

Hope Springs Sutton Project Evaluation



Hope Springs Horticulture - Community Interest Company

Growing Together



- Year Ending 2023

THE GLORY OF GARDENING: HANDS
IN THE DIRT, HEAD IN THE SUN,
HEART WITH NATURE. TO NURTURE
A GARDEN IS TO FEED NOT JUST THE
BODY BUT ALSO THE SOUL.

- Alfred Austin



Introduction

This report provides a snapshot of what we have achieved over the past five years. We had four initial outcomes, and these indicators show how they have been met. The information in the evaluation has been given by all our volunteers, to document the change and impact they have gained from attending the project and written feedback for a more detailed picture.

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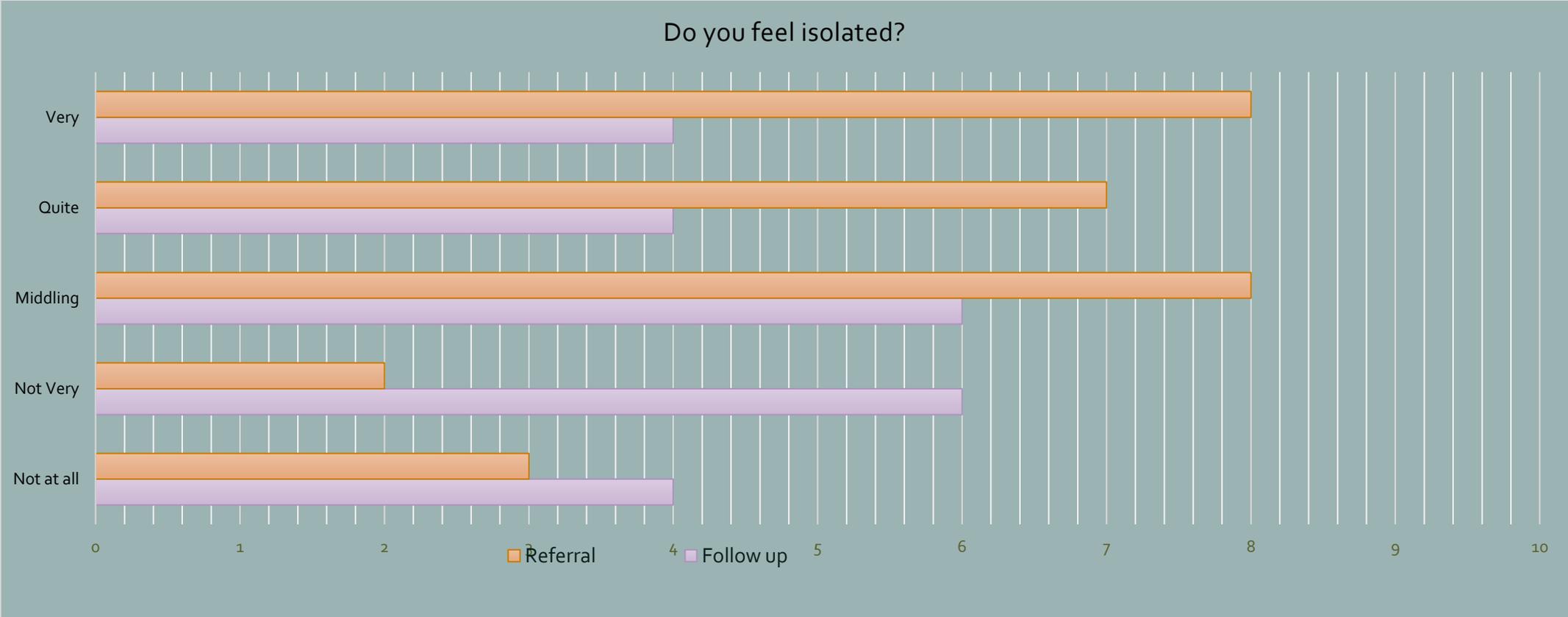


Indicators and Outcomes

- To reduce social isolation of vulnerable adults with enduring mental health difficulties
- To improve the confidence of vulnerable adults with enduring mental health difficulties
- To promote and improve the physical health of vulnerable adults with enduring mental health difficulties through exercise and healthy eating
- To improve the coping strategies of people with enduring mental health difficulties by providing support, tools and resources to maintain mental wellbeing



Outcome One: Social Isolation



Outcome One: Social Isolation Feedback

I have made friends who understand my illness

I like meeting people and making friends

It's good to be around people and friends there

If I did not come to the project I wouldn't get out of the house

I get myself out on a Wednesday and look forward to the day

There is no pressure, and I can chat to people

How has coming to the project affected how isolated you feel?

