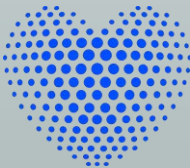




# THE GROW WELL PROJECT



**SUPPORTED BY**  
**NHS  
CHARITIES  
TOGETHER**





# WHAT IS THE GROW WELL PROJECT?

## THERAPEUTIC COMMUNITY GARDENING GROUPS

- Grow Well is a health and wellbeing community gardening project based in Cardiff South West Primary Care Cluster
- Grow Well is a Social Prescribing project - health and social care professionals can refer people to us, if they feel that our activities would benefit an individual. Patients can also self refer.
- We offer a whole range of growing activities for patients to engage with, from growing flowers and vegetables, looking after wildlife, woodwork to build planters and garden furniture, nature arts and crafts, and the most important part: having a cup of tea and sitting down with company to chat and enjoy the gardens.





## Grow Well works within a Wales-wide landscape

Our work complements:

- Welsh Government's *Recovery Action Plan for Wales 2020-2023*
- Natural Resources Wales' *Green Recovery: Priorities for Action* (2020)
- *Well-being of Future Generations (Wales) Act* (2015).
- *Health and Social Care (Wales) Act* 2020
- Cardiff's *Local Well-being Plan*.
- Welsh Government strategy *Connecting Communities: A strategy for tackling loneliness and social isolation and building stronger social connections* (2020)
- Cluster Annual Plan: Promoting Healthier lifestyles, proactive interventions for vulnerable groups & social prescribing





# WHO CAN BENEFIT FROM ATTENDING?

## We commonly receive referrals for people experiencing the following sorts of difficulties:

- Social isolation
- Anxiety and Depression
- Carers
- Stress
- Lacking a family / social network
- \* Loss of role after retirement
- \* Bereavement
- \* Living with chronic health conditions
- \* Low confidence and self esteem
- \* Recovering from a health condition

We welcome people with all levels of gardening knowledge: from those who have never tried growing before, to experts who can share their knowledge with us.

Attendees are welcome to bring someone with them for support, whether they are a family member or an official carer.

If the attendee has a specific mobility or support need, we discuss this with them prior to attending so we can ensure we make our session accessible for their needs.



## ARE THERE ANY EXCLUSION CRITERIA?



Due to the nature and locations of our groups, they are not appropriate for the following groups of people:

- People experiencing acute mental health crisis
- People who would require 1:1 support from Grow Cardiff Staff - but they are welcome to bring a support person with them.
- People who have no means of transport to the gardens
- People who are unable to adhere to our community groups code of conduct for the safety of themselves and others



# WHAT CHANGES DO WE SEE IN OUR VOLUNTEERS WITH LEARNING DISABILITIES?

Being outside in natural environments can help to relieve stress and anxiety.

Taking part in activities with a group regularly helps to reduce isolation, give a sense of purpose and build self-esteem. **Routines can help to anchor and orientate people, participating offers them many challenges in planning and preparing, community travelling, managing their time etc.**

**Social friendships form naturally when working in a community garden over time. We see people taking part in other activities due to these friendships, eg going for a game of pool after the session**

We can build healthier lifestyles by taking part in regular exercise at the level which is appropriate for an individual, whether this is seated in a wheelchair gently reaching and stretching, up to heavier tasks like digging and sawing wood.

Access to a wider range of fruit and vegetables that we grow ourselves can improve people's diets or encourage experimentation with different foods that people wouldn't usually try. **We can reinforce healthy living advice and help to put it into practice eg. diabetic diets, healthy snacks**

Sleep can become easier after a rewarding day spent outdoors.

**We can reinforce safe boundaries, and observe / intervene if there are safeguarding concerns eg. supporting a volunteer when 'friend' moved into their flat and would not leave.**

# WHAT IS THE IMPACT OF PARTICIPATING IN GROW WELL?

How do you feel **BEFORE** and **AFTER** your session in the garden today?



Please add a mark

- We use a range of outcome measures as part of our bespoke 'toolkit' developed with WSSPR.
- Our simple barometer tool is used each session and over last 6 month period:
  - **68% of attendees reported that they felt better (their score increased by at least one place) at the end of a session.**
  - **32% stayed same**
  - **0% reported feeling worse**
- We use the SWEMWBS and UCLA- 3 Loneliness scale to measure overall well-being and isolation, alongside a range of other data, case studies, reflections and testimonies to gather a fully rounded picture of our impact.
- **We have more work to do in developing these tools in easy read formats as practice is showing us that not everyone finds them easy to understand- due to literacy, language or learning disability.**



