



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)



# Garden

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. ”







# Vision

