

Project Information



**Restoration of Lee and District Land Club Baring Road Allotment &
Creation of Community Wellbeing Garden**

Site Location



Site Location

Source: Open Street Map



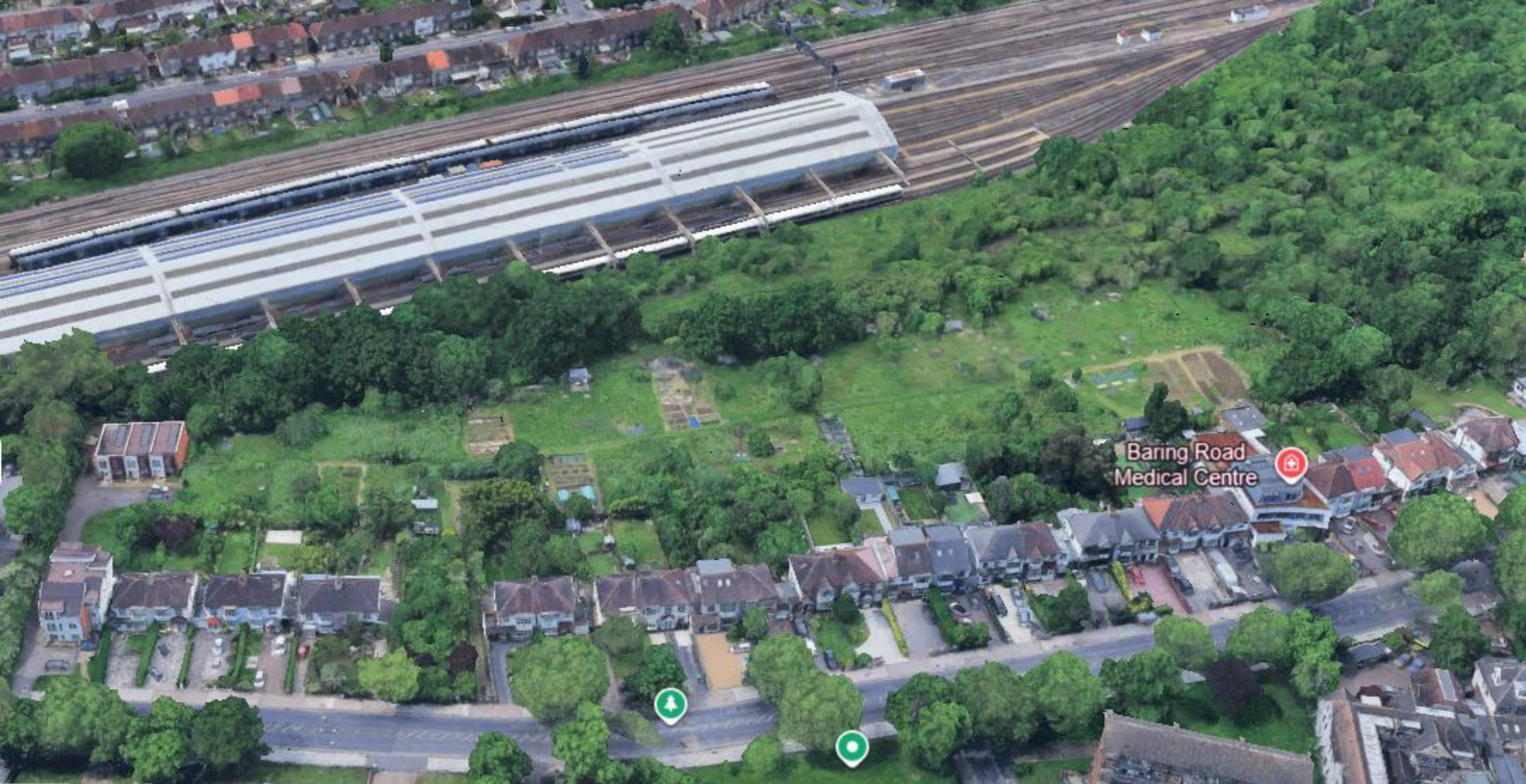
Site Area

Source: Google Maps



Location of Community Wellbeing Garden Space, Community Orchard & Communal Social Areas

