

# Southern Brooks

## Impact Report 2022-2023



[www.southernbrooks.org.uk](http://www.southernbrooks.org.uk) Reg. Charity 1157061





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# Welcome from our Chair & CEO



*Jules Moore*  
*Chair of Trustees*

With the current economic uncertainties, the Board have been focussing on ensuring that Southern Brooks is in a sound financial position, as we have faced increasing costs for the charity and staff alike. We review our finances and reserves position quarterly and the charity continues to maintain a steady stream of funding and support, focussed on our core areas of Health & Wellbeing and Community Development.

Our staff are crucial to the work that we do and we were pleased to get survey results showing that staff enjoy working for Southern Brooks. The Board and Leadership Team have been working together to update our EDI (Equality, Diversity and Inclusion) Policies to ensure that they are relevant and effective for recruitment and retention of staff and for staff to use when interacting with service users. In the next financial year, we will create a web page devoted to ESG (Environment, Social and Governance) Reporting, to show how we incorporate these elements in our work.



*Alison Findlay*  
*C.E.O.*

2022-23 was as busy as ever! We're still working through the legacy of Covid, gently encouraging people to come out of their homes to join in activities and encouraging our employees back to the workplace.

The Diwali event in November in Bradley Stoke that brought in approximately 800 people was a vibrant and wonderful event and one we hope to repeat, if not improve, in 2023-24, and mindfulness activities on our allotments brought calm, peace and a moment of much-needed quiet in such a busy world. We supported warm spaces across South Gloucestershire during the winter and worked with smaller community groups to help them access funding.

