

# Join us today!

If you are interested in our project and would like further information please identify your interest in the boxes below.

- Director
- Member
- Volunteer
- Express your interest in the use of a community grow your own scheme planting box.



Name: .....

Address: .....

.....

Tel: .....

Email: .....

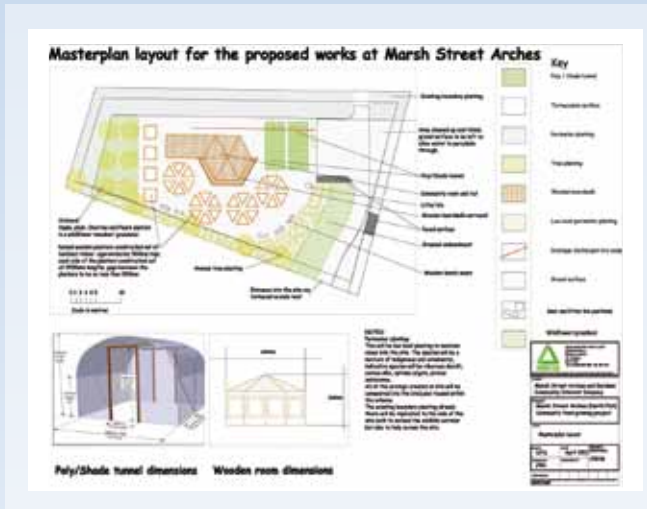
Return this slip to:

**Marsh Street Arches and Garden CIC**  
 c/o CHNM Office  
 242-244 Dalton Road  
 Barrow-in-Furness  
 Cumbria, LA14 1PN

Or email [greenheartden@aol.com](mailto:greenheartden@aol.com)

Thank you.

## The Green Heart Den and The grow your own scheme



## Marsh Street Arches and Garden Community Interest Company



Help your community...



join us today...



...and help make a difference!

### Our Sponsors...



[www.greenheartden.blogspot.com](http://www.greenheartden.blogspot.com)  
 t. 07919 991 989  
 e. [greenheartden@aol.com](mailto:greenheartden@aol.com)



09.2011 www.pola-kadefion.co.uk



## About the Project...

Among the various core activities of the Marsh Street Arches and Garden Community Interest Company include:

1. The Green Heart Den. A user friendly urban oasis which people can relax in enjoy, possibly taking part in a range of activities and visiting again and again.

2. Securing permission for the potential development of several large, vacant railway arches belonging to Network Rail in such a way that would be of benefit to the local community and provide additional local resources. For example:

- A centre for health/wellbeing
- A youth facility
- An educational centre

3. Community grow your own scheme in which individuals and organisation could be offered the use of a raised planting box.

Among the main health benefits of such a scheme could include; increased opportunity for physical activity, improved mental health and well being and the increased availability of fresh food. It is hoped that by working in partnership with various organisations involved in the mental health and disability sectors it could help to reduce the stigmatisation and isolation that those suffering with mental health conditions and disabilities can feel.

## About Us...

We are a Community Interest Company registered as a Company Limited by Guarantee, No. 06518159.

### Our Mission statement:

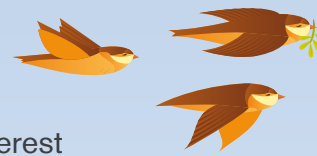
*"Through the use of best practice provide a centre of excellence that recognised embraces and serves the needs of the local community"*

The Company is the result of several years voluntary hard work during which we have secured a long term 85 year lease for the land from Barrow Borough Council and received funding from various local, regional and national sources.

We have a Management Committee who are responsible for the Company and who help to ensure that we follow and deliver our core activities.

In addition to the physical regeneration of the area we have always believed that the full involvement of local people in the process would not only provide the best opportunity for the long term sustainability of the project but would also help with the wider social and economic regeneration of the area.

It would also provide people with skills and confidence to start new projects access to training or further education or finding employment either within the project or elsewhere.



## Opportunities...

In an effort to increase participation and build on the capacity of our organisation we would like to offer the opportunity should you wish, to become involved with the project at various levels.

We are looking for people from different backgrounds and with different experiences.

There are various ways in which you could become actively involved. Such as:-

**DIRECTOR** - Strategy and vision  
- Finance  
- Legal identity

**MEMBER** - Supporting the Directors  
- Leadership  
- Management

**VOLUNTEER** - General involvement  
- Garden maintenance  
- Organising activities

Training can be provided at all levels.