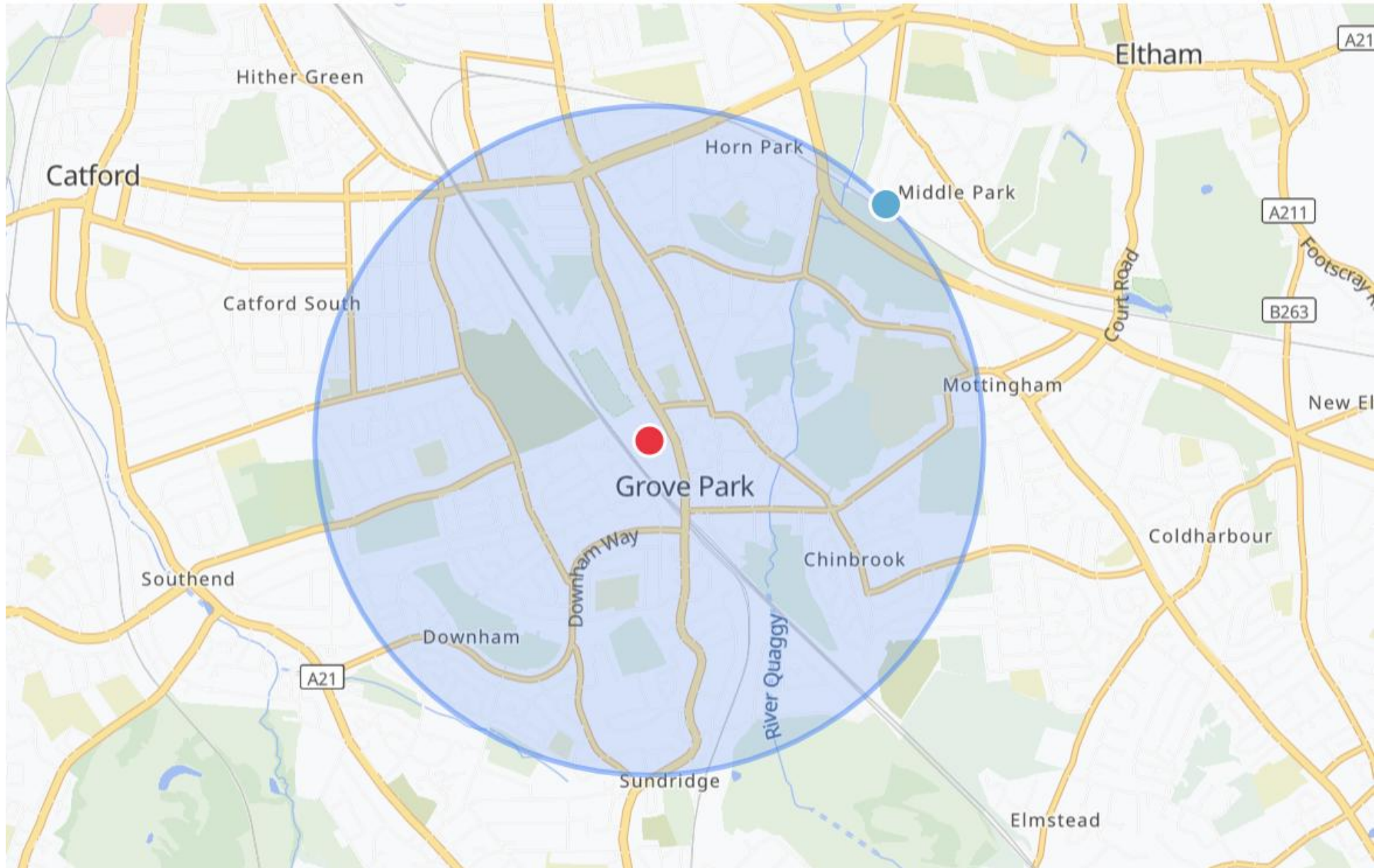
Source: Google Maps



Baring Road
Medical Centre

Perspective View of Allotment Gardens

Source: Google Maps



20 Minute Walk Population Catchment Area of Allotment Gardens

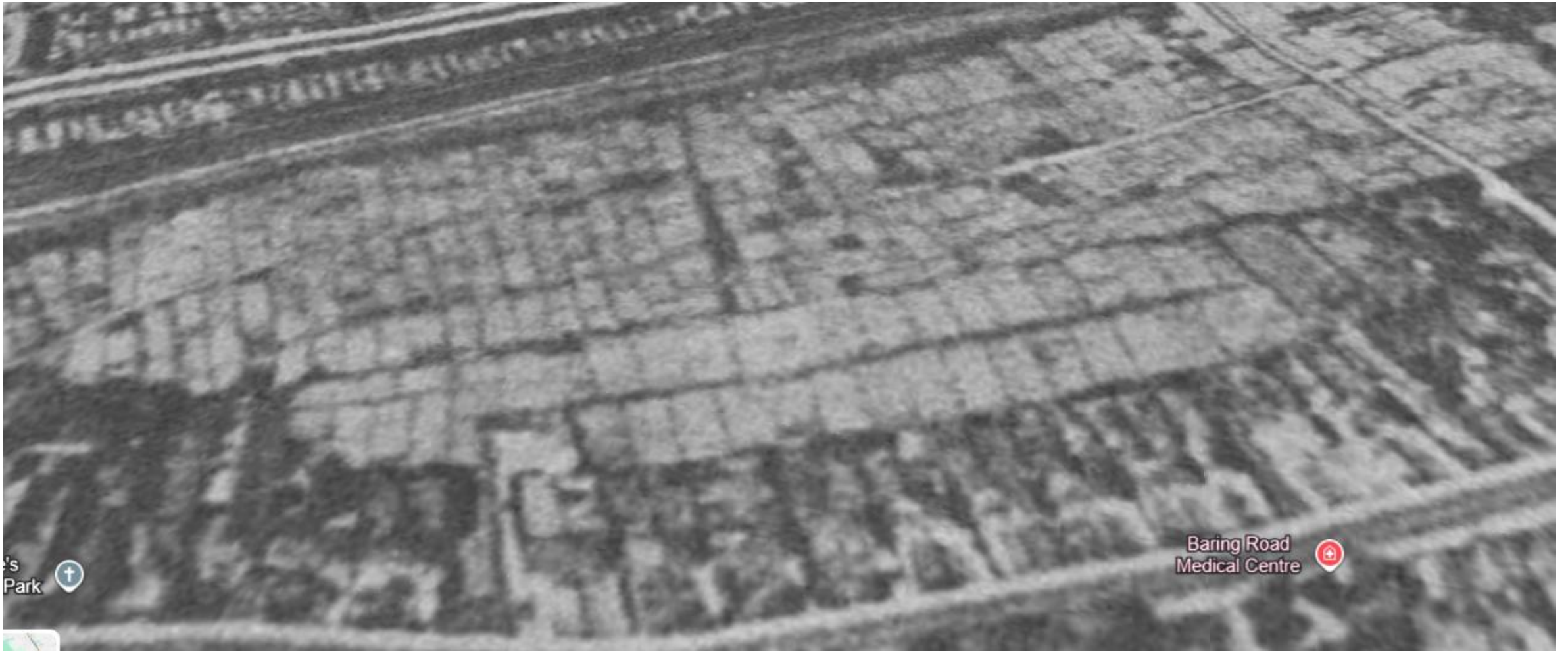
Source: <https://www.datadaptive.com/pop/>

Historic Context



1950 Map of Grove Park Allotment Gardens

Source: <https://ideal-homes.gre.ac.uk/lewisham/assets/maps/grove-park/1950.html>



1945 Aerial Imagery of Allotment Site Showing Much Larger Area being Cultivated – Key ‘Dig for Victory’ site

Current State



The site is severely overgrown with invasive brambles and self-seeded saplings, making plots unusable. Significant quantities of buried rubbish were found beneath 2–3m high vegetation.





