



TRINITY:

Garden Based Community and Neighbourhoods Programme
Activity Summary
August 2021 to January 2023

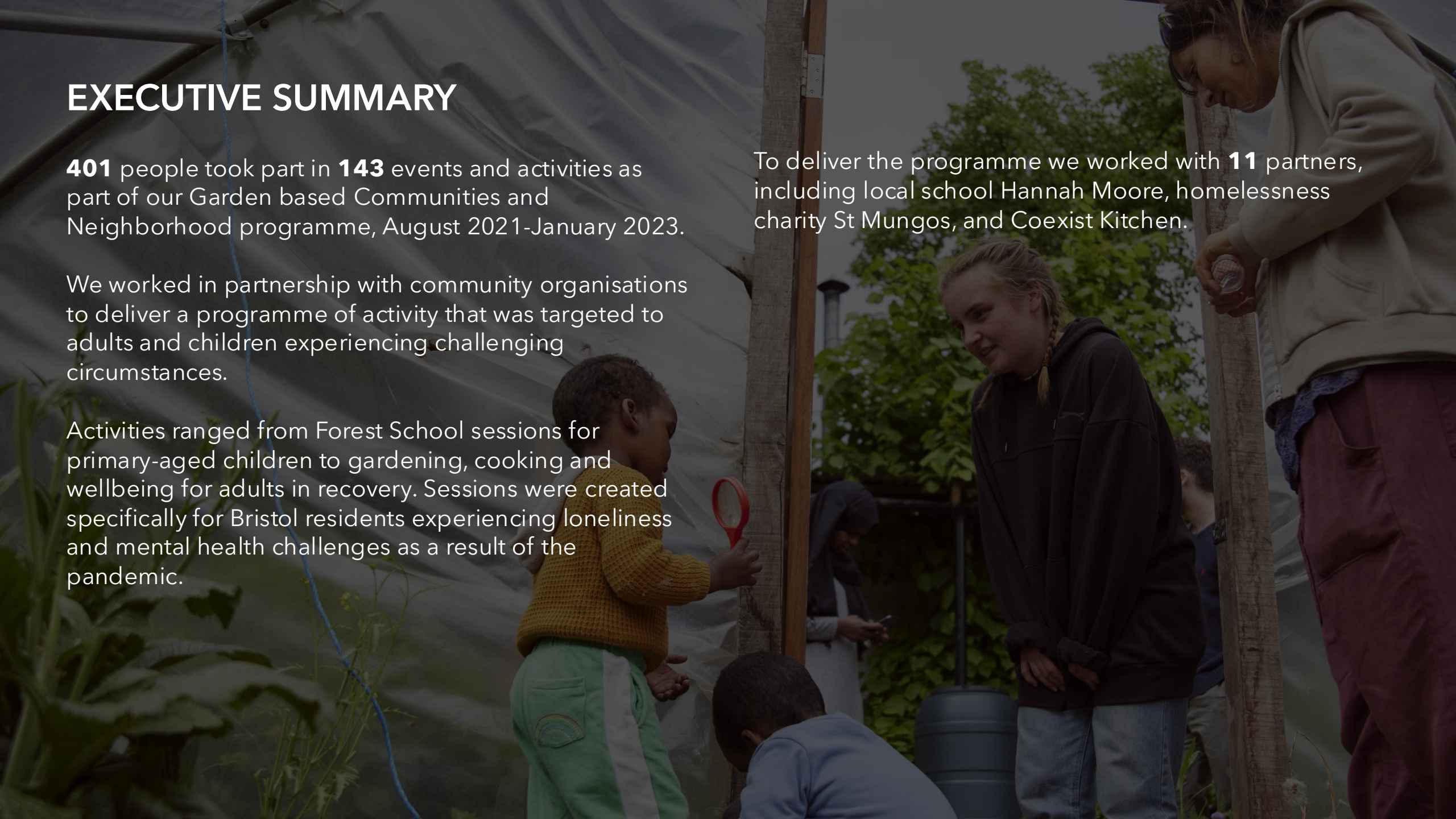
EXECUTIVE SUMMARY

401 people took part in **143** events and activities as part of our Garden based Communities and Neighborhood programme, August 2021-January 2023.

We worked in partnership with community organisations to deliver a programme of activity that was targeted to adults and children experiencing challenging circumstances.

Activities ranged from Forest School sessions for primary-aged children to gardening, cooking and wellbeing for adults in recovery. Sessions were created specifically for Bristol residents experiencing loneliness and mental health challenges as a result of the pandemic.

To deliver the programme we worked with **11** partners, including local school Hannah Moore, homelessness charity St Mungos, and Coexist Kitchen.





CHILDREN, YOUNG PEOPLE & FAMILIES

FOREST SCHOOL

A much needed free after-school provision, delivered in partnership with local primary schools reaching 137 children.

