

# Grow2Grow: Growing Food, Growing People



Commonwork



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# Grow2Grow: Overview

Established by Paula Conway (Consultant Clinical Psychologist at Tavistock and Portman NHS Foundation Trust) in 2010, in partnership with WWOOF.

A social enterprise growing organic fruit and vegetables, based on Commonwork's Organic Farm at Bore Place, Kent.

Offers supported therapeutic placements for young people (aged 14-24) experiencing and recovering from mental health difficulties.

Young people attend the project for up to two days per week for up to two years.

They learn new skills (horticulture, agriculture, catering, independent living skills, building maintenance) and receive one-to-one therapeutic keyworking sessions.



# What kinds of difficulties are the young people experiencing?

- Mental health difficulties (e.g. psychosis, personality disorders, depression)
- Social difficulties
- Risk of exclusion from school
- Risk of breakdown of family situation
- In and leaving care

# The staff team

- Consultant Clinical Psychologist (4 days)
- Horticultural Therapist (4 days)
- Occupational Therapist (4.5 days)
- Clinical Psychologist (2 days)
- Psychoanalytic Psychotherapist (1 day)
- Trainee Clinical Psychologists x2 (2 days)
- Gardener (5 days)

# Who refers young people to Grow2Grow?

- Social services
- Connexions
- Schools
- Mental health teams
- Parents/ carers
- Self-referrals

# Typical day

Time	Activity
9am	Staff meet at the farm and plan the day
10am	Young people collected in a mini-bus from local stations
10.30am	Arrive at cabin – boots on and out to work! Jobs may include harvesting weeding, planting, watering, chopping wood, cleaning out chickens.
11.30am	Break
12am	Work session in garden. Two of the young people will harvest veg and cook lunch.
1pm	Eat lunch together
2pm	Work session
3.15pm	Afternoon break/ tidy up/ write diary
3.45pm	Drop young people off at stations
4.15pm	Write up notes/ office time

# Other activities

- Clients have:
  - Weekly 30 minute therapeutic keyworking session (based on a psychodynamic therapy model).
  - Regular reviews with key people in their network.
  - Monthly vocational session with an occupational therapist in their second year.
  - Regular service user meetings, involving clients in decision making.
- Staff members have:
  - Weekly clinical supervision (45mins).
  - Weekly 2hr staff team meeting to discuss referrals, clients and the social enterprise.

# Video

<http://www.commonwork.org/projects/grow2grow>





# Grant Funding

# Ecominds



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**COMIC  
RELIEF**

**Kent  
County  
Council**



# Funding for client placements

(£60 per day)

- Connexions – European Social Fund
- Health – Personalised budgets
- Social services
- Schools
- Family/ self-funded (e.g. through Disability Living Allowance)

# Other links with NHS/ social care groups

- Teaching trainee health professionals (Canterbury Christ Church University, Tavistock and Portman)
- Public seminar series
- Mail-outs through Commonwork mailing list (e.g. GPs, schools)



# Commonwork

Bore Place, Chiddingstone, Edenbridge, Kent TN8 7AR  
01732 463255 [www.commonwork.org](http://www.commonwork.org)

## The Development and Meaning of Mental Illness in the Social World 2013 seminars

A series of monthly lectures and discussions on the development, understanding and treatment of emotional, behavioural and mental health difficulties, based on the Psychodynamic Development Model.

These workshops are accessible for all professionals working with adults and young people with emotional, behavioural and/or mental health difficulties.

**LifeWork**  
TRAINING & DEVELOPMENT

Facilitated by Life-Work Training and Development  
[www.life-work.co.uk](http://www.life-work.co.uk)

**Paula Conway**

Clinical Psychologist and Psychoanalytic Psychotherapist,  
and Manager of Grow2Grow, a recovery project  
for young people.

Each seminar includes a lecture followed by questions, discussion and clinical examples. A suggested reading list will be sent to all participants in advance.

**Fee: £75 for the series of five seminars** (must be paid in advance)

To book your place please call **01732 463255**  
or email **PaulaC@commonwork.org**

**All sessions at Bore Place from 5-6.30pm; refreshments are provided.**

*see over for details of seminars*

# Challenges

- Sustaining a viable social enterprise (e.g. managing weather, soil, pests).
- Securing funding for those most at need (e.g. over 18s).
- Convincing people that a mental health project on a farm is a *serious* mental health intervention.
- Demonstrating effectiveness.

# Outcome measurement

- Wide range of outcome measures drawing on multiple perspectives (young person, parent/carer, clinician).
- Include validated measures of mental health and wellbeing.
- Also include objective outcome measures such as transition to education/ employment, no. of young people who start growing food at home.

# Successes – client stories – e.g. Ben, aged 18

## Referral

Diagnosis of severe ADHD

History of self-harm and multiple hospital admissions

His mother has Bipolar Disorder

He is extremely bright but left school with no qualifications because of his mental health difficulties.



## Outcome

Improved concentration/attention

No further hospital admissions

Able to independently cook a meal for the group

Progressed into a paid work placement at G2G, selling the organic produce at local markets

# Successes – client stories - e.g. Callum, aged 23

## Referral

Callum had acute anxiety, paranoia and learning difficulties.

Prior to G2G he spent four years at home in his room on the computer.

His parents were in despair; no services were involved.



## Outcome

Gained experience working with the herdsmen on the farm.

Progressed into a paid work placement with the herdsmen.

Is taking the NPTC Level 3 Certificate of Competence in Milking and Dairy Hygiene

Intends to apply for further training at local agricultural college.



