

# Dirty Hands for 1Spatial Staff

1Spatial volunteers from the Cambridge (UK) office will be undertaking a Community Challenge day for the Cambridge Cyrenians homeless charity of Friday 31st July. This incentive will see staff from a range of disciplines getting their hands dirty to assist with a tree nursery and allotment programme which aims to improve people's quality of life, reduce social isolation and improve participant's mental and physical health.

The 30-strong team will be undertaking a variety of tasks to restore and improve the nursery and allotment facilities and environment including:

- Major overhaul and restoration of a number of outdoor areas
- Replacing and repairing guttering and water butts on sheds
- Planting saplings
- Edging and clearing walkways
- Constructing fencing

Cambridge Cyrenians have been providing accommodation and support to local, single homeless men and women for nearly 40 years. Present services provide a range of accommodation for over 60 homeless men and women, including two short-stay houses where residents are encouraged to take responsibility for their own lives. Since 1991 the charity has also been providing a citywide specialist mental health outreach service for those who are homeless and mentally ill, and specialist support for older homeless people.

The team will be further supported: McDonalds on Newmarket Road will be getting the team off to a flying start with breakfast, and Thoroughbreads Coffee Bar on Cowley Road, who will be providing a fantastic picnic lunch to sustain the team for the second half of the day.