Entrance pathway and route to the proposed community wellbeing space do not currently meet accessibility standards.



The entrance is in a state of neglect, with a deteriorating fence line that detracts from its potential as a welcoming food-growing space



Volunteers have spent the last year clearing heavy overgrowth and skipping large amounts of rubbish. Site ready for digging out extensive roots.



Oct 2025– vegetation cut to ground level, clear ready for digging out roots



Oct 2024 – 2m high vegetation in background



Apple tree kept to form central shaded gathering space on wellbeing plot





Volunteer Days





Community Activation Days – Fruit Picking & Open Fundraising Day





Allotments and Wellbeing A Green Space for Healing and Hope

Milton Phillips found healing and community at his Grove Park allotment after retiring and facing prostate cancer. His story shows how allotments boost wellbeing and bring people together.



Allotments as a Catalyst for Wellbeing – Onsite Personal Story Inspires User Group Priority Need

Design Mood Board:

Community Wellbeing Garden & Site Enhancements



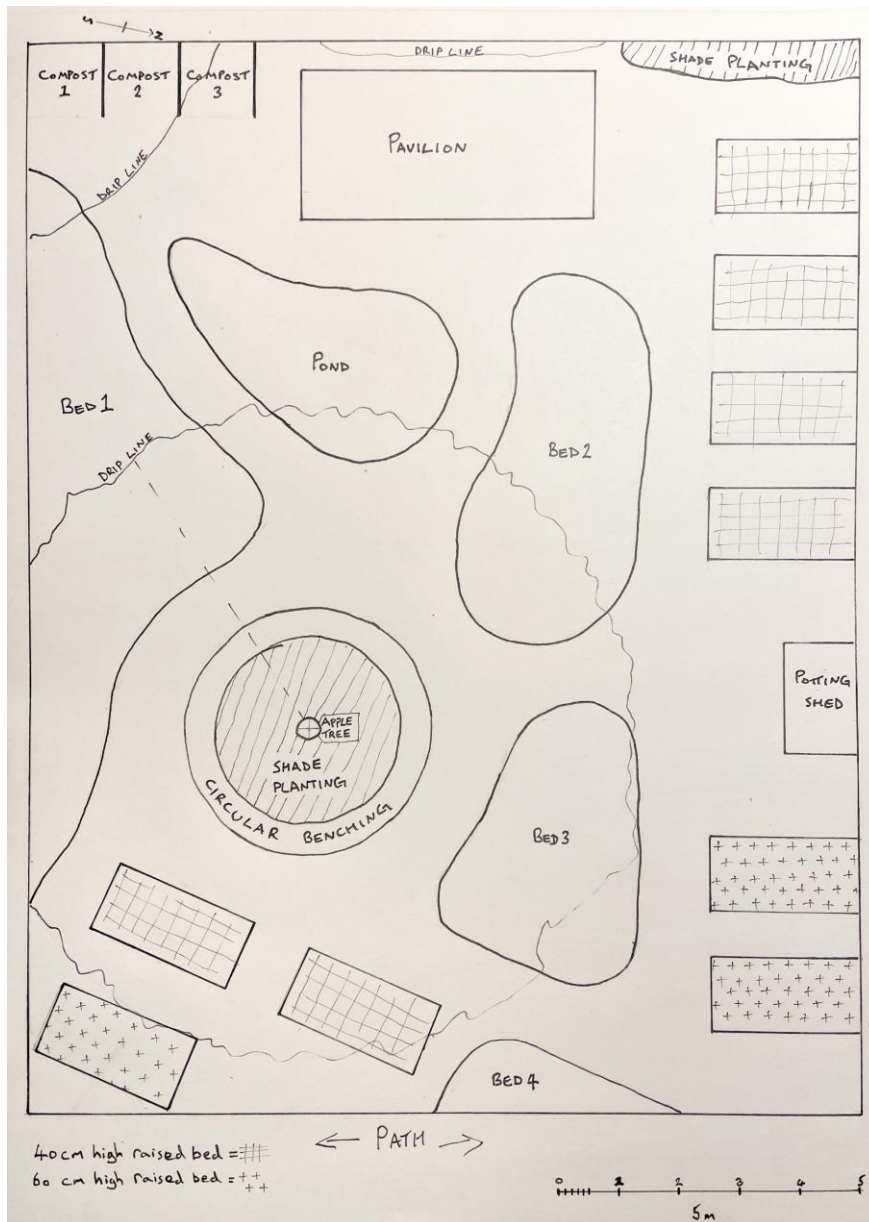
“There is growing evidence to support the use of nature based interventions for the treatment of mental health and great potential to upscale the use of therapeutic community gardening through the Government and NHS’ Green Social Prescribing agenda,”

[Dr Cary Wood](#), from the University of Essex's School of Sport, Rehabilitation, and Exercise Sciences
Source: www.sciencefocus.com/news/community-garden-projects-helped-reduce-loneliness-boost-wellbeing-during-covid-pandemic

This design mood board, together with the key aims for the different spaces on the site, brings together ideas from the community, including existing allotment members. It begins to set out an overarching vision for creating an enhanced and usable food-growing space.

These ideas have been compiled with thanks to community members who shared their garden design experience, helping to capture and shape the collective vision for phased implementation.

Indicative Site Layout of Community Wellbeing Garden – Key Features



Core Social Gathering Areas:

The layout flows naturally between the social hubs, with open sight-lines across the pond towards the apple tree.