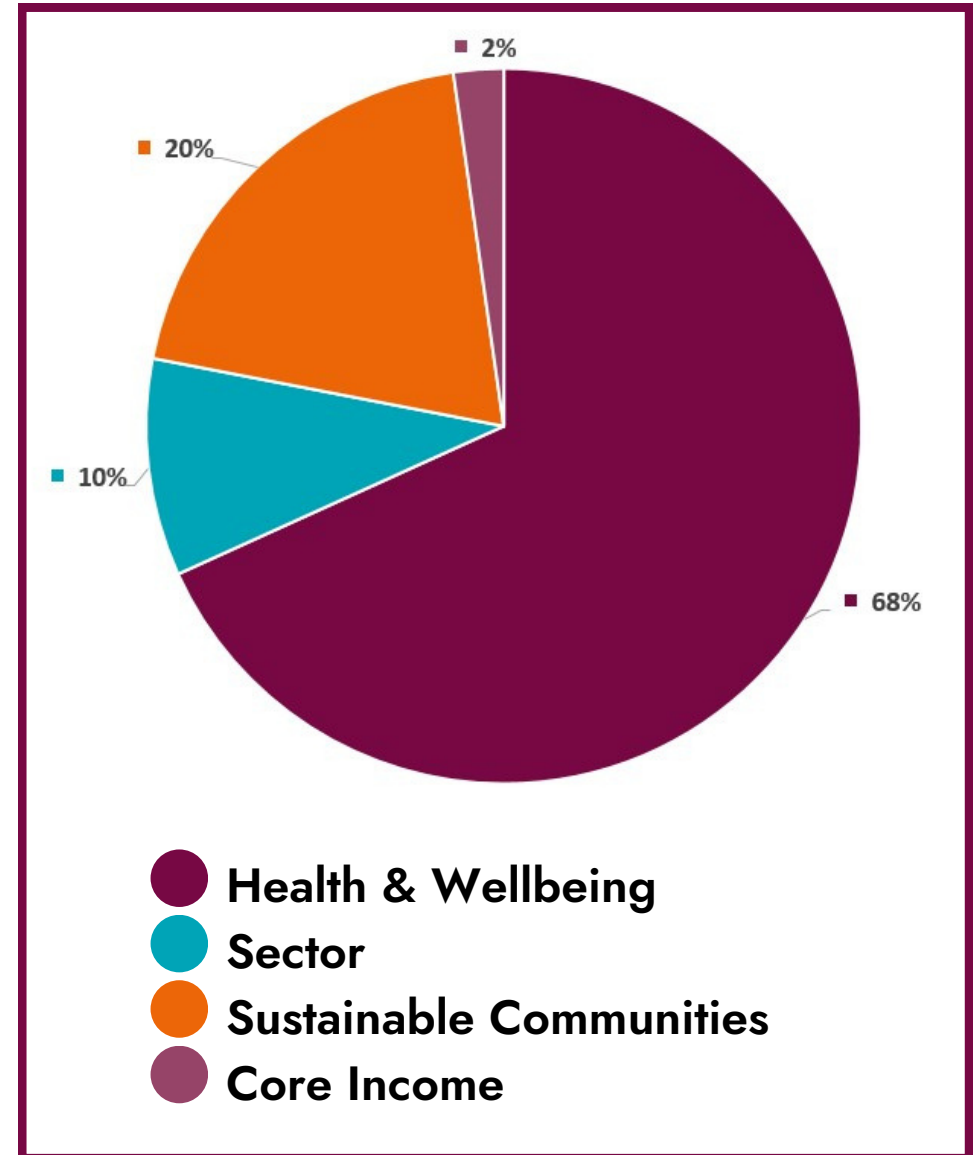
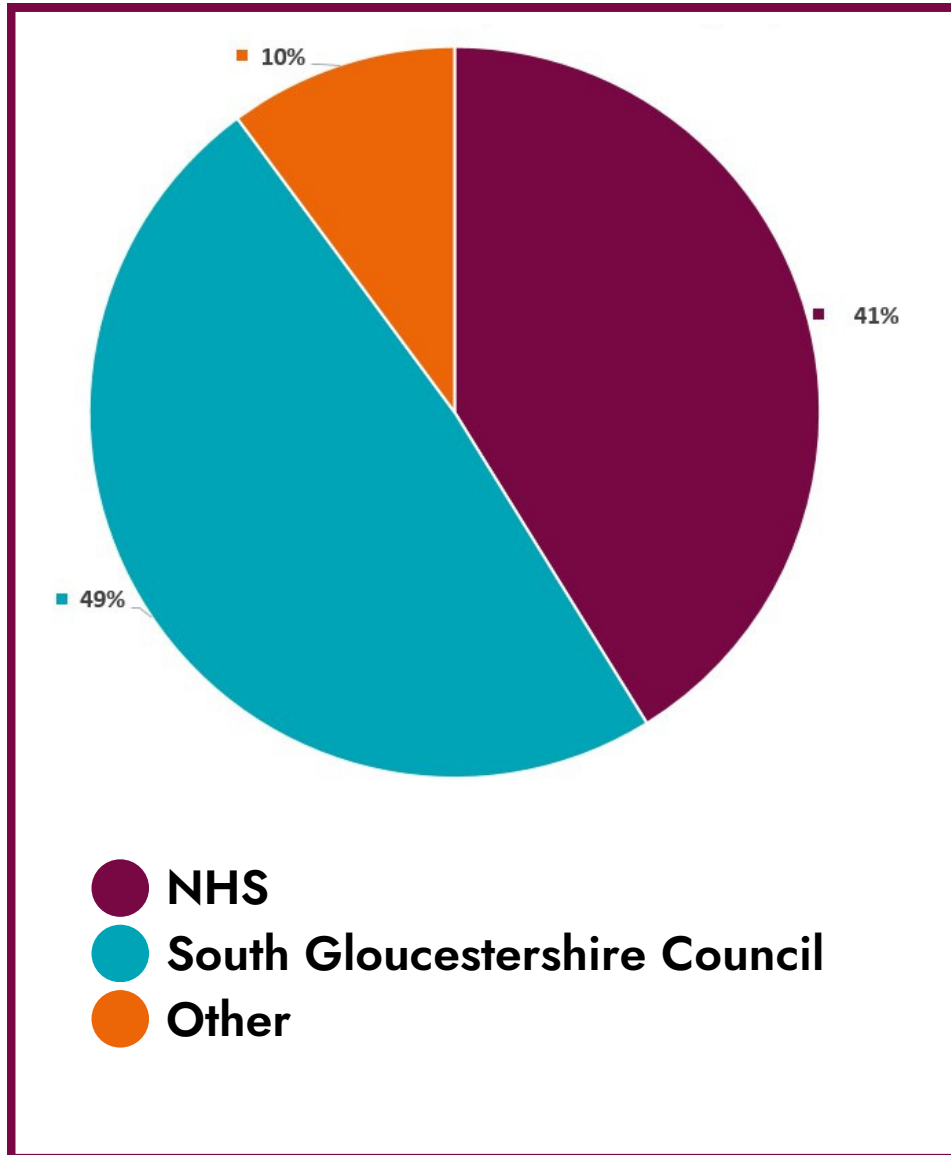
Internally, we reconfirmed our vision and mission and articulated it through our new branding. Our team grew from 39-48, reflecting a growth in income from new projects including link workers in Southmead Hospital, physical activity link workers and health and wellbeing coaches.

