

Autumn *OCTOBER*

MAIN AIMS; to provide opportunity for each individual to socialise, reach potentials, gain confidence and self esteem, within a pressure free and safe environment, towards recoveries, while developing horticultural skills and knowledge.

Aims	Objectives; various inclusive, activities to meet aims	Outcomes; benefits, changes, learning's and internal meanings towards recoveries.	Impacts, monitoring, evaluation	Adaptations
<p>Various group works to promote socialisation and value.</p> <p>Recognition of the cycles of life and cycles of thought and well being.</p>	<p>Identifying and collecting seeds from various wildflowers.</p> <p>Leaving seeds for birds and wildlife.</p> <p>Preparing ground and seeding for spring/summer growth.</p> <p>Making bat boxes together.</p> <p>Making bird boxes for roosting. Testing and using knowledge of wildlife, where to put for best use</p> <p>Putting them up.</p> <p>Talking opportunities, guided by staff, to shared feelings about winter drawing nearer and positives to look forward to; what can be done.</p> <p>Preparing for winter work, making/mending, cleaning clothes, checking, tidying polytunnel, mending, sheds etc.</p>	<p>Seeding ideas towards a positive future. Preparing future opportunity of food for wildlife, habitat, growing from what has been sown in the past. Nurturing within the circles of life.</p> <p>Exercise</p> <p>Recognition of knowledge, what has been learnt about various plants and their seeds, depth of planting etc, wildlife.</p> <p>Creativity; woodwork.</p> <p>Working together for the better of all including wider wildlife community.</p> <p>Sharing thoughts and knowledge, to be brought into growth the following year; preparing for the future.</p> <p>Using and recognising knowledge and creativity.</p>	<p>Support to find ways to get through the darkening days, which for some add to feelings of depression, by knowing there, is still much to enjoy and do and hope for future bright days.</p> <p>Observation.</p> <p>Listening, staff using good communication skills to support well being, positive</p>	<p>Peer support.</p> <p>Light weight tools, special handles etc.</p> <p>Designing on own or making on own. Peer support.</p> <p>Working on own, possibly sharing in break time chat.</p>

<p>Positive regard towards self and others and towards a positive future of growth</p>	<p>Planning future rotations of crops, colour schemes, companion planting and learn together, peer learning, group work. Passive or active tasks.</p> <p>Make new raised beds, fill with raw compost, mulch with card board for soil in spring.</p> <p>Lift parsnips, late carrots, pick last peas, lettuce etc, harvesting for sale and home eating. Leave some cabbages, potatoes and parsnips etc, in the ground for later in the year.</p> <p>Prepare beds, weed, and add compost.</p> <p>Sow Winter lettuce, oriental salads, in cloches.</p> <p>Transplant seedlings of spring cabbage into prepared beds.</p> <p>Divide raspberry canes and plant or sell.</p> <p>Divide herbaceous plants,</p>	<p>Exercise use of, woodworking skills for those who like hands on work. Preparation for future.</p> <p>Enjoying produce, there is still food and recognising the year's cycle has b no end, it is a continuation.</p> <p>Healthy eating</p> <p>Working together or alone as part of the whole.</p> <p>Improved self esteem, feelings of value. Selling to community gives value and worth, vocation.</p> <p>Improving varied knowledge and skills.</p> <p>Exercise.</p>	<p>impacts.</p> <p>Daily notes, Two monthly performance recordings, practical and personal, informal chats 2 monthly reviews with key worker and/or family /carer.</p> <p>Being part of the community.</p> <p>Improved health and immune system from healthy eating, exercise, improved mental health, towards getting through winter months.</p>	<p>Opportunity to use/share knowledge skills for those with low energy levels or physical challenges.</p> <p>Peer support</p> <p>Various tools, light, heavy, long handled, adaptations for difficulty with wrist movements etc.</p>
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	<p>spring bulbs and plant in new areas or in pots for selling.</p> <p>Plant wallflowers and spring bedding plants in situ for seedlings sown in summer.</p> <p>Clear leaves, make leaf mulch.</p> <p>Carpet, hessian backed, to mulch areas which are going to be new vegetable patches and leave until spring.</p> <p>Cut comfrey and green manures to mulch beds, cabbages etc.</p> <p>Protect tender plants from frost either with fleece or re-housing in greenhouse or polytunnel.</p> <p>Tidy whole area and make hedgehog home and bug hotels.</p>	<p>Dexterity. Focus</p> <p>Future brightness.</p> <p>Job which takes little concentration, relaxing, contemplative, clearing. Towards future growth</p> <p>Working with nature.</p> <p>Preparing, nourishing and protecting, therefore supporting self esteem and efficacy.</p> <p>Fun time together using creative skills, group cohesion. Improved self esteem and value. Caring for nature, connections to the greater world of nature, enhancing feelings of worth.</p>	<p>Staff to take opportunity to talk about self management, preparing for situations, nourishing and at times protecting self</p> <p>Increased feelings of belonging and having a place within life and community/society</p>	<p>Work alone in greenhouse.</p> <p>Space to be alone nurturing nature, towards socialisation.</p>
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SPRING *APRIL*

