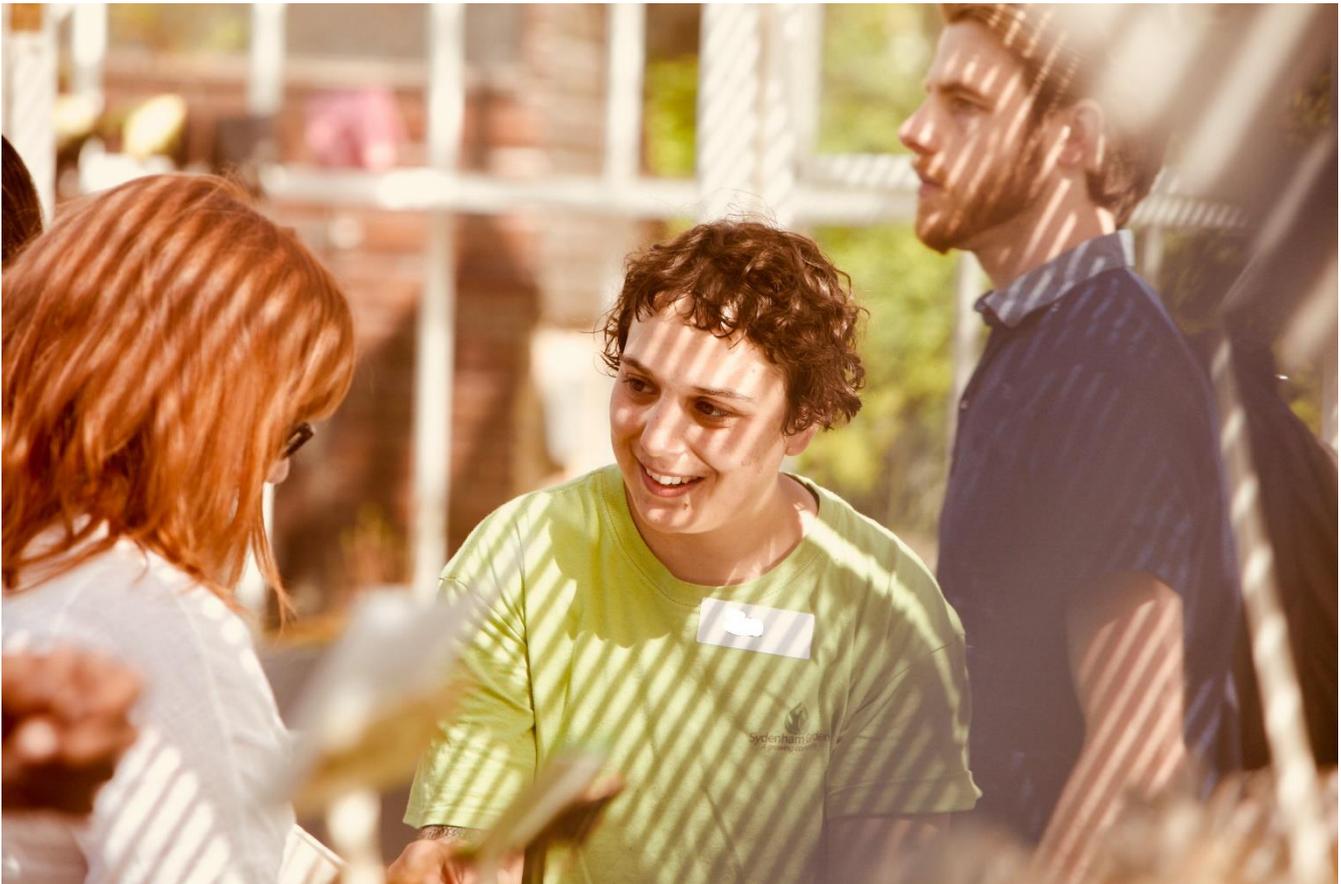




# Sydenham Garden

*A growing community*

## **Annual Evaluation of Sydenham Garden 2017 - 2018**



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### 1.) Executive Summary

#### **Introduction**

Sydenham Garden works to help people rehabilitate and recover. Primarily this work focusses on those experiencing mental ill health in South East London. In recent years the work has expanded to include people with dementia. While there is evidence to suggest that the activities run prevent escalating need, the primary reason doctors and health professionals refer patients to Adult Mental Health (AMH) groups is for recovery purposes. The primary reason doctors and health professionals refer to Dementia groups is to stop dementia symptoms from worsening.

#### **Evaluation aim**

This evaluation considers Sydenham Garden's four main projects, looks at cumulative totals to generate a picture of the organisation's effectiveness, and references the other work Sydenham Garden carried out over the period.

This evaluation was conducted over the financial year 2017-18.

## Outputs

	2017-18	2016-17	2015-16	2014-15
Number referred:	312	421	403	269
Number commencing:	167	214	246	141
No take up*:	45	40	41	
Number dropped off**:	45	29	36	15
Number moved on***:	17	9	25	29
Number completed:	112	145	87	99
Number attending at least one session:	354	349	309	227
Collective attendance:	70%	68%	68%	72%

(Co-workers who commenced their placement during the period are likely to complete it in 2018-19, as the placement is for 12 months. Therefore the completed number relates to co-workers who commenced in 2016-17 and completed in 2017-18)

### Analysis

Sydenham Garden worked with the same number of adults as the previous year. However there has been a 25% drop in referrals. Much of this can be attributed to one particular General Practice where a change in staffing has led to less referrals. There has also been a 22% drop in the number commencing. The relationship between referral numbers and commencing numbers is likely to be linked, although not the sole factor.