We are proud to be a member of the South Gloucestershire Locality Partnership working with council and health colleagues to bring health and wellbeing closer to communities and championing the strengths of the voluntary sector.



# Financial Highlights

Income for Financial Year 2022-23 (£1,667,985) by Source and Project area





# Voluntary Sector Support

Our voluntary sector support work provides support, guidance, information and networking events to the VCSE (voluntary, community & social enterprise) organisations in South Gloucestershire to build a strong voluntary sector. We have connected with and are supporting over 60 organisations.

We know that the two largest areas of need are services that bring people together to prevent isolation/loneliness and supporting people with disabilities/learning difficulties.

We have developed monthly sector newsletters that contain a round up of relevant funding opportunities, training workshops, leadership development programmes and events for the voluntary sector. We send these out to the organisations we are supporting and to any interested parties.

We have held our first successful networking event and we are in the planning stages to hold more.

We work with over 60 VCSE (voluntary, community & social enterprise) groups in South Gloucestershire to provide support and guidance to strengthen their services.

Our inaugural networking event brought together 30 organisations across Bristol & South Gloucestershire to share ideas, connect and build collaborations.



# Business Development

A big THANK YOU to everyone who helped raise much-needed funds for us this year. Together, you raised a total of £6,500.36!

Amongst other things, this meant you helped:

- Local Afghan families to have a day out at Bristol Zoo
- Young people at The Patch youth centre to design a 'snug' area
- Families in Patchway to create Christmas memories at Santa's Elves Grotto, making crafts and taking home an extra-special present
- Families struggling with finances at this time of year to receive Christmas Hampers, piled high with Christmas goodies

- Children at Coniston Primary School in Patchway to take part in Chinese New Year celebration activities



Special Thanks goes to the members of Oldland Methodist Church for preparing so many Christmas Hampers for us and for providing so many toys for Santa's Elves Grotto.

One Afghan family loved Bristol Zoo so much, they made videos.

“It was very nice day, no zoo in Afghanistan, first time we been to the zoo, children like to go again.”  
parent

“I like the tortoises and the fish best... never seen a tortoise before it was so big! My brother like the gorilla and the big gorilla statue, he was dancing like a gorilla, very funny.”

9 year old child



**SGS College  
Business Studies  
Students raised a  
whopping  
£3,056.12,  
designing and  
running fundraising  
activities from  
gaming evenings  
through golf and  
boxing challenges,  
to sponsored walks  
and cake sales.**

**£1,848.15**

was raised by customers  
and colleagues from  
ASDA and the Co-op

**ASDA  
Foundation,**

**co  
op**



**sgs** South Gloucestershire  
and Stroud College



**£1596.09**

raised in donations and gift  
aid.



# Afghan Family Support

At the start of September 2021, South Gloucestershire Council commissioned Southern Brooks to support Afghan families of people employed by the UK military in Afghanistan, and help with resettlement in the local area.

We received funding from central Government, and used it to set up homes and provide other support.

Over the year, 9 families were supported by caseworkers. This included furnishing six properties, supporting with access to health services at the Haven, registering for English classes, opening bank accounts, budgeting, signposting to other support organisations, and registering for bills, council tax and education.

We supported the families with settling into the area and putting them in touch with other families, and regular monitoring with South Gloucestershire Council helped to identify ways forward for meeting each family's needs.

Interpreters were used as required. Each individual and family had an action plan which was agreed with them. Events were also organised, including a South Gloucestershire Council meeting with local councillors to welcome families and hear their concerns.

We held some lovely events and sessions for the families, and also took them to workshops organised by other organisations such as English classes, sewing classes, and bicycle maintenance.

“We feel very blessed that we have a home here... is very clean and nice, many Afghan families are still in hotels, it is hard life in the hotels.”

