

## Information for Referrers & Self-referrals

We aim to improve wellbeing through therapeutic activity and training, enabling people to move forward in a supportive community environment. We offer a range of activities and opportunities for people experiencing mental ill health.



We provide therapeutic sessions in horticulture, art and craft, and vocational activities for referred co-workers (clients) living in South London with the aim of improving quality of life, social interaction, physical and mental health. We have seen lives transformed through encouragement, reassurance and the structure that a placement with us offers.

We are based in SE23, between Forest Hill and Sydenham, and have two beautiful garden sites, a short walk from each other.

We also provide support for people living with dementia. You can find out more at the [Lewisham Dementia Support Hub](#) - 020 3228 5960.

## Who can we help?

People who benefit most from a placement at Sydenham Garden are those living with anxiety, moderate depression, PTSD, or those living in isolation. In order for co-workers to gain the most from their time with us, we have found from experience that there are some key success factors:

- Co-workers need to have a level of independence that enables them to engage in meaningful occupation and to carry out a task independently or with minimal one-to-one support.
- Motivation and commitment to participating in sessions should be at a level that will allow for regular (weekly) attendance.
- We also ask that our co-workers do not use alcohol/illicit drugs before or whilst attending their session.

*"I have enjoyed doing different activities. I made a paper mache bowl that I am proud of. The staff and volunteers were supportive and it was a helpful and relaxing environment to be in. I feel less anxious being around people and feel more enjoyment in taking part in something I like doing. I feel more controlled and calm in social situations."*

*Art and Craft Co-worker*

## Referrals

### For Primary Care practitioners, with clients based in Lewisham:

We are part of Lewisham Community Wellbeing, and referrals must be made through LCW. Please email: [contact@lewishamwellbeing.org.uk](mailto:contact@lewishamwellbeing.org.uk) and put 'Sydenham Garden referral' in the subject line, and you will be sent our up to date referral form. Or call LCW on 020 3228 0760.

### For Primary Care practitioners with clients based outside Lewisham, or for Secondary Care practitioners:

Please click [here](#) to be directed to the Sydenham Garden referrals page, where you can complete our secure online referral form. ([www.sydenhamgarden.org.uk/referrals](http://www.sydenhamgarden.org.uk/referrals))

### For self-referrals based in Lewisham

We are part of Lewisham Community Wellbeing, and referrals must be made through LCW. Please email: [contact@lewishamwellbeing.org.uk](mailto:contact@lewishamwellbeing.org.uk) and put 'Sydenham Garden self-referral' in the subject line and ask to make a referral to us. Or call LCW on 020 3228 0760.

## Our Groups

### In person

#### African & Caribbean

##### **1.5 hour session - weekly (Mon) - 6 month placement - Wynell Rd**

This is a project for people who identify as having African or Caribbean heritage. The group involves a range of creative art and crafts, horticultural and mindfulness activities.

#### Art & Craft

##### **2 hour session - weekly (Tue) - 1 year placement - Wynell Rd**

A social and therapeutic group project, using Art & Craft to help people with their recovery. Activities include print making, clay work, painting, weaving and mosaic making. Most art works are taken home, but groups also contribute their art works to sell at fairs and stalls.

#### Garden

##### **1.5 or 2 hour session - weekly (Mon & Wed) - 1 year placement - Wynell Rd**

A group project based on the principles of Social and Therapeutic Horticulture. Sessions involve horticultural activities, seasonal activities, conservation and outdoor crafts, based in our Victorian garden and nature reserve at Wynell Rd.

#### Growing Lives

##### **2 hour session - weekly (Tue, Wed, Thurs) - 1 year placement - De Frene Rd**

The project runs social, therapeutic and vocational horticultural sessions, and offers the chance to achieve Open College Network accreditation. Based at our market garden site at De Frene Rd, sessions involve food growing and maintaining our cut flower garden, along with conservation activities.

#### Wellbeing Wanderers

##### **2 hour session - weekly (Mon) - 3 month placement - Various green spaces, Lewisham**

A walking group for improving physical and mental health. We will visit sites of historic, natural history and local interest, including parks, community gardens and woodlands. Co-walkers will be led through mindfulness activities and invited to respond through creative activities.

*"I have enjoyed the fresh air and being outside, being with and connecting with others. The staff have all been very supportive. I have gained better confidence, more independence, and less anxiety about speaking with people. I feel more assertive and confident now."*

*Garden Co-worker*

### Online

#### Art & Craft

##### **1.5 hour session - weekly (Wed) - 6 month placement – Zoom**

This social and therapeutic online group will take part in varied activities, demonstrations, discussions and art material packs will be posted. Co-workers enjoy sharing creations with each other and discussing different techniques and ideas. Activities include collage, watercolours, paper decorations, clay work, watercolour and drawing.

#### Garden

##### **1.5 hour session - weekly (Wed) - 3 month placement – Zoom**

Groups will learn about horticulture, seasonal growing and urban wildlife and will take part in nature-based activities and discussions. Activities include foraging, making natural dyes and inks, and botanical drawing.

*All details subject to change, but correct at May 2021*