

APPENDIX A

EXTRACT FROM NATURAL ENGLAND'S GREENING DEMENTIA PROJECT

The Natural England's Greening Dementia Project displays a collection of evidence, showing positive outcomes from people with dementia experiencing the Natural Environment which include:

- Improved emotional state: reduced stress, agitation, anger, apathy and depression
- Improved physical health: skin health, fitness, sleeping patterns, eating patterns
- Improved verbal expression
- Improved memory and attention
- Improved awareness: multi-sensory engagement and joy
- Improved sense of well-being, independence, self-esteem and control
- Improved social interaction and a sense of belonging

Carers of people with dementia suffer from stress and isolation. Providing the sensory strolls also delivers respite for the carers and enables them to socialise with people.

FUNDING REQUIREMENT

	£
<u>Inclusive countryside access course.</u>	
One days training	300.00
Travelling and Admin Time (3.5 hours at £25 per hour)	87.50
Travel expenses (148 miles at £0.40 per mile)	59.20
<u>Auditing accessible countryside routes and obtaining funding for design and printing of the routes.</u>	
Art and design work	625.00
Printing 3000 leaflets	687.00
VAT @ 20%	262.40
<u>Dementia friendly walks in Lincolnshire.</u>	
One days training for 14 delegates (£ 115 per person)	1610.00
VAT @ 20%	322.00
Total funding required inclusive of VAT £3953.10	
Total VAT included above £ 584.40	

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