“Is good to have your own bike and to have the classes about repair and safety, that is good. I borrow a bike but is too small for me. I get very tired on this... I can teach my sister how to ride a bike, is good for girls here, not like back in Afghanistan, they can't have bikes.”



# 9

## Afghan families resettled and supported to access services

We held an Eid  
event for families  
with lunch provided

Online wellbeing  
sessions to  
support the men  
in the families

A workshop was run  
in partnership with  
Ashley Community  
Housing to support  
with CV writing and  
job applications.

Thank you to:



<https://ach.org.uk>



<https://www.bridgesforcommunities.com>



<https://thebristolbikeproject.org>



<https://www.bristolrefugeerights.org>



<https://www.aidboxcommunity.co.uk>



# Community Cohesion

During the year, we facilitated the Community Cohesion Steering Group and supported delivery of the Community Cohesion Action Plan. This is now known as the Community Cohesion Action Group.

Work continued with projects for 22-23, including education, communication and early intervention. We worked with South Gloucestershire Council and BCohCo (Building Cohesive Communities), setting up a “Train the Trainers” course for the Anti Hate Crime Ambassadors programme to work with children and young people across South Gloucestershire. South Gloucestershire Council funded this project this year.

We also secured funding for LGBTQ+ and Ageing training as well as Hate Crime Awareness training from South Gloucestershire Council, which was facilitated by The Diversity Trust and SARI.

Working with South Gloucestershire Council and interested Faith Leaders, we formed South Gloucestershire Faith Forum. £5000 was secured from the Crime Prevention Fund from South Gloucestershire Council for multi-faith events for 2023-2024, promoting understanding and engagement of diverse faiths, which we will be co-facilitating with partners.

We have continued to participate in the Bristol Refugee and Asylum Seekers Partnership and liaise with Refugee and Asylum Seekers support groups in Bristol, promoting services and information, and working in collaboration to identify resources and signpost families to services.

We have also been involved in the Young People’s Organisations Forum.





# 32

people joined  
the South  
Gloucestershire  
Faith Forum

Membership of Community Cohesion Action Group increased to 31, with an increase in representation from diverse organisations

2

South Gloucestershire Faith Forum meetings held

4

Equalities Voice and South Gloucestershire Council managers meetings

4

Community Cohesion Action Group meetings

4

Equalities Voice meetings attended

# Older People and Dementia Support

The Older People's Project focused this year on asset mapping in various villages, including Chipping Sodbury and Easter Compton, as well as Severn Beach and Pilning.

Project awareness was raised through the local magazine "In View" and a shared presentation at the Severn Beach and Pilning Parish Council meeting. This led to a growing interest in creating Warm Welcoming Spaces in the area and establishing a core group in Severn Beach to take community action.

Ongoing support was provided to several groups, including two Thornbury based groups: New Life - a carers and ex-carers network group; and Souper Natter - a group of residents who provide a social space for those who recently moved or live on their own in Thornbury.

New Life was successfully granted kick start funding from Ageing Well Connecting Communities through Age UK Bristol (£2000) in April. This allowed the group to meet regularly twice a month for developing both carers and ex-carers relationships and links with local assets such as Thornbury Volunteer Centre, Severn View Surgery, Carers Support Centre and Memory Café.

We supported New Life to complete a successful funding application for Quartet Express Grant and helped write their constitution and other policy documents.

“Coming here and meeting people has done a lot for me. The people I meet are very friendly and kind. It is a warm and understanding group and you always find someone to talk to.”

Our wonderful Dementia Project Co-ordinator moved on in May 2022, leaving a big gap in provision for this vital part of our work. Whilst the awareness raising work was put on hiatus, another member of Southern Brooks stepped in to ensure we were able to continue to run our Retreat Memory Café at St Stephen's Church on the edge of Kingswood. Membership steadily increased to between 20 and 30 members attending each session, held on the 2nd and 4th Monday of each month.

The highlight of the year was our Christmas Party, which included carols - courtesy of the Church organist and pastor -, mince pies, crackers party hats, and lots of merriment!

“The Café could not function without our amazing volunteers to help run it, so a big thank you to all of them for making it such a wonderful, welcoming space.”



