Sydenham Garden
A growing community
Projects:

1. Garden (AMH (Adult Mental Health) commissioned service)
2. Sow & Grow (Dementia commissioned service)
3. Art & Craft (AMH service)
4. Growing Lives (Work and qualification based AMH service)
Outcomes measured for 48 participants per 12 months:

1. Improved Mental Health
2. Improved Social Inclusion
3. Improved Independence

"I had become completely shut off from friends, I found it very hard to trust and have patience. You have provided me with a grounded, non-judgemental, safe place. You have allowed me to get to know people again and spend time with people. You have restored my faith in humanity."
Sow & Grow

Outcomes measured for 24 participants per 12 months:

1. Improved or maintained cognitive function
2. Improved ability to undergo physical activity
3. Improved Independence
4. Improvements in wellbeing

"The staff and volunteers in my group could understand me: They were giving me time to think, which was very important. I was in an environment where people could understand my dementia problems. When I first came I was not able to remember a lot of stuff but now I see that I can remember names of people that I don’t know for too long. I also believe that I can think clearly now."