MAIN AIMS; to provide opportunity for each individual to socialise, reach potentials, gain confidence and self esteem, within a pressure free and safe environment, towards recoveries, while developing horticultural skills and knowledge.

Aims	Objectives; various inclusive, activities to meet aims	Outcomes; benefits, changes, learning's and internal meanings towards recoveries.	Impacts, monitoring, evaluation	Adaptations
<p>To develop feelings of value towards efficacy.</p> <p>For each participant to gain in self esteem towards improved socialisation and enjoyment.</p>	<p>Transplant own or shared seedlings from February sowings. Work together with peer learning, peer support and staff support, or on own as needed to transplant seedlings into larger pots. In polytunnel</p> <p>Labelling (as above)</p> <p>Plant the more hardy seedlings in cloches As above.</p> <p>Recognise the need for good spacing, care of roots, good composted ground etc.</p> <p>Lightly Hoe any weeds in prepared beds</p> <p>Sow or plant various; e.g. Carrots, radish, asparagus crowns, kale, cabbages, various flowers, many sowed in February etc; various sizes for ease or difficulty and</p>	<p>Growth; recognising abilities to nurture, and how ones growth like that of the seed maybe not seen as yet.</p> <p>Joy of seeing first seedlings.</p> <p>Self efficacy; able to do something after the efforts of trying.</p> <p>Relief of stress and anxiety through achievement, joys and through concentrated work</p> <p>Concentration, use of skills of caring and following detailed instructions, care of young plants. Raised self esteem from achievement of seeing plant in the ground.</p> <p>Increased motivation.</p> <p>Feelings of being part of something.</p>	<p>Evaluating perceptions of growth, what goals one has, if they are achievable in the short or long term.</p> <p>Improved self perception through gains in feelings of value, self esteem, Meeting and working with others adding meaning to life through what one is doing and who one is.</p> <p>Informal and formal observation, monitoring and assessment</p> <p>Meeting individual needs to take part.</p>	<p>One person separating out seedlings and passing on to the other ready to be planted in pots or ground.</p> <p>Peer support Raised beds, seated beds, kneeling pads</p> <p>Peer support; working together, one making a hole with spacing, the other planting. Various sized seeds, bulbs.</p>