# 126

Older people  
got involved in  
groups and  
attended activities

## 5

community based  
groups were  
supported by our  
Older People's Project

## 272

Community Building  
Conversations - with  
individuals, institutions  
& associations

**90%** of people said that they felt  
better after attending groups

## 35

individuals attended the  
Retreat Memory Café - 50%  
of these are living with  
Dementia or significant  
cognitive impairment

## 100%

of Retreat Memory  
Café Members would  
recommend the  
group to others



# Wellbeing: **ONE YOU** SOUTH GLOUCESTERSHIRE

At the beginning of the year, One You partnered with several organizations, including Second Step, DHI, Bromford, Carers Support Centre, and The Diversity Trust, to provide a variety of effective treatments, including coaching, mentoring, and wellbeing workshops based on the 5 Ways to Wellbeing. The team has invested a considerable amount of time and energy into promoting the service by attending more community events and working collaboratively with both internal and external stakeholders.

In October, the service introduced two new projects, one of which was the Feeling Better in South Glos (FBiSG) project, facilitated by two new Physical Health Activity Link Workers. The project received a good number of internal and external referrals, and participants who were ready to engage spoke highly of the service, stating that it was great to have this level of support that not only offered signposting but also a hands-on

approach to make positive, sustainable changes.

The One You service delivered some great workshops last year, which were extremely well-attended. The wellbeing team regularly meets to discuss new workshop ideas and identify any gaps in the program. Consequently, the Menopause workshop was very popular and received really positive feedback, indicating that the service continues to grow and deliver wellbeing activities to meet the needs of our communities.

Our health and wellbeing coaches have also worked hard this year to promote their roles within primary care networks, creating referral routes and providing resources for health professionals and patients. Health and Wellbeing Coaches focus on empowering people to support individuals referred, who might need a holistic approach or who may have a long-term health condition negatively affecting their wellbeing.

Cerys is a working grandparent with caring responsibilities, who struggled to assert herself within her large family. After quitting smoking through the ONE YOU Healthy Lifestyles Team, she sought help from the ONE YOU Wellbeing Team to gain confidence and self-esteem to navigate and seek bereavement counselling. Six reflective conversations took place, which helped Cerys assert herself practically with family members and seek counselling support. Cerys's perception of happiness increased from 5 to 8, and anxiety decreased from 6 to 3. She completed her bereavement counselling and now enjoys Zumba and swimming weekly, helping her grandchildren occasionally and going on trips by herself. Cerys feels more assertive towards her friends and family and is enjoying her time to "catch up and breathe."

“ Since working with Ali so much has improved, she’s shown me new ways to look after my wellbeing both physically and mentally, always listened without judgement and always happy to explore new areas with me. ”

“ I feel I have more energy and more assertive now. I’ve processed life and now I am enjoying me time. ”

39

health campaigns delivered, reaching 760 people in the community

£11,970

of the OYSG Health Inequalities grant for 2022/23, helped fund 12 community groups and organisations

40

40 new clients received enhanced support through our partner Second Step

57

referrals to Feeling Better in South Gloucestershire in the first 4 months of the project





# Social Prescribing

Social Prescribing has continued to support patients across South Gloucestershire as part of GP surgeries providing a "What Matters to Me" approach to practice, which focuses on identifying and addressing the underlying inequalities of health.

Over the year, our team grew to 14 Social Prescribing Link Workers across the whole of South Glos, linking people to projects and services that aim to improve their wellbeing. The cost-of-living crisis proved to be a challenging time, with an increased demand to support patients with energy advocacy, welfare and benefits support, sourcing necessary welfare grants and food voucher support where available.

People referred to social prescribing

are usually experiencing mental health or wellbeing difficulties, and we work alongside other health professionals to ensure the patient accesses the most appropriate services. Our Social Prescribers are a creative bunch, and often look at alternatives to mental health support that could improve wellbeing such as cold-water swimming, accessing nature, volunteering, education or learning mindfulness.

We continue to build on our knowledge of local community resources. Social Prescribers are on the ground exploring hyper-local groups that people can access when they need it, which has the potential to empower an individual in improving their wellbeing in everyday life.

“ I hope it continues to be funded as it is a vital service. It takes away pressure from GP's.

It is a much-needed support for those in the community who are struggling who have no one else to talk to.

It has been fantastic, and I am very grateful.”

# 2152

people supported  
across the whole  
of South  
Gloucestershire  
in 2022-23

Assessments with clients show overall wellbeing improvement in areas of feeling Worthwhile, Satisfied and Happiness with a reduction in overall Anxiety following intervention.

