creating a special garden here to help people in Steeple Aston and the benefice.

The Wellness Garden is for adults (18+) who feel they need support at a low point in their lives. They may be experiencing stress, anxiety or depression or even recovering from an illness or bereavement. People suffering from loneliness or low self esteem will also be very welcome as Gardeners.

Please note: the garden team is not medically trained or accredited. People who are feeling very unwell should speak to their GP or another health professional as a first step.

The Wellness Garden is where members will

- Spend time gardening outdoors in safe and welcoming green space
- Enjoy being more active
- Learn new skills
- Work alongside others and make friends
- Help grow the garden personally and for others.

Registered members will attend weekly gardening sessions lasting about two hours.

The sessions will be run by our Lead Gardener and Wellbeing Volunteers. Together they will make sure members are supported and encouraged in weekly activities their wider journey to wellbeing. While most sessions will be seasonal allotment tasks, also craft workshops will be offered using natural materials – usually ones we have grown – and events like Steeple Aston Harvest Festival and the Allotments Open Day.



Support the Wellness Garden

There is no charge to the Gardeners for attending. In order to set up the Wellness Garden, cover running costs, and most importantly to keep the sessions free for Gardeners we need financial support of £10,000 a year. We would be very appreciative of your kindness to help finance this valuable project. A monthly standing order of £10 or more would be the best way forward to ensure ongoing support

We have been promised very generous match-funding so **every £1 you give adds another £1**. To donate towards the wellbeing of people in our villages we would be very grateful if you would kindly make a regular standing order to the account below.

To: **Steeple Aston Church**
Bank : **Lloyds :**
Code: **30-96-26**
Account Number: **81797060** Reference: **Garden**

Monthly amount e.g. £10 , starting as soon as possible , until further notice (all proceeds will be allocated uniquely to the Wellness Garden).

If you are a tax payer and would like to enhance your gift by 25% please would you kindly send the form below to:

Shirley Palmer, Holly House, South Side, Steeple Aston, OX25 4RT
Or contact: martinandruth123@icloud.com.

To make the most of your donation by 25p of Gift Aid for every £1 you donate Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer.

I want to Gift Aid my donation of £_____per month to:

Name of Charity St Peter and St Paul's Church Steeple Aston

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference. **My Details**

Your signature.....

Title _____

First name or initial(s) _____

Surname _____ Full Home

Address _____

_____ Postcode _____ Date _____

Please notify the charity if you:

- want to cancel this declaration.
- change your name or home address
- no longer pay sufficient tax on your income and/or capital gains

Thankyou from The Garden Team!