<p>Each individual to have opportunity for continuation of what they have done before, working together with others towards recognising their potential, learning and</p>	<p>dexterity; in rows, in ground prepared in Jan/Feb.</p> <p>Wildlife habitat. Looking at Initial ideas discussed together in December of designs of wildlife edges and habitat. Preparation of ground.</p> <p>Planting out cuttings from Autumn, which have grown; transplanting rooted cuttings from January into composted pots; dividing plants and replanting ready for flowering.</p> <p>Brief discussion together at break toward a shared buffet of produce in July</p> <p>Choice of activities working in groups while working alone, together in pairs or with peer support, to continue previous work which has already had impacts on perception of self and life.</p> <p>Care for roses; put well rotted manure around bases. Check for disease etc. Plant new seedlings of chives</p>	<p>Seeing the ground filling with plants that have been nurtured by you.</p> <p>Connectivity; being part of something bigger, through caring for nature and recognising wildlife needs and also designing this together, each having ideas as part of the whole</p> <p>Continuation,</p> <p>Looking to the future, having shared goals which can be met, goals, motivation, sharing of ideas, feelings of being part of a group/team, belonging.</p> <p>Self Efficacy: I can do it! I can make a difference! HOPE for future Companion planting; FRIENDSHIP, working together to benefit each others well being</p> <p>Seeing roses start to grow shoots after pruning and continuing care toward</p>	<p>Ones ideas being valued Valuing other peoples ideas Valuing Life</p> <p>Observing communication and communication needs.</p> <p>Increase in motivation, attendance, socialisation, through increased feelings of self esteem and self efficacy.</p> <p>Monitoring through</p>	<p>Especially for those who are challenged by social anxiety; caring for nature, for something else, while being alone and, interacting with nature...first steps towards socialisation.</p> <p>Working in pairs for peer support, giving opportunity to socialise, for those who are challenged</p> <p>Some participants do not like choice and would like task to be chosen for them. Provide future opportunities towards developing potential for autonomy.</p> <p>Some roses in wildlife edges with space to be alone, but working</p>
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<p>developing skills and towards self efficacy.</p>	<p>around base. Divide clumps of chives and plant around base, to protect from black spot and pests.</p> <p>Care of wormery and feeding plants with wormery liquid</p> <p>Plant out seedlings in ready prepared beds, thinking of companion planting such as seed radish in-between lettuce lines so they grow more succulent.</p> <p>Rake and seed wildflower areas; space to work alone on edges, after designing Talking together in March.</p> <p>Prune back any early spring flowering shrubs; opportunity to develop pruning skills further.</p>	<p>rose flowers growing. Learning together through activity with opportunity to share learning at break with staff support.</p> <p>Responsibility for one or two individuals. Particular knowledge, skills practice, nurturing of worms, producing something worthwhile to whole project from actions.</p> <p>Seeing lettuce grow from seeding, knowing it can be eaten later including some 4 week quick maturing crops. Seeing prepared beds now filling with plants. Friendships; working together, supporting the well being of each other for the better of each person.</p> <p>Caring for nature, wildlife, towards, relaxation, feelings of worth and value; especially for those who experience social anxiety</p> <p>Gentle exercise; good for those who are challenges with bending an flexibility</p> <p>Having seen plant flower, now helping growth for next years flowering. Plants for free...growing many new plant s form pieces of one plant. Skilful work;</p>	<p>bi monthly performance assessments; practical and personal.</p> <p>Informal chats and observation.</p> <p>Daily notes on changes including within 'outer life'.</p> <p>Staff to briefly work with individuals and talk through joys, care and benefits to nature.</p> <p>As above</p>	<p>as part of group task for day.</p> <p>Various size and height of beds, on various levels. Tools light or heavy.</p> <p>Something positive and part of the whole for those who suffer severe challenges.</p> <p>Peer learning and support, showing each other, remembering together. If participants has</p>
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	<p>Take cuttings; of soft herbaceous plants</p>	<p>feelings of achievement, need to nurture, care for cuttings. Inspires long term hope for future, continuum of seasons, life forever changing and good things to look forward to even in far off times. Small steps can result in big potentials.</p>		<p>difficulty with shaky hands, one can hold, one cut, work together as above.</p>
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Summer *July*

MAIN AIMS; to provide opportunity for each individual to socialise, reach potentials, gain confidence and self esteem, within a pressure free and safe environment, towards recoveries, while developing horticultural skills and knowledge.

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<p>Opportunities to recognise abilities adding to sense of worth and value and to valuing others, through recognising achievements.</p> <p>Social opportunities within project and wider community</p>	<p>Buffet; Harvesting and sharing of salads, carrots, tomatoes and herbs at a celebratory outdoors, buffet with each individual picking produce they have all participated in the growing of. Participants bringing in own recipes if they like to. Peer learning.</p> <p>Inviting trusted others of family and key workers</p> <p>Harvesting produce to sell at a stall to the local community.</p> <p>Stall Participant and volunteer mentor to man stall for or an hour each day, for sense of worth through feedback from public. Leaving an honesty box for other open times.</p> <p>Watering , weeding caring for potted plants for sale</p>	<p>Celebration, social opportunity After all the nurturing, learning, skills, working together, each has something to share. Ready to do more, motivation seeing changes in oneself, recognising potential for growth in oneself and reaping the benefits of greater well being. Recognising how each has grown. Ready to grow more together. Enjoyment of growing light and sunshine</p> <p>Value and worth, social opportunity.</p> <p>Inclusion</p> <p>Improved physical health through physical exercise, fresh air, healthy eating opportunities.</p>	<p>Observing; making sure each person's contribution is recognised, celebrating each other and life.</p> <p>Observing comfort of individuals at social gatherings.</p> <p>Feelings of belonging , leading to self esteem and efficacy and to improved motivation Towards changes for the better.</p>	<p>Plenty of seating spread out, closely or slightly apart for everyone's comfort to interact</p> <p>Harvesting on own or with peer support as participation and input to the stall and community.</p> <p>Opportunity for those who prefer more solitary tasks as part</p>