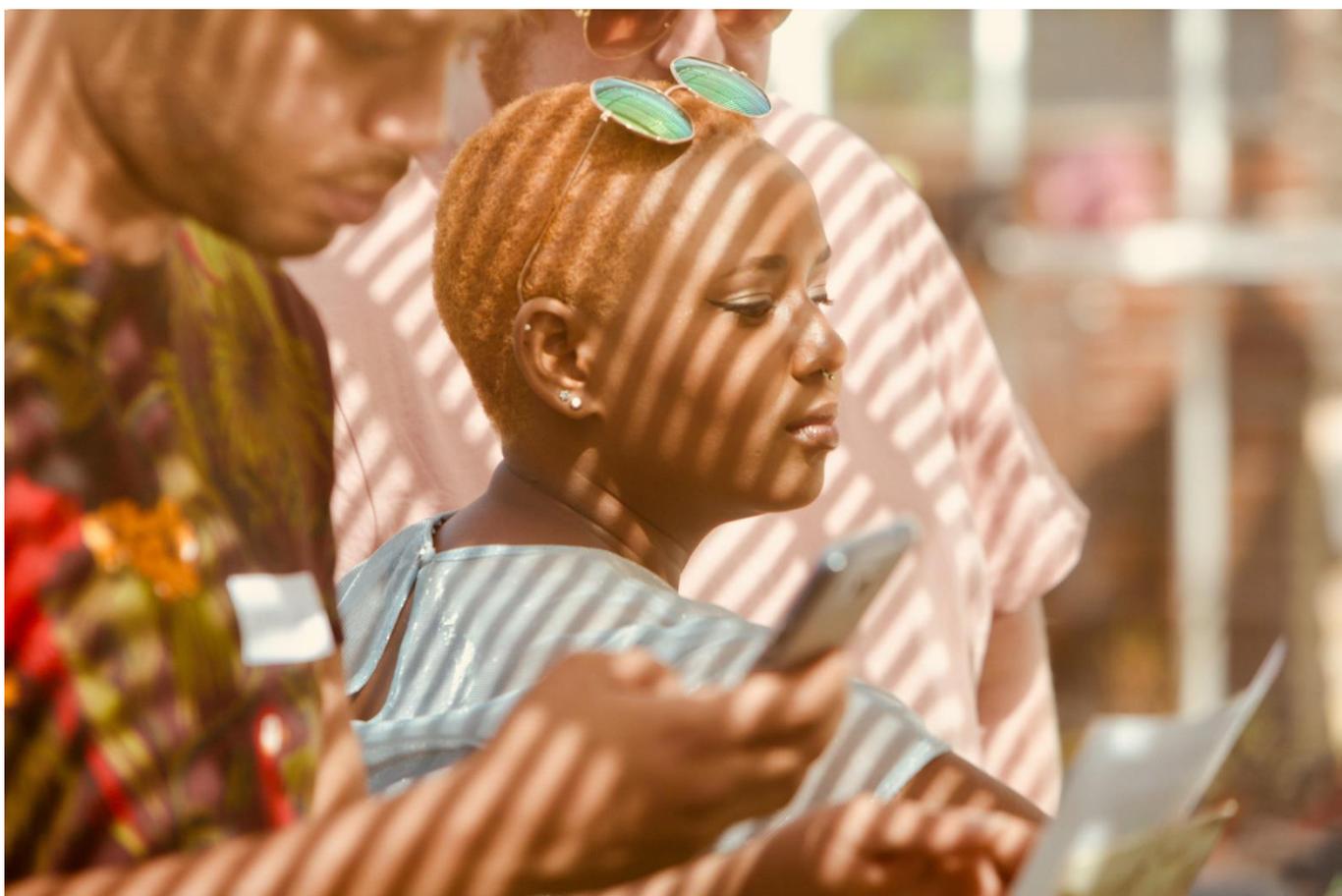
55% more drop off was reported. This is a significant increase, the reasons for which are unclear. Most of the 16% reduction in completing/moving on could be attributed to this increase in drop off, although not entirely. This would lead to the conclusion that a number of co-workers are staying beyond the 12 month period.

\*No take up: Co-workers or Sydenham Garden have decided after a trial period that the project was not suitable, or that the co-worker didn't want to attend

\*\*Dropped off: People stop coming for a variety of reasons such as ill-health, or we were unable to obtain their reason.

\*\*\*Moved on: People leave their placement for a variety of positive reasons.

## 2.) Garden Project



### **Evaluation aim**

This evaluation was conducted over the financial year 2017-18. The aim was to construct a report on the topics and outputs achieved during the period with particular relation to outcomes agreed with funders of the Garden project.

### **Topics**

Wellbeing, ability to undergo physical activity, social inclusion & interaction, developments in life outside of SG project, quality of life, independence and confidence.

### **Method:**

#### **Quantitative & Qualitative Study**

In order to assess improvements of the stated topics in co-workers who completed their placement, a Likert scale questionnaire (consisting of 6 items) was used. The questionnaires were completed by the co-workers when they started on the Garden project, and then at quarterly intervals until they completed their placement. We were able to track and analyse this data for 24 co-workers during the period.

In order to assess improvements in mental wellbeing in co-workers who completed their placement, a WEWMBS (Warwick Edinburgh Mental Wellbeing Scale) questionnaire was used. These were completed by the co-workers when they started on the Garden project,

and then at quarterly intervals until they completed their placement. We were able to track and analyse this data for 21 co-workers during the period. Using the data gathered, a comparison can be made to the population, and the scale is a recognised, evidenced measure. Because WEMWBS scores show a roughly normal distribution, WEMWBS can be expected to capture the full spectrum of positive mental health without floor or ceiling effects and be suitable both for monitoring trends over time and evaluating the effect of mental health promoting programmes or interventions.

Moreover, co-workers were asked open-ended questions in order to reflect any changes in any of the six topic areas, along with setting their own goals and targets for their placement.

## **Results**

A wide range of mental health conditions were reported by both the referring agencies and the co-workers themselves. Schizophrenia, depression, anxiety, bereavement, PTSD, cancer, low mood, isolation, diabetes, bipolar affective disorder and other psychosis were all included.

### **Quantitative co-workers study based on Likert Scale Questionnaire**

12 out of 24 co-workers (50%) recorded a positive change in their ability to undergo physical activity.

10 out of 24 co-workers (42%) recorded no change in their ability to undergo physical activity. (2 co-workers reported a worsening in this area)

14 out of 24 co-workers (58%) recorded a positive change to their mental wellbeing.

4 out of 24 co-workers (17%) recorded no change in their mental wellbeing (6 co-workers reported a worsening in this area)

11 out of 24 co-workers (46%) recorded a positive change to their social inclusion and interaction.

4 out of 24 co-workers (17%) recorded no change in their social inclusion and interaction. (9 co-workers reported a worsening in this area)

14 out of 24 (58%) co-workers recorded a positive change to their quality of life.

5 out of 24 co-workers (21%) recorded no change in their quality of life. (5 co-workers reported a worsening in this area)

12 out of 24 co-workers (50%) recorded a positive change to their level of independence.

7 out of 30 co-workers (23%) recorded no change to their level of independence. (5 co-workers reported a worsening in this area)

11 out of 24 co-workers (46%) recorded a positive change to their confidence.

5 out of 24 co-workers (21%) recorded no change to their confidence. (8 co-workers reported a worsening in this area)

These results demonstrate an effective intervention for people experiencing mental ill health. With the broad range and non-specialist model of the Garden Project they represent an impressive return on any investment made.

### **Quantitative co-workers study based on WEMWBS questionnaire**

	2017-18	2016-17	2015-16
Group initial average (average of the scores on the first session):	39	35.10	40.8
Group average (average of all the scores during a placement):	44	45.97	43.9
Group final average (average of the final score):	45	44.62	45.9

A change of 3 points or more is considered meaningful (WEWEBS user guide vers.2), and therefore we can conclude co-workers’ mental wellbeing significantly improves during their time in the Garden project.

The general population average score is 50.7. On average, the majority of co-workers score in the low wellbeing category (WEMWBS user guide vers.2) upon starting in the Garden project and score in the moderate wellbeing category upon completion.

Further summaries are available for individual demographics. We can determine from these summaries that co-workers across all demographics experience meaningful improvements to their wellbeing. Results are very similar to the 2016-17 period, although it’s noted that co-workers were starting with a higher level of wellbeing.

### **Qualitative co-workers study based on interviews**

8 Co-workers were interviewed upon completing the Garden project. They were all asked the same open-ended questions. This evaluation considered the following topics when reviewing their answers in order to establish perceived benefits.

#### **Ability to undergo physical activity:**

Improvements in this area were mentioned by one participant, who clearly perceived an improvement. However the majority of participants referenced physical activities such as gardening, horticultural or conservation activity as either the reason for improved wellbeing or something they enjoyed, but it’s clear that perceived improvements in this area were not common.

#### **Mental Wellbeing:**

Without exception, participants reported improvements to wellbeing, including increased mood, motivation, less feelings of depression and anxiety and more feelings of positivity and enjoyment.

## Social inclusion and interaction

Increased levels, enjoyment of and confidence in this area were strong themes for all co-workers interviewed and throughout the answers given.