- **Central Large Mature Apple Tree.** The heart of the garden centred around tree, creating a calm focal point with circular seating. Generous dry-shade planting; ferns, epimediums, carex etc.
- **The Pavillion / Shelter.** A sheltered structure overlooking the garden and pond, providing space for group work or small educational sessions in all seasons.
- **The Potting Shed.** For sowing, growing, storage and informal gathering, with space for benches and tool prep.
- **Gabion Seating.** Gabion seating will be placed in between to offer moments of rest and quiet contemplation. Filled with rubble from site clearance, these are proposed as informal seating, and doubling up as wildlife habitat. Their exact placement will be confirmed during layout marking on site.

Pathways:

- Smooth, stable paths, 1.2 m wide on main routes and 0.75 m between raised beds allow easy movement and barrow access.

Planting Spaces:

The balance of raised and ground-level beds gives both structure and flexibility, allowing the garden to evolve as people use it.

- **Raised Beds.** Nine raised beds form the working plots, beyond the shade of tree canopy – arranged at different heights (40-60 cm high) for a range of users. These sit in the sunniest section, mainly for annuals, herbs (gooseberries and currants) and vegetables.
- **Perennial Beds.** Ground-level beds will be planted with more permanent, mixed perennial planting such as small fruit shrubs (gooseberries and currants), edible perennials and ornamentals for colour, scent and wildlife.

Areas for Wildlife & Sustainability:

- **Wildlife Pond.** This is placed where it receives part sun and part shade, viewed from the pavilion and central seating. Shallow edges allow marginal and bog planting, possibly linking with nearby beds to create a soft transition between water and soil. Will attract predators to keep slugs at bay in the rest of the garden, for a balanced growing ecosystem.
- **Composting Area.** These areas will sit in the far corners of the site, making use of shade. This will include min three bays for composting rotation, a hot bin for speeding up final stages of green waste recycling, and a leaf mould cage. This closes the growing cycle, making our garden sustainable and manageable.
- **Rainwater Harvesting.** Water runoff from the pavilion will be collected into a water butt for watering. Recycled throughs will be used to create a raised rainwater planter, with an overflow to the bog garden.

Community Wellbeing Garden Mood Board



Key Aims:

- Wellbeing Garden to be created and used by the local community, supporting local people recovering from illness and those accessing green social prescribing.
- Educational resource to learn about gardening sustainably and healthy eating
- To re-use and recycle as many materials from the allotment site, repurposed into the wellbeing garden.
- Mature apple tree to become a focal point, with seating for communal activities.
- Gabion-type seating (doubling up as invertebrate shelters using repurposed finds) to be interspersed throughout for resting and gathering.
- Raised beds to provide higher planting areas, for users with reduced mobility.
- Embed ecological principles to gardening, including creating composting spaces for green waste recycling.

Communal Areas: Community Orchard & Social Gathering Space



Key Aims:

- A social space for wellbeing, where everyone is made to feel welcome.
- Seating for social interaction and rest, fostering social cohesion and connection
- Year-round flowering plants for pollinators integrated into communal spaces to increase biodiversity and make pleasant gathering spaces.
- Install a covered gazebo to provide shelter in all weathers.
- Main walking routes to be accessible and link social gathering spaces.
- Eco-toilet to be restored to accommodate more users on site.
- Community orchard to be restored, through careful pruning, removal of self-seeded saplings and flowering borders, with accessible pathways.
- Sheds to be improved for use. Space to be organised to store delivered materials such as woodchip and other growing materials.