Many children who came to the sessions had struggled to engage with mainstream education, due to the impact of Lockdown or additional educational needs.

During the sessions the children were encouraged to build confidence, new skills and well-being through taking part in nature based-education.

Children worked in small groups, led by experienced facilitators, taking part in activities such as campfire cooking, lighting fires and organic gardening.

"I was feeling nervous and worried and now I feel normal, confident"

Child feedback, After School Sessions

97% of the children who attended Forest School showed an increased confidence in outdoor spaces

94% showed significant progress in their team working skills.



OPEN ACCESS SESSIONS

Free-to access educational programme for local children and families.

These sessions, supported in part with additional match funding from BCC Youth Sector Support Fund, were specifically tailored to local families in receipt of free school meals and/or without access to outside space.

During the sessions, children and parents/carers took part in nature-based play, explored the community garden and used fresh produce (grown in the garden) to make food.

229 children and young people aged 0-18 took part in 64 open-access and holiday sessions.

"It's good to have this so close. We have been walking past for ages and I didn't know they could come in. Would really like to come again because we don't have anywhere to play outside as we live in a flat"

Saturday Session Parent Feedback





FEEDBACK FROM PARTICIPANTS

"Some of the girls really struggle with social skills and teamwork at school and it showed a little in the sessions, but in the end they worked together, friendships were built, and they actually managed to work together really well [...] One of the boys commented the thing he got out of it most was trust as he has trust issues and learning to trust others".

Teacher Feedback, Forest School Sessions

"We feel they all learned a lot of practical skills e.g. fires, wood chopping, planting, craft making and had many chances to develop their physical fine and gross motor skills. They all seemed very engaged in all of the activities each week".

Teacher Feedback, Forest School Session

"Thank you so much, we have loved coming here. We enjoy having a space to run around in as we do not have a garden at home. It is important for the children to have a space to run around in and spend time outside. They love digging and watering".

Parent of child attending Forest School



WELLBEING ACTIVITIES FOR ADULTS

COMMUNITY KITCHEN

Programme for adults experiencing exclusion and/or mental health needs linked to trauma

We piloted a new partnership with Coexist Community Kitchen. We collaborated on 'Cooking and Growing', two six-week free to access programmes co-led with Trinity's resident Garden Facilitator and supported by a new Garden Assistant.

Participants were referred by Bristol Refugee Rights, Bristol Hospitality Network, Second Step & Aidbox Community, as those who were in recovery from drug and alcohol addiction or refugee and asylum seekers.

19 people took part in **12** sessions that were delivered in Trinity's community garden.

"I learnt about spices and how to cook on a fire also learnt how to cook from people from different parts of the world"

Participant Feedback, Community Cookery

70% of participants fed back that they had learnt Team Building Skills

90% increased enjoyment of food they had cooked

90% increased Self Confidence



IN FOCUS: PUTTING DOWN ROOTS

We continued our regular year-round Garden Volunteer sessions as well as allowing us to support partners to make use of our Garden. Putting Down Roots is a horticultural therapy and training project, using gardening as a tool to help people who have lived experience of homelessness in their recovery, run by St Mungos.

The group met weekly and helped maintain the gardens at Trinity's and work in teams to plant blubs, prune trees, weed and even to take part in crafts activities such as mud sculpture.

On average, about ten people attended the weekly sessions. The team delivering Putting Down Roots said that taking part can be an up and down journey, but it is proven to help people take positive next steps in their recovery.

"It is a pleasure to work in such a beautiful space and to be part of something so positive that so well serves the local community."

Putting Down Roots Participant

One client, Miriam*, took part in Putting Down Roots for a year and a half. She particularly enjoyed being in the garden and the St Mungo's team saw her benefit therapeutically through being able to get involved, for example, in pruning the trees or weeding an area enough to unwind and feel much better after a few hours than she did when she arrived. Following her engagement Miriam recently moved on to start a new role as a Forest School Assistant.

(*not their real name)





FEEDBACK FROM PARTICIPANTS

"Trinity Community Garden is a hidden oasis which offers a safe and quiet space to learn about vegetable growing and connect to Nature within a busy city."
Gardening Volunteer

Volunteer Feedback, Year-round Garden Sessions

"I sometimes find it hard to leave the house for days on end and have very bad social anxiety but I have really enjoyed coming to cook and gardening at Trinity. My favourite things have been meeting new people, lighting the fire using only a fire steel and cotton wool, and whittling my own butter knife from hazel coppiced in the garden - I am going to ask for a whittling knife for my birthday."

Participant Feedback, Growing and Cooking

"It has been so nice to sow seeds and water plants to then enjoy picking, cooking and eating them all together outside!"

Participant Feedback, Growing and Cooking

#GetInvolved

Trinity Community Arts Ltd, Trinity Centre, Trinity Road,
Bristol, BS2 0NW
info@trinitybristol.org.uk • 0117 935 1200

www.trinitybristol.org.uk

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