### Confidence:

All participants reported improved confidence both directly and in relation to aspects of activity and functioning socially.

### Independence:

Repeated reference to increasing levels of independence are clear throughout half of the interviews, whereas no direct reference is made by the remaining half.

### Developments in life outside of Sydenham Garden:

Regular themes relating to volunteering, employment and socialising were clear in the majority of responses.

<b>Outputs</b>	2017-18	2016-17	2015-16
Number commencing:	41	60	64
Number dropped off*:	12	10	8
No take up**:	18	13	
Number moved on***:	9	4	16
Number completed (did the full 12 months):	18	30	24

(Co-workers who commenced their placement during the period are likely to complete it in 2018-19, as the placement is for 12 months. Therefore the completed number relates to co-workers who commenced in 2016-17 and completed in 2017-18)

## Attendance

Collective attendance for the period was 60% (2016-17: 65.2%)

## The Garden project Conclusion

The Garden Project has clearly achieved positive outcomes for its co-workers. There are some negative trends in output levels, which should be addressed immediately, but the quality of the work and its effectiveness has remained consistent with previous years, and the qualitative data is exceptionally strong.

The quantitative data rate of improvement ranges between 46% and 58% (2016-17: 55% and 71%), which is a perceived improvement and strong when considering rates from established and targeted interventions, which normally fall short of 50%.

This is confirmed by the impressive results reported through WEMWBS.

*\*Dropped off: People stop coming for a variety of reasons such as ill-health, or we were unable to obtain their reason.*

*\*\*No take up: Co-workers or Sydenham Garden have decided after a trial period that the project was not suitable, or that the co-worker didn't want to attend*

*\*\*\*Moved on: People leave their placement for a variety of positive reasons.*

### 3.) Art & Craft Project



#### **Evaluation aim**

This evaluation was conducted over the financial year 2017-18. The aim was to construct a report on the topics and outputs achieved during the period with particular relation to outcomes agreed with funders of the Art & Craft project.

#### **Topics**

Wellbeing, ability to undergo physical activity, social inclusion & interaction, developments in life outside of Sydenham Garden, quality of life, independence and confidence.

#### **Method:**

##### **Quantitative study and qualitative study**

In order to assess improvements of the stated topics in co-workers who completed their placement, a Likert scale questionnaire (consisting of 6 items) was used. The questionnaires were completed by the co-workers when they started on the Art & Craft project, and then at quarterly intervals until they completed their placement. We were able to track and analyse this data for 14 co-workers during the period.

Moreover, co-workers were asked open-ended questions in order to reflect any changes in any of the six topic areas, along with setting their own goals and targets for their placement.

## **Results**

A wide range of mental health conditions were reported by both the referring agencies and the co-workers themselves. Schizophrenia, depression, anxiety, phobia, PTSD, low mood, personality disorder, isolation, diabetes, bipolar affective disorder and other psychosis were all included.

### **Quantitative co-workers study based on Likert Scale questionnaire**

8 out of 14 co-workers (57%) recorded a positive change in their ability to undergo physical activity.

10 out of 14 co-workers (71%) recorded a positive change to their mental wellbeing.

9 out of 14 co-workers (64 %) recorded a positive change to their social inclusion and interaction.

11 out of 14 (79%) co-workers recorded a positive change to their quality of life.

8 out of 14 co-workers (57%) recorded a positive change to their level of independence.

9 out of 14 co-workers (64%) recorded a positive change to their confidence.

### **Qualitative co-workers study**

3 Co-workers were interviewed upon completing the Art & Craft project. They were all asked the same open-ended questions. This evaluation considered the following topics when reviewing their answers in order to establish perceived benefits.

Ability to undergo physical activity:

There was no theme, or mention of improvements in this area.

Mental wellbeing

2 respondents clearly perceived an improvement to their mental wellbeing.

Social inclusion and interaction

Themes and direct references were made throughout all 3 participants' responses in relation to perceived improvements in this area.

Confidence

Participants were very clear that the Art & Craft project contributed to improved levels of confidence, both in areas of socialising and activity.

Independence

One reference to independence could be inferred from the responses given, but there were not strong themes or clear references throughout the interviews.

Developments in life outside of Sydenham Garden

All 3 participants referred to developments in their life as a result of the Art & Craft project.

<b>Outputs</b>	2017-18	2016-17	2015-16
Number Commencing:	16	16	33
No Take Up*	7	7	
Number Dropped off**	5	2	9
Number Moved on***:	0	3	3
Number Completed:	14	17	13

(Co-workers who commenced their placement during the period are likely to complete it in 2018-19, as the placement is for 12 months. Therefore the completed number relates to co-workers who commenced in 2016-17 and completed in 2017-18)

### **Attendance**

Collective attendance for the period was 66% (2016-17: 67%).

### **Art & Craft project Conclusion**

The Art & Craft project has shown no dip in output levels, despite a decrease in referral numbers.

Both the quantitative and qualitative studies show clear benefits and improvements to taking part in the project.

The rate of improvement ranges between 57% and 79% (2016-17: 56% and 72%), which is strong when considering rates from established and targeted interventions, which normally fall short of 50%. It is also comparable to the previous year.

Co-workers validate this data through identifying Art & Craft as beneficial and responsible for these improvements.

*\*No take up: Co-workers or Sydenham Garden have decided after a trial period that the project was not suitable, or that the co-worker didn't want to attend*

*\*\*Dropped off: People stop coming for a variety of reasons such as ill-health, or we were unable to obtain their reason.*

*\*\*\*Moved on: People leave their placement for a variety of positive reasons.*

## 4.) Sow & Grow Project



### **Evaluation aim**

This evaluation was conducted over the financial year 2017-18. The aim was to construct a report on the topics and outputs achieved during the period with particular relation to outcomes agreed with Lewisham Clinical Commissioning Group and the City of London Corporation's charity, City Bridge Trust and all Sow & Grow related projects.

### **Topics**

Mental wellbeing, ability to undergo physical activity, social inclusion & interaction, developments in life outside of Sydenham Garden, quality of life and independence levels.

### **Method:**

#### **Quantitative study & qualitative study**

In order to assess improvement in physical health, mental health, social interaction, quality of life and independence levels of co-workers who completed their group, a Likert-scale questionnaire (consisting of 6 items) was administered to Sow & Grow co-workers. The questionnaires were completed by the co-workers twice: during the first weeks of the group and during the last sessions. We were able to evaluate the results for 47 co-workers. The evaluation of improvement was also monitored by questionnaires administered to carers, and the results for 40 carers were collected. The questionnaire was

administered twice to carers: once when the group started and when it finished. For Sow & Keep Growing, a Sow & Grow group with no fixed ending, the questionnaires were administered on a 6-monthly basis.

Moreover, co-workers and carers were both asked open-ended questions in order to reflect any changes in any of the five topic areas.

## **Results**

Diagnoses of dementia were available for all co-workers and they included: Alzheimer's disease; Vascular dementia; Korsakoffs syndrome, FTD, Mixed dementia and Unspecified dementia.

### **Quantitative co-workers study**

42 out of 47 co-workers (89%) reported a positive result in their ability to undergo physical activity.

39 out of 47 co-workers (83%) reported a positive result in their mental wellbeing.

31 out of 47 co-workers (68%) recorded a positive change to their social inclusion and interaction.

36 out of 47 co-workers (77%) recorded a positive change to their quality of life.

38 out of 47 co-workers (81%) recorded a positive change in their independence levels.