Biodiversity Interventions Mood Board

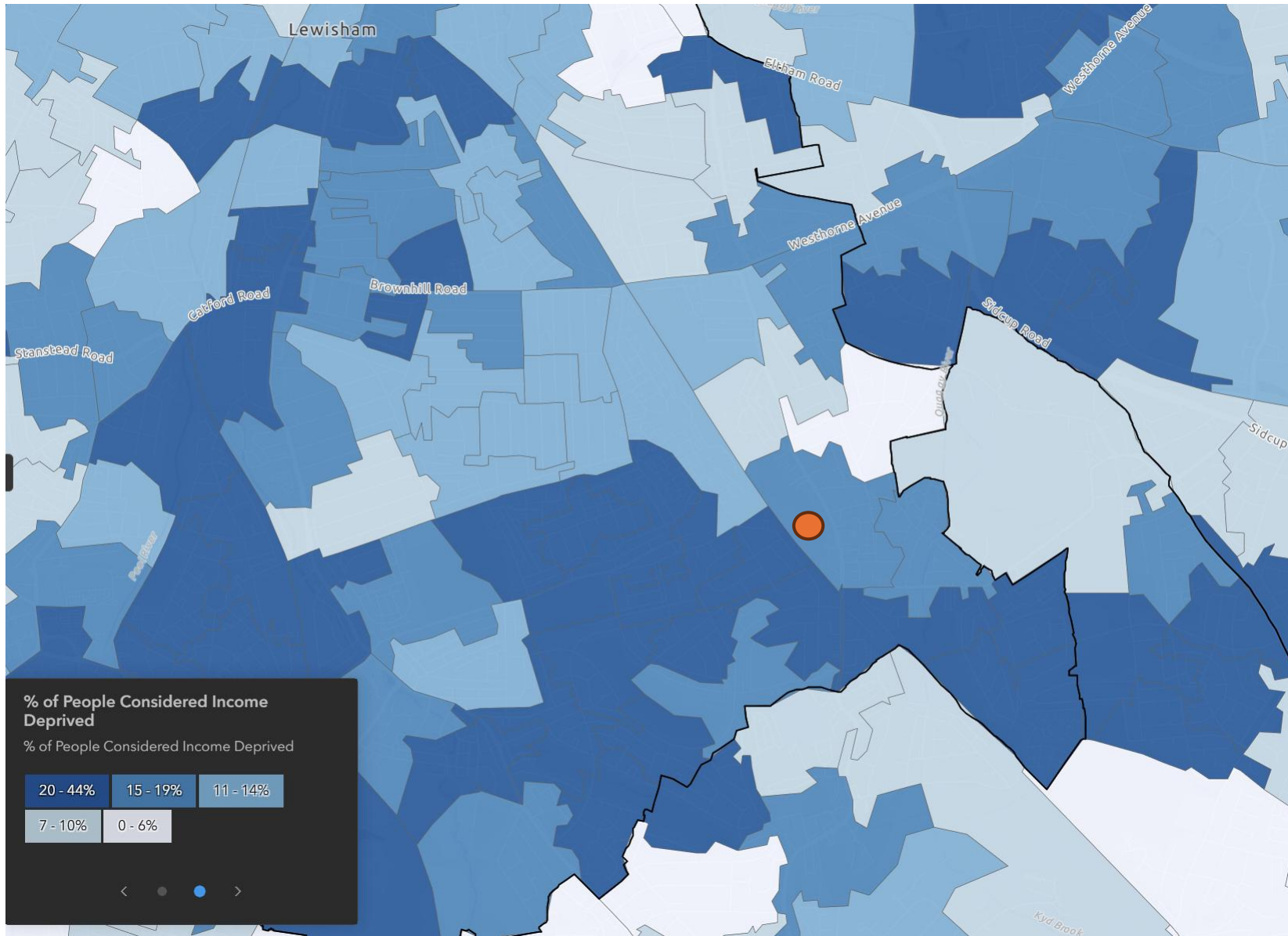


Key Aims:

- Enhancement of biodiversity within the site, focusing on Lewisham's priority species.
- New habitats will be interwoven throughout to include hibernacula for lizards, hedgehog homes, loggeries for stag beetles, leaf piles, bug snugs, solitary bee hotels, deadhedges, butterfly, bat and bird boxes.
- A small pond will be a key feature to attract natural predators of common crop pests.
- Involve local children in the creation of habitats.
- Biodiverse crop planting, integrated with sensory plants and plants good for wildlife.



Appendix A – Background Evidence Information



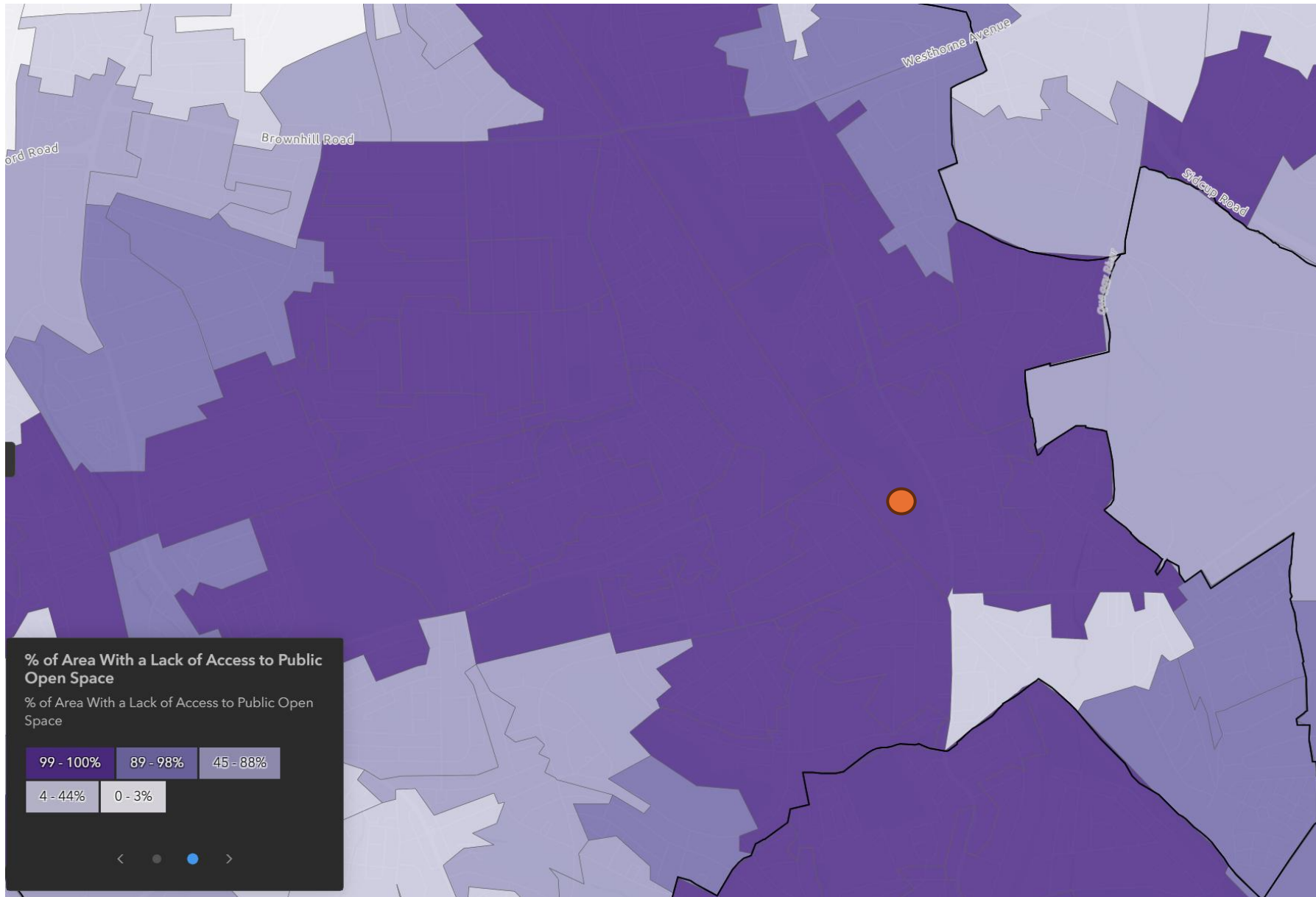
● Approx Location of Site

15-19% of people living adjacent to the site are considered income deprived

In the immediate vicinity (within walking distance) on west and south, this rises to 20-44% of people are considered income deprived

