

## **Appendix 3**

### **The Growing Together Template**

Adults with mental health problems attend the project on their designated day each week – the project supports up to 25 adults per day. They arrive at 8.30 am to 9.00 am and have a tea or coffee. In discussion with garden staff, are then allocated a job to do in the garden or on building projects. Activities include seed sowing, planting out, weeding, composting, watering, pruning, mowing, harvesting vegetables, landscaping, woodwork and building. The garden staff provide instruction and training to help the members to undertake these activities as well as possible. Members work on their own or in small groups on these activities. There are regular breaks and an hour long lunch break, providing plenty of opportunity for members to socialise and support one another. The day finishes at 4.00 pm and everything is locked up and put away.

Members of the project have a Key Worker, who meets with them on a regular basis to review their progress, wellbeing and learning. The Key Worker liaises with other agencies to ensure the holistic needs of their members are met. Southend Adult Community College provide accredited training in horticulture and vocational skills such as first aid, food hygiene, manual handling and health & safety. We also run a Job Club to help members find paid work or access relevant volunteering opportunities in the community. In addition we run regular yoga classes and art groups for those that feel they would benefit from these sessions.