



Grants that work for your garden

Description



If our gardens serve as a “Natural Health Service” as senior physician Sir Muir Gray calls it they might well benefit from additional investment.

That’s where our friends come in at the Fund for the Support of Presbyters & Deacons (FSPD).

They offer a gardening grant of £250 per connexional year to help MMHS residents maintain their gardens.

You could pay a gardener or even buy a handy power tool

This grant supports essential work such as grass cutting, hedge trimming, pruning or just general gardening.

You could pay a gardener or even buy a handy power tool to make your green space easier to manage.

The aim is to ensure your garden remains manageable and safe. It's easy to apply. Complete a short application form, which can be found [here](#).

Once your form is complete, you can submit it in one of two ways:

- by email, send the form to ministerial.grants@methodistchurch.org.uk;
- by post, send your completed form to the address on the form.

There's a significant association between gardening and improvements in wellbeing

Recent research supports Sir Muir Gray's statement. Those who garden every day have wellbeing scores 6.6% higher and stress levels 4.2% lower than people who don't garden at all, according to a 2021 survey by the Royal Horticultural Society.

Surveying more than 6,000 people, the RHS study showed a significant association between gardening more frequently and improvements in wellbeing, perceived stress and physical activity.

If you have any questions about the gardening grant process or need help getting started, please get in touch. Phone the MMHS Property Team on 020 3848 6020. (Photo: Trish Steel, commons.wikimedia.org)

Category

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