## 85%

expressed that  
Social Prescribing  
improved their  
situation.

## 85%

of referred patients  
engaged with social  
prescribing

## 100%

would recommend  
social Prescribing to  
their friends or family

## 90%

subsequently felt  
able to manage their  
situation  
independently.



# Hospital Link Workers

Following on from the success of our community-based Social Prescribing project, we kicked off our Hospital Link Worker service at Southmead Hospital - the first of it's kind in the country - in October 2022. The service aims to help patients get out of hospital and back into their own homes, helping them to access support to enable them to live independently.

With little awareness of Social Prescribing in the hospital, the team worked really hard spreading the word, attending ward team meetings and reminding the discharge team to make referrals to the service.

Referral numbers gradually built, and just at the end of the year, two new Hospital Link Workers came into post, setting the project up for an exciting 2023-2024!

April\* was brought into hospital after collapsing outside her home. Once medically fit her family were worried about her leaving hospital as they felt her home environment was cluttered and unsafe. April was referred to the Social Prescribing Link Worker Service.

April really wanted to return home and struggled to understand her family's concerns. We worked to build rapport and understand what was important to April, and visited her in her home following discharge, with her immediate family present, acting as mediator whilst everyone voiced their concerns. April agreed to make some changes so her family didn't feel like they had to clean whenever they visited.

We continued to visit April to help her continue making changes that still respected her right to live as she wanted.

“ Thanks for your visit today... a relief to be able to at least share what we have to contend with... ”

“ Extremely kind to know people care. ”

“ It's not everyone you can talk to, but I can talk to you. ”



# 37

Referrals received  
Between October  
and January, with  
only 5 rejected

The most common referral source was  
the Integrated Discharge Service.

# 27.9

Average days of case being open  
(range: 3-87).

The Average age of referred clients was

# 77



# Integrated Personalised Care Team

Since May 2022, practitioners from local partner organisations have been coming together in weekly meetings to develop creative solutions to better support the people they work with.

The meetings are a local response to the NHS Long Term Plan and the Community Mental Health Framework to deliver place-based integrated mental health care.

The Southern Brooks has created and manage the weekly meetings in South Gloucestershire for place-based teams of practitioners that align with the six Primary Care Networks (PCNs). The meetings include representatives from all eight partner organisations including Avon and Wiltshire Partnership, Vitamins, Adult Social Care, Developing Health and Independence, Sirona care and health, GP Practices, Second Step and Southern Brooks.

These meetings have formed the foundations of an Integrated Mental Health Team, launching in September 2023.

## CASE STUDY

Emily\*, in her late 60s, has had several contacts with mental health teams over the years. She lives alone, is isolated, has a history of trauma and drinks alcohol to cope with feelings of abandonment.

Recently, a social worker working with Emily was concerned she was declining mental health support. The relationship between them broke down, and Emily's presentation worsened. Her alcohol use and calls to emergency services increased, and other concerns over incontinence, lack of daily routine and poor

engagement with health and social care services emerged.

Emily started working with a social prescriber who listened to what she wanted and put her in touch with a Physical Activity Link Worker to learn horse riding.

Through this contact, the social worker noticed Emily was much warmer, like a different person, and had reduced drinking. Emily had also read some psychoeducation, which she found helped her deal with her trauma experiences. She also became more open to the possibility of moving somewhere less isolated.

“ These meetings are valuable between professionals, they create a more natural conversation than what is written in notes or emails. ”

GP

“ The meetings are really useful, and we have had great feedback from practitioners being able to talk about risk. ”

Senior Social Worker

6 Integrated and Personalised Care Teams set up in South Gloucestershire aligned with each Primary Care Network

32

Over 200 cases brought to creative multi-disciplinary discussion since August 2022

8

local partner organisations working together to develop stronger connections between services



# Patchway Community Development

After the closure of the Patchway Food club, we had a consultation and it was clear that Charlton Hayes was an area where food insecurity was high, and so we wanted to create an event that brought people of Patchway and Charlton Hayes together to discuss what had been found and think of ways in which to tackle this.

We decided to run a “food festival” in partnership with Aura Ion, Avon Indian Community Association and Sovereign, so people could come together, try new food, meet other residents, and talk about what food projects they wanted to see or be involved with. The plan was that this would be an initial trial event that would grow each year. It was to be held in the middle of Charlton Hayes

– in an outdoor setting to make it was accessible as possible.