34 out of 47 co-workers (72%) recorded a positive change in their developments in life outside of Sydenham Garden.

### **Quantitative carers study**

27 out of 40 carers (68%) reported a positive result in their co-worker's ability to undergo physical activity.

24 out of 40 carers (60%) reported a positive result in their co-worker's mental wellbeing.

30 out of 40 carers (75%) recorded a positive change to their co-worker's social inclusion and interaction.

25 out of 40 of carers (63%) recorded a positive change to their co-worker's quality of life.

24 out of 40 carers (60%) recorded a positive change to their co-worker's independence levels.

19 out of 40 carers (48%) recorded a positive change to their co-worker's developments in life outside of Sydenham Garden.

### **Qualitative co-workers and carers study**

Carers and co-workers offered feedback on the scale questionnaire forms. Volunteers offered some observations during debriefs. This was analysed to determine any improvements or maintenance in the following areas:

### **Ability to undergo physical activity**

There were no direct or indirect references to improvements or maintenance in this area.

### **Mental well-being**

References were regular and plentiful in the vast majority of feedback offered from all parties. These references were both direct and indirect. It's clear that co-workers themselves, and those who observe co-workers daily life, activities and interactions perceive improvements to mental well-being, gained from taking part in Sow & Grow.

### **Social inclusion and interaction**

Thematically, and directly, there's a clear correlation between taking part in Sow & Grow and social inclusion and interaction improving. This was clearly observed by carers and volunteers, but also perceived by co-workers themselves.

### **Quality of life**

The ability to take part in activity and enjoy it was regularly referenced in carers feedback. Co-workers themselves offered clear language on the enjoyment, being able to relax and on the enrichment experienced through taking part.

### **Independence**

There were some indirect references to improved independence offered through the feedback of carers. This included examples of regaining participation in home based activities like cooking and gardening.

### **Developments in life outside of Sydenham garden**

Reports on developments in personal activity were offered such as gardening and singing, yet there was no evidence offered of joining other groups and organised activities. In-fact some feedback focussed on the issue that there is little else for people with dementia to get involved with.

<b>Outputs</b>	2017-18	2016-17	2015-16
Number Referred:	90	144	126
Number commencing:	86	90	104
Number Moved on*:	4	2	3
Number Completed:	69	66	59
Number Dropped off**:	23	9	16
Number of No take up***:	10	12	4

(Co-workers who commenced their placement during the period could possibly complete it in 2018-19, as the placement is for 6 months. Therefore the completed number relates to co-workers who commenced in 2016-17 and in 2017-18)

## **Attendance**

Collective attendance for the period was 78% (2016-17: 80%)

## **Reasons for non-completion**

Reasons were given during exit interviews. These reasons were: Physical ill health (5), Moving location (2), No information obtained.

## **Difficulties experienced**

It was reported that co-workers found the forms and interviews confusing and disorientating. As such the interviews were abandoned and only the forms were administered. There was a low take up from carers on returning the forms.

## **Sow & Grow project conclusion**

There is an overall improvement in all areas evaluated for co-workers, varying between 68-89% (2016-17: 63-80%). The observed results according to carers are high at 48-75% (2016-17: 62-74%).

Sow & Grow contributes to improved wellbeing and social functioning for co-workers.

*\*Moved on: People leave their placement for a variety of positive reasons.*

*\*\*Dropped off: People stop coming for a variety of reasons such as ill-health, or we were unable to obtain their reason.*

*\*\*\*No take up: Co-workers or Sydenham Garden have decided after a trial period that the project was not suitable, or that the co-worker didn't want to attend*

## 5.) Growing Lives Project



A full and independent evaluation of the project is available at [www.sydenhamgarden.org.uk](http://www.sydenhamgarden.org.uk) , or through Sydenham Garden's office team.

### **Evaluation aim**

This evaluation was conducted over the financial year 2017-18. The aim was to construct a report on the topics and outputs achieved during the period with particular relation to outcomes agreed with funders of the Growing Lives Project.

### **Topics**

Wellbeing, ability to undergo physical activity, social inclusion & interaction, developments in life outside of Sydenham Garden, quality of life, independence, confidence and self-esteem.

### **Method:**

#### **Quantitative study & qualitative study**

In order to assess improvements of the stated topics in co-workers who completed their placement, a Likert scale questionnaire (consisting of 7 items) was used. The

questionnaires were completed by the co-workers when they started on the Growing Lives project, and then at quarterly intervals until they completed their placement. We were able to track and analyse this data for 30 co-workers who completed during the period.

In order to assess improvements in mental wellbeing in co-workers who completed their placement, a WEWMBS (Warwick Edinburgh Mental Wellbeing Scale) questionnaire was used. These were completed by the co-workers when they started on the Growing Lives project, and then at quarterly intervals until they completed their placement. We were able to track and analyse this data for 11 co-workers who completed or moved on during the period. Using the data gathered a comparison can be made to the population, and the scale is a recognised, evidenced measure. Because WEMWBS scores show a roughly normal distribution, WEMWBS can be expected to capture the full spectrum of positive mental health without floor or ceiling effects and be suitable both for monitoring trends over time and evaluating the effect of mental health promoting programmes or interventions.

Moreover, co-workers were asked open-ended questions in order to reflect any changes in any of the six topic areas, along with setting their own goals and targets for their placement.

## **Results**

### **Quantitative co-workers study based on Likert scale questionnaire**

(This data was taken during the period: February 2016-January 2017)

10 out of 30 co-workers (33%) recorded a positive change in their ability to undergo physical activity.

10 out of 30 co-workers (33%) recorded no change in their ability to undergo physical activity. (10 co-workers reported a worsening in this area).

14 out of 30 co-workers (47%) recorded a positive change to their mental health.

7 out of 30 co-workers (23%) recorded no change in their mental wellbeing (9 co-workers reported a worsening in this area).

17 out of 30 co-workers (57%) recorded a positive change to their wellbeing

10 out of 30 co-workers (33%) recorded no change in their wellbeing. (3 co-workers reported a worsening in this area).

18 out of 30 (60%) co-workers recorded a positive change to their social interaction.

7 out of 30 co-workers (23%) recorded no change in their quality of life. (5 co-workers reported a worsening in this area).

13 out of 30 co-workers (43%) recorded a positive change to their level of independence.

1 out of 30 co-workers (3%) recorded no change to their level of independence. (16 co-workers reported a worsening in this area).

17 out of 30 co-workers (57%) recorded a positive change to their confidence. 5 out of 30 co-workers (17%) recorded no change to their confidence. (8 co-workers reported a worsening in this area).

18 out of 30 co-workers (60%) recorded a positive change to their self-esteem. 5 out of 30 co-workers (17%) recorded no change to their self-esteem (7 co-workers reported a worsening in this area).

**Quantitative co-workers study based on WEMWBS questionnaire:**

	2017-18	2016-17	2015-16
Group initial average (average of the scores on the first session):	46.5	42.5	43.9
Group average (average of all the scores during a placement):	47.7	46.98	48.3
Group final average (average of the final score):	47.6	50.86	43

A change of 3 points or more is considered meaningful (WEWEBS user guide vers.2), and therefore it cannot be stated that a statistically significant change occurred during a Growing Lives placement. However it can be observed that Growing Lives had a positive impact on mental wellbeing.