% of People Considered Income Deprived

Source: <https://cityhall.maps.arcgis.com/apps/instant/media/index.html?appid=59236d2e842c4a3ba6480d9dac585d1e>

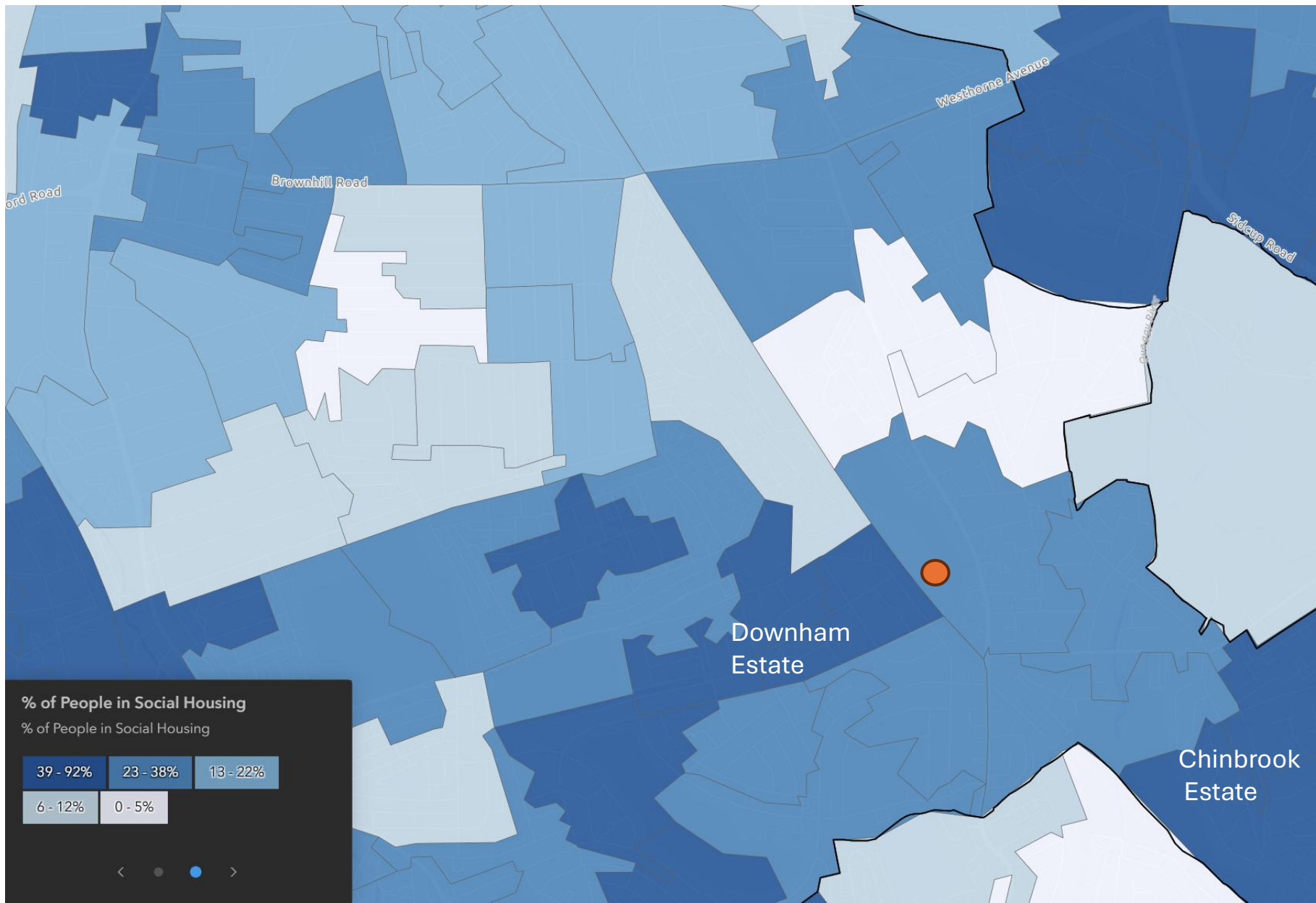


● Approx Location of Site

99-100% of area lacks access to public open space

% of Area with a Lack of Access to Public Open Space

Source: <https://cityhall.maps.arcgis.com/apps/instant/media/index.html?appid=59236d2e842c4a3ba6480d9dac585d1e>