<p>Practice learnt horticultural skills or develop new ones.</p>	<p>adding to the above</p> <p>Transplant seedlings; various ease of size and fineness of plants, into bigger pots or plant into beds.</p> <p>Sow wallflowers and spring flowering bedding plants</p> <p>Labelling</p> <p>Dead head; herbaceous plants, roses, bedding plants, possibly towards re-flowering of some.</p> <p>Summer prune shrubs and trees to restrict growth</p> <p>Harvest fruits to make fruit salads at break time and to sell</p> <p>Turning compost</p>	<p>Dexterity and concentration. Focussing thoughts away from problems and challenges. Memory through repetition.</p> <p>Recognition of continuum in life, changes and seasons, bright future from actions now, Autumn and winter will arrive, preparations now add to brightness of spring. Renewal</p> <p>Recognition that getting rid of what is not needed can mean added strength and growth towards greater well being.</p> <p>Group learning opportunities, becoming skilled. Opportunities to talk and enjoy light physical exercise, dexterity. Creativity in shaping trees and hedging plants.</p> <p>Fruits of labour recognition of what has been achieved, self esteem, healthy eating Sharing together, social cohesion</p> <p>Physical exercise</p> <p>Feeding plants. Caring for plants in</p>	<p>Reviews, assessments, informal chats, daily notes.</p> <p>Practical performance assessments, formal and informal.</p>	<p>of whole aim.</p> <p>In polytunnel or table outdoors, seated or standing height</p> <p>Various heights of beds, size and weight of tools etc.</p> <p>Peer support or working alone in greenhouse</p> <p>Various sizes of secateurs and loppers, long handled etc. One use skills of recognition, one cut.</p> <p>Groups , alone or</p>
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	<p>Mulching beds with various, rotting woodchip, compost, raw compost.</p> <p>Weeding beds and wildflower edge. Group identification quiz</p> <p>Checking for disease.</p> <p>Butterfly and bird watching, indentifying and recording</p> <p>Sow seeds for turnip, cabbage, carrot, herbs, peas, kale etc; collecting, sieving compost, sorting seeds, sorting and tidying pots, Preparing beds for direct sowing. Labelling</p> <p>Pin down strawberry runners, plant new plants into pots in situ.</p>	<p>drought. Saving water; care of planet. Recognition of place in greater world.</p> <p>Physical exercise, identification, testing memory and knowledge, working together in groups, recognising potentials together.</p> <p>Celebrating what ahs been learnt. Clearing, tidying, everything looking better.</p> <p>Enjoyment.</p> <p>Feelings of worth and connection, having created habitats for the wildlife to enjoy, supporting the conservation of life.</p> <p>Memory. Organisational recording, literacy skills.</p> <p>Social; Group work, spending time together towards something good. Helping each other, sharing knowledge and skills.</p> <p>Something for everyone to participate in together.</p> <p>Skills and knowledge, caring for new plants for future strawberries.</p>	<p>Practical performance assessments.</p> <p>Observation.</p> <p>Daily notes.</p>	<p>peer support</p> <p>Various tools or by hand, kneeling pads. Raised beds. Space alone in wildflower edge.</p> <p>Greenhouse or outdoors at table for those who prefer to be alone, per support, staff support, one to ones.</p> <p>Own plot opportunity</p>
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WINTER *FEBRUARY*

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<p>Working together to achieve for the future.</p>	<p>Weed and dig over beds</p> <p>Mulch no- dig beds.</p> <p>Light hoeing/ weeding</p> <p>Sort large box of donated seed packets.</p> <p>Planning; Wildlife areas, flower beds, designing on paper (art) or written ideas, sharing ideas verbally. Thoughts on harvesting; celebrating.</p>	<p>Hope; enjoying the Now and looking to the future; of plants growing; recognising that we can also grow with a basis of somewhere safe and comfortable. Socialising in small groups as part of a team effort.</p> <p>Opportunity to work alone, but as part of a team Physical exercise, which may benefit emotional well being, strength and motivation, weight loss and may aid a good sleep pattern.</p> <p>Those who enjoy repetition, lack energy or are physically challenged can sort the seeds for planting later, as part of the team effort.</p> <p>Using ones mind and creativity. Space away from others, space to be creative. Motivation</p>	<p>Doing this part well, together, for benefits later. Informal checking of participation and well being, observing any difficulties or progression.</p> <p>Daily notes</p> <p>Monitoring through bi monthly performance assessments; practical and personal, with key worker or family.</p> <p>3 monthly reviews.</p>	<p>Various height beds. Some no dig beds. Bed with seat at corners. Own bed if wanted. Various weight and size of tools.</p> <p>Peer support where needed, benefiting both.</p> <p>Indoor opportunity for warmth. For those who might want to work quietly with another, chance to chat with another or alone</p> <p>Further opportunity, after some light exercise tasks, for those who have low</p>