On the day, lots of people attended the event. Children and families took part in activities that were provided, everyone enjoyed some free food, and local councillors and community groups were onsite to talk to residents and share information.

The community groups that attended said that it was very worthwhile for them to be there and that they had had some good conversations and all were leaving with new leads to chase up.

# 150

local residents  
attended our  
Food festival in  
Patchway &  
Charlton Hayes

# 43

residents got  
involved in our  
Jubilee Yarn Bomb  
Project

We set up a local walkabout with FACE, Patchway Town Council and Patchway Community School to gain views and suggestions from local young people.

# 510

local people attended our Diwali event held in partnership with Avon Indian Community Association

# 290

local residents took part in our Christmas activities and workshops

We ran a Christmas trip to GWR for Coniston Primary School.



# Yate Community Development

Historically, projects and populations in Yate have been very isolated from one another. Whilst we still work closely with hyperlocal neighbourhoods in Abbotswood and Cranleigh Court, we have had a strong focus on bringing the wider community together, forming new partnerships with areas outside of our immediate priority neighbourhoods, such as Friends of Kingsgate Park and Yate Community Bike Hub.

We encouraged residents to explore a little further afield and participate in the amazing activities, events and services happening elsewhere. Our community and volunteer coordinator, Alex, has been an active presence at community events across the area. For some residents, knowing a friendly face will be nearby is all that is needed to give them the confidence to come along.

We had great fun handing out eggs and admiring bonnets at Kingsgate Park's Easter Egg hunt, and enjoyed singing loudly (and maybe not in tune) at the Carols in the Park service, teaming up with the mayor to reward everyone's efforts with mince pies. Apparently, a sweet treat or two is the way to bring a community together!

Our Coffee Mornings at Cranleigh Court have gained momentum and we have several regulars who like to come along as customers and volunteers.

"I come to the hub every week. I like to make the drinks and I remember everyone's usual orders. I tell my Mum about the things I have been doing at the hub and how friendly everyone is. I enjoy playing cards and bingo."

“ I was really nervous before I started. I didn't sleep the night before but when I got started, I thoroughly enjoyed it. It was great fun to hear what the children had to say. One child said all she wanted for Christmas was presents for her Mum. Another child wanted to know what colour Santa's eyes were. I even got to do a wiggly dance with one family.

It was just so lovely to see everyone leave with a smile.”

— Mrs Claus, “Christmas In Abbotswood”



# 200

people visited the Christmas grotto, much to the delight of our volunteer Mrs Claus and her elf!



# over 500

guests came along to join the fun at our Christmas In Abbotswood event, led by four brilliant core volunteers!

During Quarter 1, 17 volunteers were brokered into new volunteering roles, including a swap shop puzzle tester.

Attendance at our Cranleigh Court coffee morning has doubled since last year.

# Kingswood Community Development

This year we worked hard to build relationships with local partners in Kingswood to really try and raise peoples awareness about the services and opportunities they can access for free. Working together has proven efficient, as demonstrated by the delivery of a Jubilee event, organised in under 4 weeks, which was a huge success in Kingswood Park, with many professional partners commenting on how amazing it was to work together so successfully.

Our main collaboration in 2022-23 was with We Are BS15 who are now a hugely successful CIC and are delivering amazing projects and opportunities for people in the community. We have been working together this year and it has been fantastic to see the group really thrive and tackle every challenge head on. For Kingswood, this group is a huge asset and one we will be wanting to continue working closely with over the coming years in Kingswood.

The Kingswood Community Hub started at The Library of Things in Kingswood but struggled to attract the footfall or engagement from residents unless we ran activities from the space, such as the hugely successful Mandala project. We created a community cupboard here to attract more people, but it was hard to access. So, we decided to move the community hub and cupboard to Holy Trinity Church and run it in collaboration with We Are BS15.

The open and accessible space allowed for recruitment of volunteers and drivers to support the community cupboard (now expanded to a fridge and several food tables). It has become a community hub space that runs every Thursday alongside the Community Kitchen - also based at the Church - and a weekly social group, resulting in improved community connectivity and sense of worth for members. We Are BS15 are now coordinating this thriving project.