● Approx Location of Site

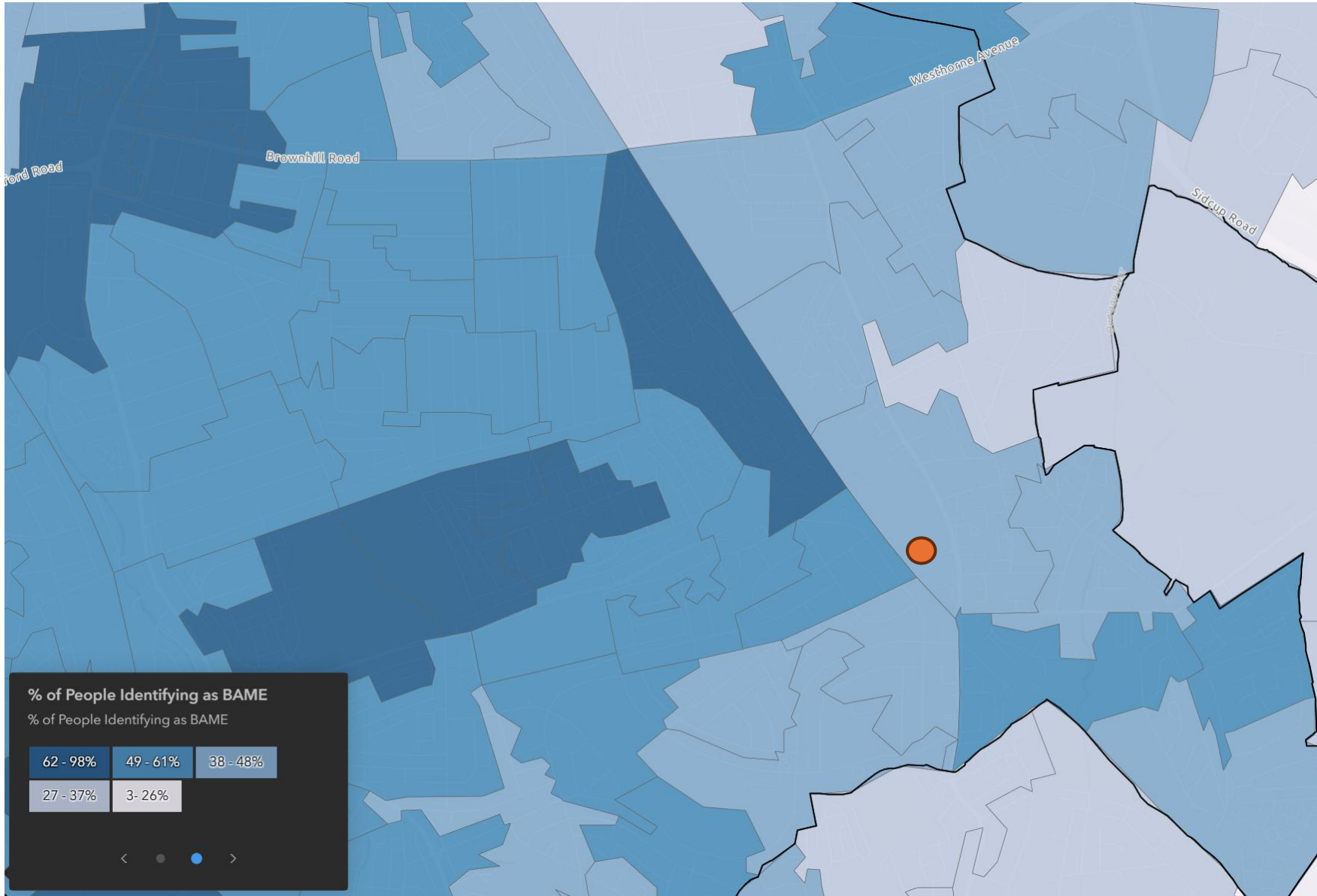
23-38 % of people at site live in social housing

Nearby, within a walking catchment zone, 39-92% of people live in social housing



% of People in Social Housing

Source: <https://cityhall.maps.arcgis.com/apps/instant/media/index.html?appid=59236d2e842c4a3ba6480d9dac585d1e>



● Approx Location of Site

38 – 38% of people near location identify as BAME

% of People Identifying a BAME

Source: <https://cityhall.maps.arcgis.com/apps/instant/media/index.html?appid=59236d2e842c4a3ba6480d9dac585d1e>

Census maps

Use our maps to find out what people's lives were like across England and Wales in March 2021.