<p>Producing products for sale to the local community towards self esteem</p> <p>Achieve new skills; towards self efficacy and confidence; through learning together.</p>	<p>How to sell; stall, local shops.</p> <p>Potting up of any tulips, crocus, or muscari from cheap last season sales, to sell and raise funds to buy compost etc, while supporting local community.</p> <p>Sowing seeds; either small seeds or large seeds, of plants that are fast and easy or more difficult and long term to grow, e.g. sweet peas, lettuce, violas, sunflowers. In propagators; e.g. tomatoes, cucumbers. All depending on participants needs, present skills and goals. In various sized pots in polytunnel.</p> <p>Sow parsnips, plant potatoes, garlic etc. outdoors in prepared beds.</p> <p>A progression from the bulb planting tasks</p> <p>.</p> <p>Choice of seeds, working together, helping each other, peer support.</p> <p>Working in Polytunnel; Opportunity to talk through experiences, share stories, enjoyment and fun, with facilitation from staff towards overall group</p>	<p>through thinking of future.</p> <p>Value; Growing something, which is relatively simple to plant, and which someone else will enjoy. Supporting project sustainability.</p> <p>Trust; change will come; Concentration, through use of fine motor skills.</p> <p>Learning together about different seeds and sizes, various size pots, varying compost, and how to plant.</p> <p>Lost in the moment, forgetting pressures, relieving stress and anxiety; so more able to participate, achieve and learn.</p> <p>A social time, sharing stories, having fun.</p> <p>Trusting that change will come, doing this together, gaining trust and friendship with each other.</p>	<p>Inclusion; being part of local Community.</p> <p>Informal checking (as above) and daily notes</p> <p>Gaining skills, monitored on practical and personal evaluation forms, evaluated informally and through reviews with agency or family.</p> <p>Gaining confidence in meeting with others, socialising, and being of worth. Observation of socialisation, who talks lots, who is left out, who feels overwhelmed, who is enjoying them selves, who talks negative things constantly.. Guiding towards a good</p>	<p>energy levels.</p> <p>Peer support e.g; one filling pots with compost, the other planting; sharing knowledge; benefitting both participants' needs.</p> <p>Indoors for warmth. Peer support as needed with collecting and filing compost. Sharing skills and knowledge.</p> <p>Seating if needed</p> <p>On own, or one to one, in Greenhouse, if overwhelmed by being close to others indoors.</p> <p>Music and ear plugs, if internal voices and outer talk too much, but enjoying being with others.</p>
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<p>Remembering and developing skills</p>	<p>cohesion and well being.</p> <p>.</p> <p>Labelling</p> <p>Pruning roses and fuchsias Health and safety; gloves and safe use of tools. Relatively easy Fuchsias, or more difficult or creative skills of pruning roses; one to one with member of staff, or as a group, then with peer support if needed. Learning about and checking for diseases</p> <p>Digging beds, preparing ground, preparing cloches and tidying areas. If a need to do something less concentrated, or need to be more alone, use energy etc.</p> <p>Sow seeds in cloches; Radish, lettuce, carrots etc</p>	<p>Use of literacy, reading skills, supporting responsibility and organisational skills.</p> <p>Letting go of what is not needed, recognising potential for growth; Trusting own ability, having a go, feeling able through having some responsibility. . Self esteem though caring for the plant so it will grow better. Concentration, fine motor skills. Creativity, forming shapes through pruning</p> <p>Trust and confidence; to ask to do something different. Doing ones own thing while doing something helpful as part of the team.</p> <p>Protection; I as the seeds need protection, I can thrive in a safe environment.</p>	<p>balance for all. Uplifting if needed.</p> <p>Informal; talking about tasks, ideas etc</p> <p>Staff to check on well being</p> <p>Staff to talk through these ideas and evaluate meanings for the participant</p>	<p>Peer support or ready made labels if literacy skills poor.</p> <p>Size of pruning's, secateurs, loppers, force and strength needed.</p> <p>Cutting back old stalks of plants which cut easily without too much force</p> <p>Various tasks, various beds, and tools, of size, shape weight.</p>
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