The general population average score is 50.7. On average the majority of co-workers score in the moderate wellbeing category (WEMWBS user guide vers.2) upon starting the Growing Lives project and score in the moderate wellbeing category upon completion. It should be noted that this cohort started from a significantly higher wellbeing base line that in previous years, which could be due to the follow on nature of Growing Lives, where most co-workers reported on had already been through Sydenham Garden’s Garden project.

**Qualitative co-workers study**

5 Co-workers were interviewed upon graduating Growing Lives, and their responses were then analysed to establish perceived improvements. 4 different co-workers information was also used to produce case studies.

**Ability to undergo physical activity**

There was no direct perceived correlation between taking part in Growing Lives and increased ability in this area. There was also no information offered from which one can infer increased ability.

**Mental Wellbeing**

Without fail co-workers reported improvements to mental wellbeing, regularly linking to

less feelings of depression and anxiety, and more feelings of relaxation and enjoyment. There are also clear themes from the 4 case studies of improvements to mental health and wellbeing.

### **Social inclusion and interaction**

Social inclusion and interaction was a regular and thematic perceived benefit throughout interviews and case studies. The groups, the participation, the acceptance experienced were all regularly referenced. Links between this topic and other topics considered here were also drawn, suggesting co-workers feel they contribute to each other.

### **Independence**

Improvements to this area needs to be inferred as no direct references were included. However, accessing new activities without supervision or aid was referred to on numerous occasions.

### **Confidence**

Co-workers referred to improved levels of confidence and feeling more confident in situations regularly.

### **Self-esteem**

Through the qualitative analysis it was difficult to establish improvements to self-esteem, although as with previous topics it could be inferred.

<b>Outputs (2017-18 financial year)</b>	2017-18	2016-17	2015-16
Number commencing:	24	48	55
Number moved on*:	4	0	4
Number completed (did the full 12 months):	11	32	5
Number dropped off**:	5	5	7
Number achieving Open College Network level 2:	26	14	9

(Co-workers who commenced their placement during the period are likely to complete it in 2018-19, as the placement is for 12 months. Therefore the completed number relates to co-workers who commenced in 2016-17 and completed in 2017-18)

### **Attendance**

Collective attendance for the period was 70% (2016-17: 57%)

### **Growing Lives project conclusion**

Growing Lives output levels significantly reduced during the period (more than 50% in both commencing and completing categories). This could be a direct correlation to the reduction in referral numbers to Sydenham Garden, but it needs to be given urgent

attention.

Despite this reduction in output, the outcomes for co-workers remain clear and consistent. Improved mental health, and improved “hard outcomes” like OCN accreditation are clearly demonstrated.

*\*Moved on: People leave their placement for a variety positive or neutral reasons, such as gaining employment or moving out of the area.*

*\*\*Dropped off: People stop coming for a variety of reasons such as ill-health, didn't enjoy it, couldn't engage, or we were unable to obtain their reason.*

## 6.) Ethnicity and Diversity

### Organisational picture

Ethnicity co-workers	2017-18	2016-17	2015-16
White	58%	60%	57%
Mixed	5%	11%	3.5%
Asian	5%	4%	10%
Black or Black British	27%	19%	25%
Other	3%	2%	2.5%
Preferred not to say	2%	2%	1%
Not Indicated	0%	2%	1%

Gender of co-workers	2017-18	2016-17	2015-16
Female	57%	54%	50.5%
Male	42%	43%	48.5%
Transgender	0%	0%	0%
Other	0%	0%	0%
Preferred not to say	1%	1%	0%
Not indicated	0%	2%	1%

Age of co-workers	2017-18	2016-17	2015-16
18-24	4%	4%	4%
25-34	12%	13%	14%
35-44	6%	9%	15%
45-54	16%	18%	19.5%
55-64	16%	14%	18%
65-74	6%	7%	6.5%
75+	39%	34%	21.5%
Preferred not to say	1%	1%	0.5%
Not indicated		0%	1%

Sexual orientation of co-workers	2017-18	2016-17	2015-16
Heterosexual	79%	77%	80.5%
Gay/Lesbian	1%	5%	5.5%
Bisexual	1%	3%	1%
Other	2%	0%	1.5%
Preferred not to say	11%	12%	9%
Not indicated	6%	3%	2.5%

Disability of co-workers	2017-18	2016-17	2015-16
Yes	65%	47%	45%
No	25%	36%	41.5%
Preferred not to say	6%	12%	11%
Not indicated	4%	5%	2.5%

Religion of co-workers	2017-18	2016-17	2015-16
Christian	61%	62%	46.5%
Buddhist	3%	1%	1.5%
Hindu	0%	2%	7%
Muslim	4%	1%	4%
Jewish	0%	0%	0%
Sikh	0%	1%	2%
No Religion	18%	21%	22.5%
Other	3%	3%	5%
Preferred not to say	9%	8%	10%
Not indicated	2%	1%	1.5%

Marital Status of co-workers	2017-18	2016-17	2015-16
Married	20%	23%	14%
Single	39%	42%	58.5%
Divorced/Separated	13%	10%	9%
Widowed	22%	16%	9.5%
Civil Partnership	0%	3%	2.5%
Other	3%	1%	3%
Preferred not to say	3%	3%	1%
Not indicated	0%	2%	2.5%

## Analysis

The ethnicity of Sydenham Garden co-workers has remained consistent to previous years and closely reflects that of Lewisham (Census 2011).

Age is disproportionately represented, leaning towards the older age categories. However if you remove co-workers referred to Sow & Grow (dementia), Sydenham Garden closely reflects the make-up of Lewisham.

More females attended than male, however if Sow & Grow results are omitted, then more male co-workers attended than female.

## 7.) Other activities and achievements

### Volunteering

Sydenham Garden relies on regular volunteers to help deliver its various programmes. The roles vary from supporting co-workers to take part, to administration tasks, to leading sessions. Sydenham Garden classes any person who volunteers on one or more sessions each week.

<b>Volunteering outputs</b>	
Regular Volunteers (3.5 hours a week or more):	78
Volunteer forums & training:	6
Community Volunteer days:	8
Corporate Volunteer days:	18
Training and workshops delivered:	4
Fairs and events:	5
Total Volunteer Hours:	18,720 (compared to 9,000 paid employee hours)

### Short courses and supplementary activities

Regular supplementary activities are run alongside Sydenham Garden's four core projects. During the period these included:

- 11 Community Lunches.
- 18 IAPT activating healthy behaviour workshop days
- 40 Independent Committee led Community Choir Sessions.
- 24 gardening and stabilisation therapy sessions for Tamil Asylum Seekers.
- 48 Singing sessions for people with dementia.
- 2 Art or Craft courses.
- 40 peer led gatherings.
- Weekly Counselling sessions for 11 co-workers.
- Transitions Project sessions. (A full evaluation is available).
- 6 Twilight gardening sessions for local residents.

### Maintaining and developing natural habitats and bio-diversity

Sydenham Garden manages and maintains a registered nature reserve, along with restored Victorian Gardens, Greenhouse, and its own designated natural habitat areas across its sites. These habitat are managed according to a management plan. During the period scrub areas were improved and wildflower meadows planted.

## 8.) Interviews, case studies and feedback

### Garden interviews

#### **Garden co-worker interview:**

*How did you hear about Sydenham Garden?*

I heard about Sydenham Garden, through a friend who had been a co-worker previously, we came and visited and set up a referral.

*What were your reasons for wanting to join?*

For activity.

*What have you enjoyed about your placement?*

Being part of a group, meeting new people, working for the plants, nurturing them and wonder at the changes in the garden.

