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Is there a bit of green space that could do with a revamp to transform it into a 'Pocket Park' for everyone to enjoy?

Funding from central Government is available to help communities create or develop a space that could be used to help residents improve their physical and metal health.

We know there are many benefits to spending time outdoors and enjoying the nature around us.

Pocket parks are small plots of land, often about the size of a tennis court, and mostly seen in urban spaces. They provide a green oasis which can help improve the physical and mental health of the communities using them.

Existing pocket parks are used for everything from a quiet escape from busy lives to physical exercise, growing vegetables, children's play and community events.

The deadline to apply for funding is 25 January.