# SOME WORDS FROM OUR VOLUNTEERS...

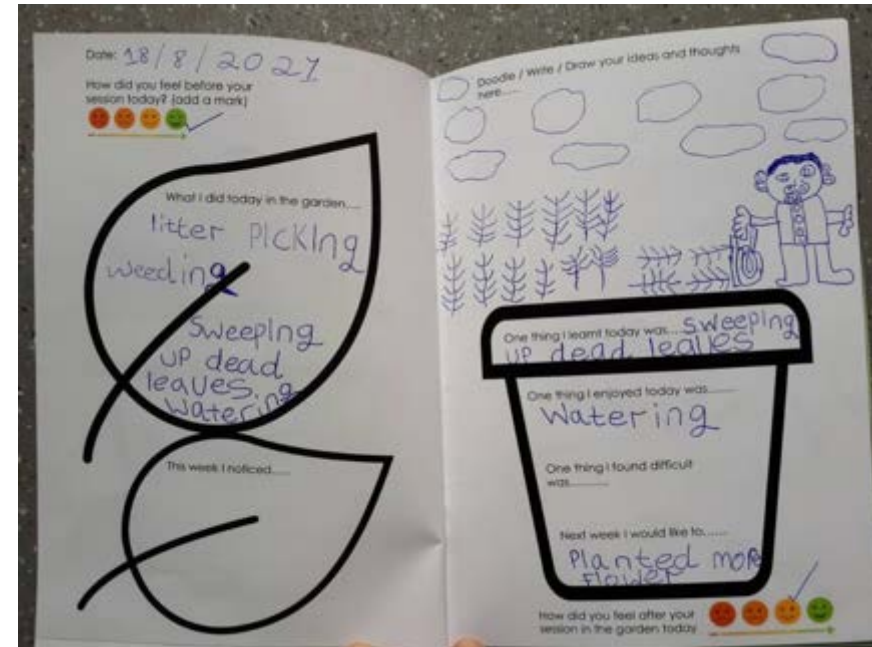
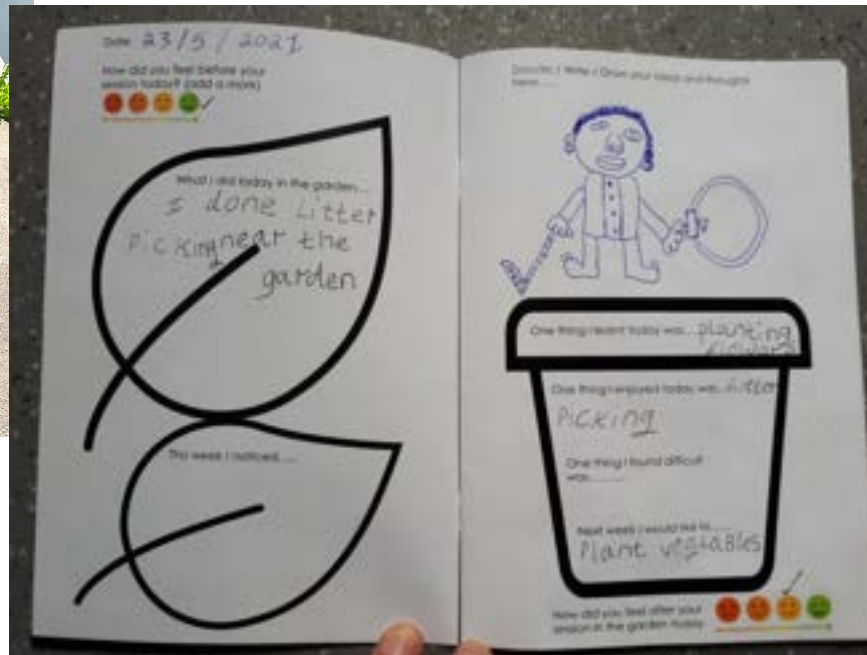
“I like working in a group or a team. I enjoy planting plants and flowers”

“I feel that (staff member) Grow Cardiff and the people here are my family. The people here are very caring and understanding. I like learning new skills with others, to do with gardening”

“I came here to ask for help because I needed it, I was crying and I just need help with my stress. Since I’ve come here, it’s changed my life”



Some examples from a Grow Well Wellbeing journal - which one volunteer likes to complete with a family member after the session







# WHERE & WHEN ARE THE SESSIONS?

**The Dusty Forge,**  
460 Cowbridge Rd West -  
Mondays 10-12 noon and  
12.30-2.30pm

**Lansdowne Surgery,**  
Sanatorium road -  
Wednesdays 12.30-2.30pm

**Riverside Health Centre,**  
Wellington Street -  
Thursdays 11-1pm







# DURING THE COLD MONTHS...

Creative Grow Well: indoor sessions, nature based crafts, warm soup and friendship 😊





# HOW TO REFER TO THE GROW WELL PROJECT

- Referrals for The Grow Well Project can be made through the Elemental Social Prescribing platform
- or by email / phone:
- [growwell@growcardiff.org](mailto:growwell@growcardiff.org)
- Mobile phone: 07555 450456
- Self referrals welcome





**SAVE THE DATE!!!**

**From Monday 15<sup>th</sup> – 26<sup>th</sup> May**

**PLEASE VOTE FOR US!!!**

