



Sydenham Garden
A growing community





Projects:

- 1 Garden (AMH (Adult Mental Health) commissioned service)
- 1_a Garden (PTSD Stabilisation for Tamil asylum seekers (SLaM funded))
- 2 Sow & Grow (Dementia commissioned service)
- 3 Art & Craft (AMH service)
- 4 Growing Lives (Work and qualification based AMH service)

Supplementary weekly activities include: Tai Chi/Mindfulness, Counselling, Craft Workshops, Community lunches and Choir.



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 6 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. ”



Considerations:

A photograph of two men in a garden. On the left, an older man with a long white beard and glasses, wearing a dark blue sweater, is looking down at a plant. On the right, a younger man with short brown hair, wearing a light blue checkered shirt, is also looking down at the same plant. The younger man has a name tag that says "David". They are surrounded by various plants, including tall yellow flowers and green foliage. The background is slightly blurred, showing more of the garden.

1: National/Local strategy vs aims and objectives

2: Relational, yet transient

3: Reactive



Vision