*What have you gained?*

Confidence in work with plants and confidence with people.

*Have you seen any changes in yourself or your lifestyle during your time here?*

I have taken advantage at what the garden has to offer, I was a co-worker in the Garden project, a volunteer in the office doing admin, a member of the weekly Bee Club and I attended community lunch regularly. All this helped me in confidence and working with people.

*What will you go on to do next?*

I am moving away, so unfortunately I cannot continue attending Sydenham Garden, I am joining knitting and yoga groups, exploring training at a nature reserve and training in accounting software to look for work.

#### **Garden co-worker interview:**

*How did you hear about Sydenham Garden?*

I heard about Sydenham garden through a friend who volunteers on one of your projects.

*What were your reasons for wanting to join?*

I wanted something to do, I wasn't doing anything and I wasn't in a good place I was feeling low.

*What have you enjoyed about your placement?*

I enjoyed everything. Cutting trees, sawing logs, watering plants. I enjoyed being with the great people.

*What have you gained?*

I have learnt new skills in gardening. I never thought I could do anything like this but I have gained a lot.

*Have you seen any changes in yourself or your lifestyle during your time here?*

I am more confident and able to speak to people now, I have better social skills and things have changed for the better.

*What will you go on to do next?*

I am going to move onto the growing lives project.

**Garden co-worker interview:**

*How did you hear about Sydenham Garden?*

I heard about the garden through my doctor, he said he thought it would be a good place for me.

*What were your reasons for wanting to join?*

When I visited the garden I saw immediately but it was a tranquil place and somewhere that I could relax. I love trees and wildlife, so it was the perfect environment for me.

I had been very ill, and became depressed after leaving hospital; I needed something to do that would give me structure in my week and would help build up my confidence and self-esteem.

*What have you enjoyed about your placement?*

I have really enjoyed the peacefulness and beauty of the garden. Also working alongside and getting to know co-workers and volunteers.

I've gained a lot through the placement, not least getting to know other people and having regular physical activity to keep me motivated.

I have learnt about conservation and various gardening techniques, and had the opportunity to discuss ideas about my future employment.

*What have you gained?*

Through regular attendance, my self-esteem, confidence and motivation have increased. I've become more sociable and feel capable of achieving tasks. My mood has improved considerably, and my activity levels have increased. I feel ready to face the world!

*Have you seen any changes in yourself or your lifestyle during your time here?*

Through regular attendance, my self-esteem, confidence and motivation have increased. I've become more sociable and feel capable of achieving tasks. My mood has improved considerably, and my activity levels have increased. I feel ready to face the world!

*What will you go on to do next?*

I have started gardening business and it's really taking off after just couple of weeks so I'm really pleased and enjoying the work. I also hope to return to some of my former freelance work in consultancy and training.

Overall, attending Sydenham Gardens has been a great success for me - helping me get back to my former self and to have the courage to launch a new enterprise in gardening.

**Garden co-worker interview:**

*How did you hear about Sydenham Garden?*

I was referred by my Counsellor.

*What were your reasons for wanting to join?*

I wanted something to do to take my mind off what was going on at the time, I wanted to do something worthwhile and have something to focus on.

*What have you enjoyed about your placement?*

I have mainly enjoyed the people, co-workers, volunteers everyone really.

*What have you gained?*

Better social interaction, a little more confidence and more motivation to do things.

*Have you seen any changes in yourself or your lifestyle during your time here?*

I am more motivated to do things and have been able to push through difficult time. I have been able to think and stop myself from negative behaviour.

*What will you go on to do next?*

I will be going to the growing lives project but would also like to join an art and craft group.

**Garden co-worker interview:**

*How did you hear about Sydenham Garden?*

I was looking for volunteering opportunities and found Sydenham gardens on google. I got my CPN to refer me.

*What were your reasons for wanting to join?*

Gardening was something I was already passionate about from doing it with my dad and wanted to carry it on. I thought it would be good for me to grow my confidence and help in my recovery.

*What have you enjoyed about your placement?*

Knowing that we are all in this together. There was a good choice of activities and I enjoyed learning lots of different things and meeting different people.

*What have you gained?*

I have learnt new skills. Being in the group I have learnt how to relax and be calm. Even when I was struggling my mood was lifted by the end of the session. It was a safe place for me to go to be with other people so I didn't feel so alone. I felt comfortable and I felt as though I was part of something. I felt encouraged by the group, they recognised things in me that I couldn't see myself which really helped grow my confidence.

*Have you seen any changes in yourself or your lifestyle during your time here?*

I feel less shy and have come out of my shell. I feel more confident in expressing myself to people. I worry less and feel like I have gained more friends.

*What will you go on to do next?*

I am doing sessions at the arts network and I am planning to join the growing lives group at Sydenham garden.

**Garden co-worker interview:**

*How did you hear about Sydenham Garden?*

I was referred by my worker from the social inclusion team.

*What were your reasons for wanting to join?*

I liked the idea of being outside and I was interested in gardening. I wanted to increase my knowledge and have some routine in my week.

*What have you enjoyed about your placement?*

I really appreciated that the garden was accessible because I have mobility issues. I enjoyed meeting new people and having the feeling of satisfaction when completing a task.

*What have you gained?*

I have gained confidence to go out more and leave the house. I have gained more gardening knowledge and have been able to do more gardening in my own garden with family.

*Have you seen any changes in yourself or your lifestyle during your time here?*

I am more motivated now. I feel like I am more able to plan things for myself and find more activities.

*What will you go on to do next?*

I am planning on finding other group activities in the community.

**Garden co-worker interview:**

*How did you hear about Sydenham Garden?*

I self-referred to SLAM. Then I took part in the group therapy sessions at Sydenham Garden. Ella did a taster session and I decided to sign up after that.

*What were your reasons for wanting to join?*

I wasn't doing any other form of therapy at the time, and was feeling off the rails. I was unemployed and was looking for routine in my life.

*What have you enjoyed about your placement?*

I have enjoyed being given independence and free thought rather than being watched over. Learning through doing made my brain work better. I learnt loads and it's made me want to do gardening as a job.

*What have you gained?*

When I first started I had no friends, but this made me feel more confident socially and able to chat to people. It's been helpful to develop all aspects of my life and build it back up again.

*Have you seen any changes in yourself or your lifestyle during your time here?*

Definitely, I feel like a functioning person now. I'm able to be passionate about something again, I haven't felt like that for ages.

*What will you go on to do next?*

I'd like to start to earn money from a job in horticulture and also continue with volunteering and community work. I am going to start the Growing Lives project.

**Garden co-worker interview:**

*How did you hear about Sydenham Garden?*

I heard about Sydenham garden from my therapist at Mind.

*What were your reasons for wanting to join?*

I wanted to get out of the house and have something to do and to socialise with people.

*What have you enjoyed about your placement?*

It has given me a place to go. I have enjoyed being in a peaceful environment where there is no pressure and being around friendly people.

*What have you gained?*

I think I have come out of my shell a little bit and feel I have improved all around.

*Have you seen any changes in yourself or your lifestyle during your time here?*

I have more energy and feel more positive about my future. I am doing more activities outside of Sydenham garden too.

*What will you go on to do next?*

I am going to join the growing lives project and I plan to do some voluntary work at a farm.

**Art & Craft interviews**

**Art & Craft co-worker interview:**

*How did you hear about Sydenham Garden?*

I was referred by my psychologist.