# 150

local residents  
attended our  
Food festival in  
Patchway &  
Charlton Hayes

Over  
**400**  
residents joined in  
with our Mandala  
project

We ran a Community  
Awareness stall, with 9  
partners attending, and  
handed 60 tote bags  
out to residents

**14**  
local partners joined us to  
organise and run a Queens  
Jubilee event

**95**  
local residents  
attended our  
Christmas  
community meal,  
run by 10  
volunteers.

We supported Kings  
Oak School with  
listening walks and  
school community  
engagement





# Community Aid

For the Homes for Ukraine project, we were asked to run welcome events once a month for the guests (refugees). The vision was that the events would include food and talks by all the relevant organisations.

However, after the third event, popularity dwindled. The issues the guests brought up: lack of transport, healthcare, dentistry and housing, were not ones that could be solved by the organisations present. Continuing with events that raised problems with no solutions was unpopular.

Instead, we used the money to run a Ukrainian Independence Day celebration in Kingswood, which was very well attended. After this, the remaining money went towards activities led by key volunteers and requested by the refugees themselves. This included a trip to Cheddar Gorge, bowling and the cinema. All had rave reviews.

The Food Alliance expanded to include more elements of the food system. Engaging growing projects was challenging. We discovered that the structure of online meetings isn't popular with people who are looking to spend their free time outside!

Over the winter, during the fuel crisis, we supported the warm and welcoming spaces project. This included linking up the council coordinators with local groups who might be able to run a warm space. We provided food safety help to the projects which were also offering food.

Projects offering food were the most successful of all the spaces and we encouraged them to join the Food Alliance for support staying open going forwards.

“I had to explain how to use a cracker which they found fascinating, particularly the ‘rubbish toy’ that you always get inside.”  
(From one of the Ukrainian refugee Christmas events)

“Without the warm space (Welcoming space) I would've been heating or eating a lot of the time.”

# 12

**Food Alliance  
meetings held**

# 8

**Events held for Ukrainian refugees**

# 59

**Ukrainian refugees  
attended Christmas  
events**

# 64

**Welcoming spaces  
supported**

# 27

**Food Alliance  
members**



# Green Spaces

Our goal this year was to help tackle social isolation and anxiety / depression resulting from lock-down measures by providing nature-based community wellbeing activities designed to bring people together in a safe environment. Additionally, we aimed to develop and maintain new community green spaces, where skills could be shared and learned, to empower the community to participate in improving their local environment.

We are proud to have achieved both objectives. Although most participants have long-term health issues, we delivered wellbeing activities that have improved their health. In collaboration with the "We Are BS15" community group, we transformed an overgrown bramble patch into a successful food garden.

The Pound Road Community allotment is now fully established, with a perennial fruit garden, and we are working with South Gloucestershire Council to create a biodiversity garden.

We renovated the Blakeney Road allotment in Patchway, with raised beds, making it available for Community Learning courses.

The Orchard Garden (at Orchard Medical Centre) demonstrated a successful partnership between GPs, community organisations, and patients - all those involved have provided positive feedback regarding the project's benefits.

“ I haven't had a panic attack, and I haven't been swearing at people. I feel safe here. I used to think I can't go out, but I look forward to the gardening group. ”

“ Even when I'm tired I push myself to come as I enjoy it so much. It's very good. ”

“ My anxiety and happiness have improved from when I started volunteering at the garden. The chance to be outside and helping the community at the same time is amazing. ”



# 60%

of participants and volunteers report having a disability or long term health condition

## 2

community events (Festival of Nature, Chelsea Fringe Show)

Excluding community events, 51 participants and volunteers have engaged in the community gardens

## 121

community gardening sessions delivered across four sites

## 2

mindfulness in nature courses delivered

## 3

corporate volunteer gardening sessions facilitated

# 66%

of participants reported improvements in their happiness and anxiety levels. A further 20% reported no change, as they had high levels of these already



with thanks to:



BROADMEAD  
BAPTIST CHURCH



Home Office



LOTTERY FUNDED



Bromford.



Yate and Frampton PCN  
Working together for better health



South Gloucestershire  
and Stroud College



Developing Health  
& Independence



Bristol, North Somerset  
and South Gloucestershire  
Clinical Commissioning Group

SEVERNVALE  
PRIMARY CARE NETWORK



Registered with  
FUNDRAISING  
REGULATOR



Carers Support Centre

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