



**WELLBEING**

at GARON PARK CIO

Cultivating Healthy Communities  
across Southend



# The Project...

Access to green space is extremely important for health and wellbeing and it has also been suggested to support cognitive development in young people.

Many schools in Southend have poor access to green space and in 2024 we launched a pilot project that took young people on a journey through the seasons!

Students participated in a range of activities designed to promote environmental awareness, learn where their food comes from and support their mental health.

This year we have even more on offer. Including, educational activities that align with the curriculum, fun games to help learn about nature, as well as supporting our vegetable garden and conservation features as we transition from spring into summer. All with our scenic park as the back drop.

See overleaf for available dates...

# Testimonials

*"First-hand experience of the natural world is so important for children's learning. This project has given our pupils the opportunity to gain more in-depth knowledge about plants and the process of growing crops from experts, which enhances our science curriculum. Having access to this green space will help cultivate an appreciation of being outdoors - improving their wellbeing, whilst also boosting their 'working scientifically' skills as they observe and record changes over the seasons."*

*Joanna Rea - Porters Grange Primary School*

*"The session was really enjoyable for all the students and all the activities were really well run. All the students engaged really well, even those that are not always easy to get involved in new things. They all asked to come back!"*

*Jack O'Connor - EH4CP*

*"The children enjoyed all of the activities. Liam, the leader was excellent at rearranging our day to suit the adverse weather conditions. He was extremely knowledgeable as was the volunteer who helped with the gardening activity- both gave us great advice and tips to take back to school. The children loved their day."*  
*Mike Smith - Sacred Heart Catholic Primary*

## Dates for Spring/Summer 2025

**Friday 7th March**  
**Monday 10th March**  
**Friday 14th March**  
**Monday 17th March**  
**Friday 21st March**  
**Monday 24th March**  
**Friday 28th March**  
**Monday 28th April**  
**Friday 2nd May**  
**Friday 9th May**  
**Monday 12th May**  
**Friday 16th May**



**Monday 19th May**  
**Friday 23rd May**  
**Friday 30th May**  
**Monday 2nd June**  
**Friday 6th June**  
**Monday 9th June**  
**Friday 13th June**  
**Monday 16th June**  
**Friday 20th June**  
**Monday 23rd June**  
**Friday 27th June**