*What were your reasons for wanting to join?*

I wanted to try art Therapy and find an activity to get me out of the house. I wanted to get some structure in my week, socialise with people and find somewhere I could relax.

*What have you enjoyed about your placement?*

I have enjoyed having the company of the group.

*What have you gained?*

My mental health has really improved since starting the group.

*Have you seen any changes in yourself or your lifestyle during your time here?*

My mental health has really improved since starting the group. I no longer feel afraid of trying new things. I am not that afraid of failure anymore. I have discovered I like to draw and have enrolled on a course.

*What will you go on to do next?*

I have enrolled on a life drawing course. I would like to do some volunteering with Sydenham garden.

**Art & Craft co-worker interview:**

*How did you hear about Sydenham Garden?*

I was referred by the Job centre.

*What were your reasons for wanting to join?*

To take part in art and crafts. I used to attend a group in Dulwich but it closed.

*What have you enjoyed about your placement?*

Everything. Everyone was friendly and helpful.

*What have you gained?*

More confidence and getting out of the house. Learning to do new crafts.

*Have you seen any changes in yourself or your lifestyle during your time here?*

More outgoing because of confidence increase. Happy to help out at the fair where I was more confident in a crowd. I have been more sociable and worry less.

*What will you go on to do next?*

The transitions group and hopefully more art and crafts groups.

**Art & Craft co-worker interview:**

*How did you hear about Sydenham Garden?*

I was referred here by my GP at Rushy green group practice.

*What were your reasons for wanting to join?*

I was isolated and wanted something to do.

*What have you enjoyed about your placement?*

I have enjoyed the people and having the company. I have enjoyed learning different things and doing different projects and getting involved in creating things.

*What have you gained?*

I am more confident. Being in the group has been a springboard to get involved in other activities.

*Have you seen any changes in yourself or your lifestyle during your time here?*

More confidence.

*What will you go on to do next?*

I am going to take part in other projects in the community (Arts network, Dragon café facilitating a music group and taking part in events at Sydenham garden).

## **Sow & Grow feedback**

### **Report from a volunteer:**

A few weeks ago on a Friday, just as Sow and Grow was finishing, Lyn asked me when the group would be ending. I told her and she said "I love it here. I come here and I can let go and relax and enjoy the things we do here. I don't have to do anything" (I think she was meaning, that she doesn't have to organise it all, she can just let herself be part of it, let go of trying so hard to do everything). She had tears in her eyes as she spoke and it was a very touching moment.

### **Report from a volunteer:**

At the 15th Birthday celebration, I had lovely chat with her daughter, who spoke of how much her mum loved coming to the garden and of how she feels it has helped her to mellow and relax a bit. She spoke of her mum being fiercely independent and feisty, but that sometimes she might keep herself to herself with that. They were really happy that she has made new friends at Sydenham garden and were glad to meet one of them at the 15th party. Her daughter said that Lyn speaks with such enthusiasm about the activities, in particular she mentioned making the rhubarb crumble and that Lyn had brought some rhubarb home to make the crumble for her daughter. Her daughter spoke of feeling worried about what could fill the gap for Lyn when her 6 months is finished and she was reassured when I explained that there might be some options for Lyn to continue with other things, e.g. the singing and movement and that Rose would look into those options as her 6 months draws to a close. She said several times how much her mum has appreciated Sow and Grow and how much the family also appreciate it.

### **Report from a volunteer**

I was talking with a co-worker today and she said that after the soup making last week, she was discussing with her daughter about cooking more soups, but how to make them so lovely and smooth. She then discovered a blender at home that she had forgotten about and has been trying out different soups this week. I thought it was lovely example of how activities done in the group carry on and impact on people's lives. (I did counsel her about taking care with it too as they can be a bit tricky! I reminded her not to put her hand in while it is on and she gave me one of her classic looks, like: "what do you take me for!!!")

### **Feedback from carer**

She has now started gardening at home. Sydenham Garden has been a godsend. She is quite depressed at home until she is reminded she is going to Sydenham Garden. She is engaging more and it's nice for her to get out. She tells carers and family about what we have been doing and the pond and newts.

### **Feedback from carer**

Thank you so much for all you have done for mum. It is one of the few things she has thoroughly enjoyed, looked forward to and made her feel good about herself and life in general.

### **Feedback from carer**

Since he has joined Sydenham Garden singing group he has improved. He has begun to answer the phone when it rings. He will also sit down and watch a bit.

### **Feedback from carer**

She can no longer go to places independently, she requires travel and assistance. This impacts on her social interaction and I believe she is lonely.

**Feedback from carer**

It is good for her. She talks about what she's done at S&G. More engaged since starting. Not sure she remembers what she has done, but she knows where she has been.

**Feedback from carer**

Speaks gobbledegook a lot of the time, 20% coherent, when with other people raises her game. Sleeping pattern erratic waking every hour from 10pm-7am. Imaginary friend, boys, girls & dogs. Sow & Grow makes a difference, thoroughly enjoys it, and remembers it, talks about it at home, loves the staff. Eats well, good appetite.

**Feedback from carer**

Sow & Grow makes a big difference! The whole family notices a positive change, feels she's learning, they join in with singing, they are copying letters to write at home.

**Feedback from carer**

They have benefitted from the Group. He looks forward to these sessions, he has become more confident. Thank you for all your hard work and help.

**Feedback from co-worker**

I think there should be more things like the Friday session available to get people out of themselves and classes for knitting and sewing.

**Feedback from co-worker**

As I approach 90 I experience more glooms, but the group is a relaxing morning of socialising. It has helped with lessening anxiety and worries.

**Feedback from co-worker**

I enjoyed coming to the group and gained experience. Enjoyed the gardening and the company of other people in the group Micky makes us happy! Would like more gardening.

**Feedback from co-worker**

I enjoyed the meetings and meeting friends each week, plus the interaction of activities every week.

**Feedback from co-worker**

Look forward to coming, like meeting new people, makes me feel young. I just love to come.

**Growing Lives interviews and case studies****Growing Lives Co-worker interview:**

*How did you hear about Sydenham Garden?*

Through my G.P. (Sydenham Green Health Centre)

*What were your reasons for wanting to join?*

My G.P. recommended that group interaction and therapy may be a more positive alternative to medication. At that time I also felt that an appointment every week would help in the normalisation process.

*What have you enjoyed about your placement?*

Meeting people, learning new skills, focusing on one thing and maintaining attention.

*Please provide an example of how your social interaction has improved while attending the programme:*

There has been some improvement in being less fearful of social situations and staying in environment inside the home for long periods.

Also dealing with new people in situations (I still have variable levels with these issues but Sydenham Garden has been a good early base in helping with these. The team or classroom environment provided has been instrumental in promoting this.

*Have you seen any changes in yourself or your lifestyle during your time here?*

The appointment has helped me break up the week. Available consultation & connection with GP has maintained safe-guarding. It has made me feel less isolated. It has helped me focus. It has prepared me for similar situations among people, like shopping and going for a walk.

*What would you like to do following your placement at Sydenham Garden?*

Unsure. Continued placement through G.P. would make me feel more secure in terms of integration with people. These groups are also good training in being able to focus on specific things.

I have great difficulties with these issues and general appointments. Thus it acts as good life training for people who have difficulty in coping with everyday life due to health issues.

### **Growing Lives Co-worker interview:**

*How did you initially hear about Sydenham Garden?*

I was referred from Green Parks Hospital, part of the PRU. Information on Sydenham Garden was provided as part of a social inclusion packages that included other programmes, including art.