It's good to chat with people

If I did not get out I would be stuck in bed or stuck in four walls

Everybody is friendly

I like coming here and meeting people as it gets me out of the flat

It reduces my sense of isolation as it gets me out for a day

I can get together with like minded people who understand my illness

It's nice to socialise and talk to people

Outcome 2: Increased Confidence



Outcome Two: Increase Confidence Feedback

It has help my motivation to do things

It has done my confidence a world of good

I like to grow things from seed to full grown plants and watch them evolve

I can see what I have achieved

I don't feel so anxious around other people anymore

It is a relaxed place to go

Has coming to the project affected your confidence?

I've learned new skills

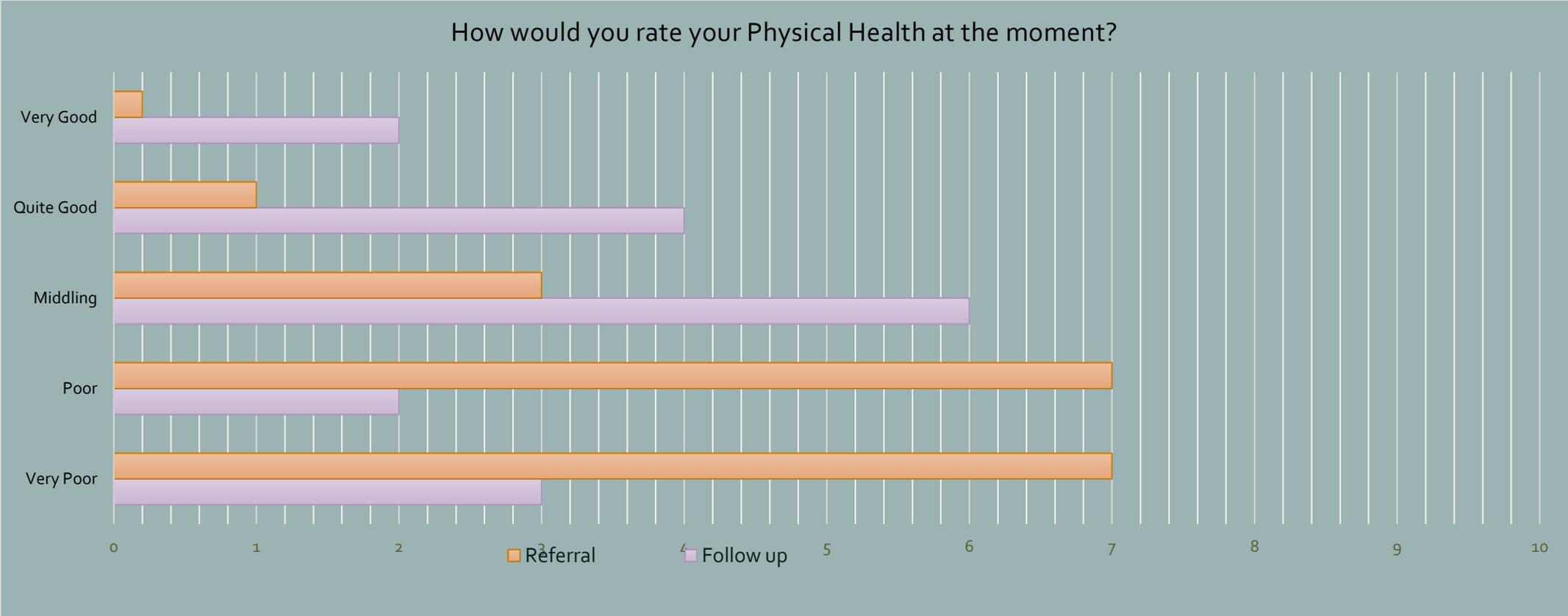
I feel more confident

I'm able to do things at my own pace and don't feel pressured

I feel more confident around other people

Seeing what I have done has helped my confidence

Outcome Three: Physical Health



Outcome Three: Physical Health Feedback

How has coming to the project helped your physical health?

I have noticed that my breathing is easier

Taking home fresh fruit and veg

It's good to be outside doing things

It's good to get outdoors and be active

The exercise and fresh air is good for me

Having fruit and veg gives me my five a day

I'm able to get exercise in a nice way

Learning how to cook things has helped make me eat more healthily

I like eating peas and strawberries straight from the plants

It's good to eat things on the project that I wouldn't normally eat

The exercise helps

Outcome Four: Mental Wellbeing



Outcome Four: Mental Wellbeing Feedback

How do you think coming to the project has helped your mental health?