Map

Census 2021

Area

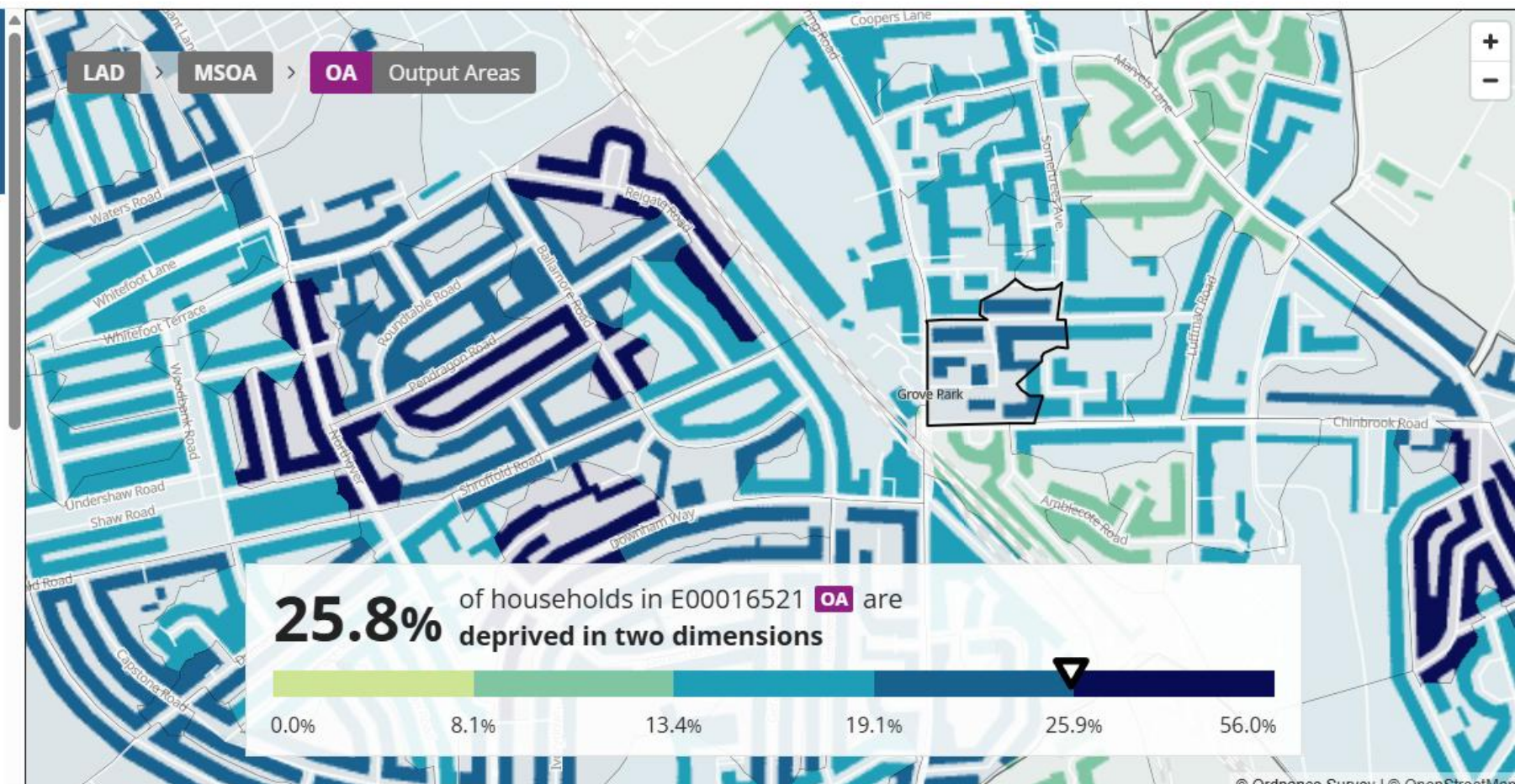
England and Wales

Topic

[Home](#) > [Population](#) > Household deprivation

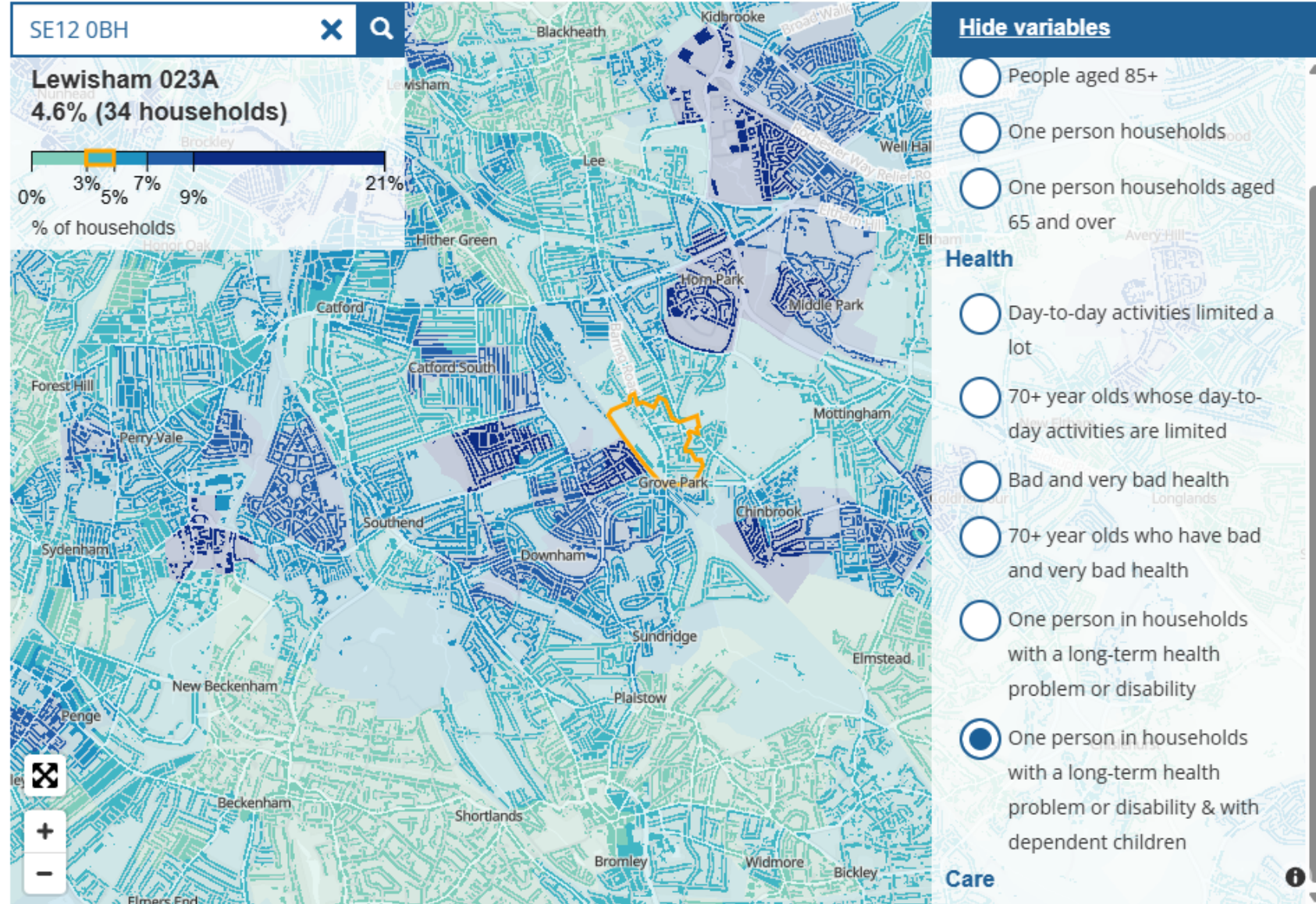
Whether a household is deprived in one or more ways. ⓘ

- Household is not deprived in any dimension
- Household is deprived in one dimension
- Household is deprived in two dimensions
- Household is deprived in three dimensions



Explore age, health and care small area data

Lower-super output areas, England and Wales



Source: Small Area Population Estimates and Census 2011, Office for National Statistics

[Embed code](#)