*What were your reasons for wanting to join?*

I lost my job and not been well, so had no routine and thought it would be helpful and take my mind off things.

*What were the main benefits you experienced from the programme?*

I enjoyed and learnt a lot from the OCN conservation course. I would like to come back and finish the course.

I have enjoyed having a routine, seeing and mixing with people. I feel a lot more chilled when I leave. I feel I have gained the skills and knowledge to apply for a garden centre job.

Mixing with other like-minded people who have experienced similar situations has been helpful.

*What have you gained from the programme?*

OCN will be the most useful part of the programme. It shows that I have achieved something and can take that to an employer. It looks good on your CV and shows that you have taken initiative.

*Have you seen any changes in yourself or your lifestyle during your time here?*

I eat a little healthier. Tuesdays have been my healthiest day of the week! I have tried a few of our recipes at home and made lots of apple pie at home from the De Frene apples.

I am eating more vegetarian meals at home.

*What do you plan to do now you have reached the end of the programme?*

I am currently attending the Transition Group at Sydenham Garden. I have applied for some jobs and have a better routine where I am looking for jobs each week. I have also updated my CV. Finding a job is my highest priority at the moment.

*Is there any feedback you could provide us on the programme that would help us improve in the future?*

Advertising OCN training dates in advance would be helpful as I have missed some training due to

holidays.

I have enjoyed community lunches and will continue to come along when I can.

There was a good variation of gardening tasks to choose from in each session depending on how you were feeling.

**Growing Lives Co-worker interview:**

*How did you initially hear about Sydenham Garden?*

CMHT, Community health NHS – SERS team (activities etc.)

*What were your reasons for wanting to join?*

Structured purposeful activity.

*What were the main benefits you experienced from the programme?*

Initially structure, purpose, routine – the later social. More lately stages all of the above plus “bridging”, which means seeing you can take something/experience and apply to next step/moving on.

*What have you gained from the programme?*

Confidence to look towards the future using skills you’ve learnt, at different stages I’ve learnt different things. Stability, to enjoy socialising.

*Have you seen any changes in yourself or your lifestyle during your time here?*

Yes, positive changes, SG has supported the changes I’ve made. Nature, quiet, solitude can be healing.

*What do you plan to do now you have reached the end of the programme?*

Programming course – Python, Philosophy and psychotherapy , Goal orientated therapy, lifestyle coaching target oriented.

*Is there any feedback you could provide us on the programme that would help us improve in the future?* “I

did that!” a look around site to see things I’ve helped make and build improvement, better ways of getting people into other industries as well as horticulture, regular feedback – more informal, more support if not feeling so well when they start, nice cake.

**Growing Lives Co-worker interview:**

*How did you initially hear about Sydenham Garden?*

I was referred by my GP.

*What were your reasons for wanting to join?*

I thought gardening would help my anxiety and it sounded like fun. I thought working with people with similar experiences would be good.

*What were the main benefits you experienced from the programme?*

Feeling part of a group, there was no pressure to do things. It reduced my stress and helped with my depression.

*What have you gained from the programme?*

Confidence, gardening skills, friendships and a sense of community.

*Have you seen any changes in yourself or your lifestyle during you time here?*

I am more able to leave the house and more able to manage my anxiety.

*What do you plan to do now you have reached the end of the programme?*

Volunteer at Chelsea Physic garden, keep working. I am planning to get back into education in the New Year so planning on doing an access course.

*Is there any feedback you could provide us on the programme that would help us improve in the future?*  
Find ways of keeping in touch with co-workers over the Christmas period. Phone calls/ have a day open.

### **Growing Lives Co-worker interview:**

*How did you initially hear about Sydenham Garden?*

I heard about Sydenham garden from my mental health worker.

*What were your reasons for wanting to join?*

To keep my mind occupied instead of sitting indoors. I needed to get out of the house.

*What were the main benefits you experienced from the programme?*

Coming to community lunches, volunteering at the festival.

*What have you gained from the programme?*

My mood has improved and I don't feel as depressed. I still have my bad days but generally my mood is a lot better.

*Have you seen any changes in yourself or your lifestyle during your time here?*

I feel less depressed, more sociable, am seeing and speaking to new people.

*What do you plan to do now you have reached the end of the programme?*

I plan to do some volunteer gardening and Holy trinity church, I want to join some walking groups, I plan on volunteering in the garden at Mayow park.

*Is there any feedback you could provide us on the programme that would help us improve in the future?*

I think the program has covered everything. Things are getting better here all the time.

### **Case Study 1 – Mark**

Mark was referred to the Growing Lives programme by his GP. He thought gardening would help his anxiety and that the programme sounded like fun. Mark found working with people with similar experiences was good. He felt part of a group, and there was no pressure to do things. At the end of the programme, Mark told Sydenham Garden that Growing Lives had reduced his stress, helped with his depression, helped him gain confidence, learn gardening skills, build friendships and a develop a sense of community. Since leaving the project, Mark is more able to leave the house and more able to manage his anxiety. Mark is now looking for work and feels more confident applying for jobs due to his experience on Growing Lives.

### **Case Study 2: John**

John approached Sydenham Garden after he had lost his job and after a period of mental ill-health. John thought Growing Lives would be helpful and take his mind off things. John told Sydenham Garden that he enjoyed having a routine and mixing with other like-minded people who have experienced similar situations. He stated he usually felt a lot more 'chilled' when he left and particularly enjoyed (and learnt a lot from), the OCN conservation course. John felt it really shows that he had achieved something that he could take to an employer, despite being unwell. John stated: "It looks good on your CV and shows that you have taken initiative." Since leaving the programme John has gained full-time employment.

### **Case Study 3: Tanbir**

Tanbir was referred to Growing Lives by the South London and Maudsley NHS Foundation Trust after experiencing symptoms of PTSD as a result of the violent conflict in his home country. He told Sydenham Garden: "Growing Lives has given me something else to think about other than trauma. The physical

exercise aided my sleep. I have had a lot of enjoyment from having new life experiences. Gardening helped me feel more motivated and I enjoy seeing plants grow. The Garden is a safe, calm, relaxing and free place." Since leaving Growing Lives Tanbir has moved onto further volunteering opportunities.

#### **Case Study 4 – Anita**

Anita was referred to Growing Lives by her GP after experiencing an anxiety disorder which led to depressive illness. Anita felt Growing Lives helped her to interact with people as she was spending a lot of time at home by herself. The weekly sessions also gave her something to look forward to and she enjoyed the variety of tasks the sessions offered. Anita was able to complete her OCN qualifications in Conservation and Organic Gardening during the programme. Since finishing her placement Anita has secured part-time employment in a supermarket which she has adapted well to and enjoying so far.

## 9.) Conclusion

This year, as with previous years, co-workers have reported many benefits to participating in activities at Sydenham Garden. Improved wellbeing, confidence and social inclusion are clear themes throughout.

Output levels have declined however. Referrals and numbers completing are not at the same level they were in the previous year.

The ethnicity and gender of co-workers deserves mention. They should be considered as a positive result when compared to local psychological services, who do not experience the same representation from ethnicities or gender (Lewisham Review of Psychological Services 2015, CCG). If you remove Sow & Grow (dementia) from the equation, age becomes representative of Lewisham, but even more impressively gender becomes 51% male. An extremely good result for an organisation offering support for people experiencing mental ill health.





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