



Sydenham Garden
A growing community



Projects:

- 1 Garden (AMH (Adult Mental Health) commissioned service)
- 1a 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, and for 10 participants over an undefined period of time:

- 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. ”



Art & Craft

Outcomes measured for 24 participants per 12 months:

- 1 Improved Mental Health
- 2 Improved Social Inclusion
- 3 Improved Confidence

“I've become less anxious in social situations, and the regularity of it helped my lack of sleep from getting out of hand. The renewed positivity and energy is definitely down to the calm oasis feeling there as the room is spacious and light, people relaxed and friendly. ”



Growing Lives

Outcomes measured for 40 participants per 12 months:

- 1 Improved ability to undergo physical activity
- 2 Improved confidence
- 3 Improvements in wellbeing
- 4 Qualifications & life developments

“I enjoy the company and the socialising with fellow co-workers and I feel relaxed in the sessions without feeling the need to put on a front.”







Tom Gallagher, Director

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