Having support and understanding from staff

I like the help you get with mental and personal problems

It's good to get together with likeminded people who understand my illness

It helps me with my bi-polar

I always feel calm and relaxed after attending

I always feel better at the end of the day

It is a lifeline to me

It has improved my mental health

My mental and physical health has improved a lot since first attending

I haven't been coming here long but I've found it a friendly and relaxing environment

It helps having people to talk to who know what I am feeling

Being able to forget problems for a day

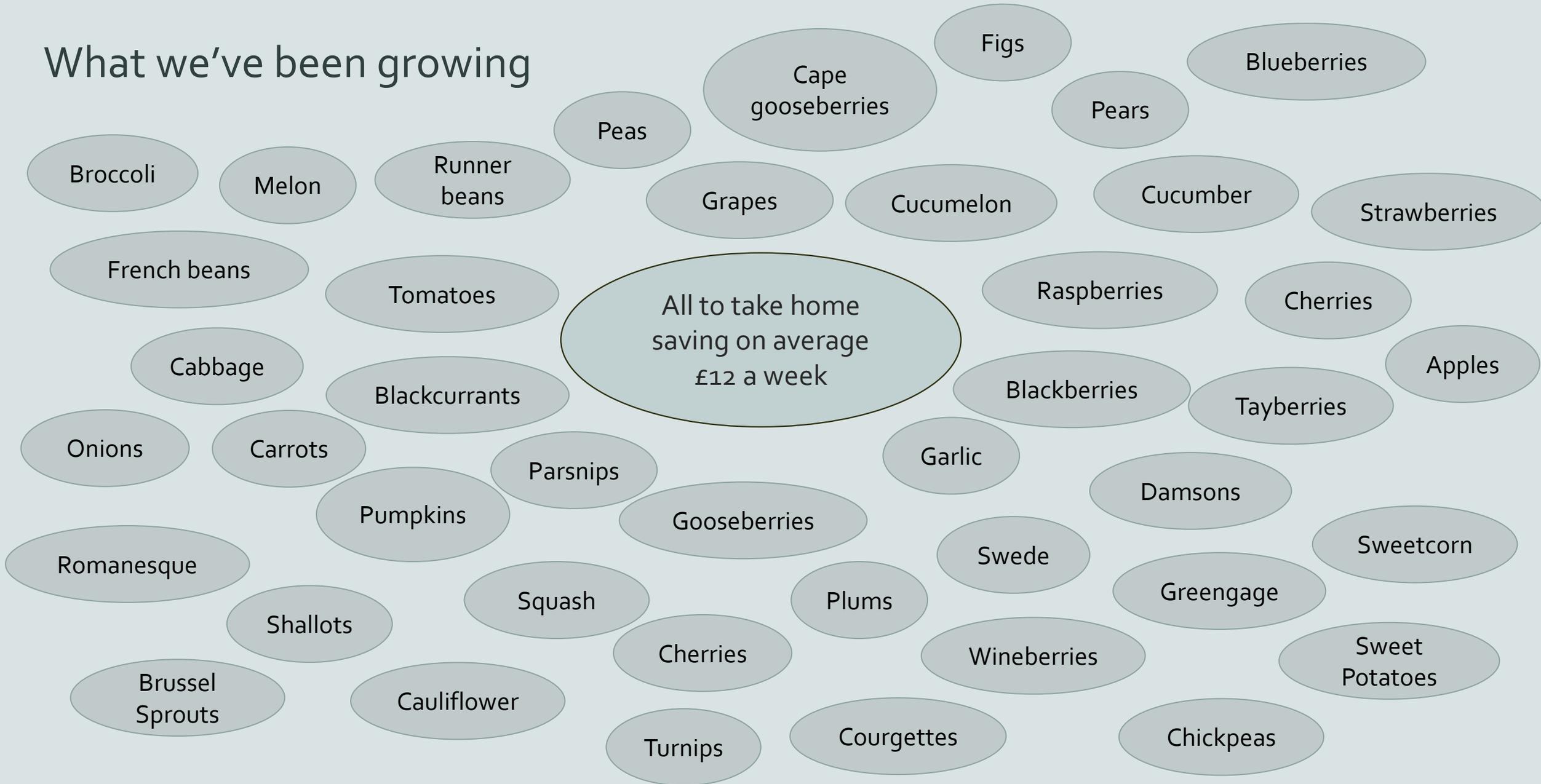
I'm able to relax in a safe environment

It's good to have a focus in my life and people to associate with

What we've been doing:



What we've been growing



Project Delivery Feedback

The people who run the project are very understanding and caring and show patience when dealing with you

They always make you feel welcome no matter how you feel

We have support and understanding from very professional workers

The whole thing is run very efficiently and makes all welcome

I like the help you get with mental and personal problems

How do you feel about how the project is run?

The people who run it show kindness

The project is very well run and has a warm and friendly atmosphere

I know there is help there if I need it

We can work hard or take it easy depending on how we are feeling

They show a great deal of dedication and professionalism

Delivery By Year



Accessibility

- The funding we have received over the past 12 years has enabled us to run the project free of charge for all those who need it.
- Referral is quick and easy; a visit to the project to have a look around and meet the team, a simple referral form to complete and a place can be offered within two weeks.
- We have a maximum of nine volunteers a day but have split these into morning and afternoon sessions for those who don't want to stay all day, this has enabled us to increase capacity.
- Our referrals come from Millbrook Mental Health Unit, Mansfield and Ashfield Community Mental Health Team, Framework, the Social Prescribing team and Nottinghamshire County Council Community Support. The ease of referral and the project being free of charge has helped them to find places for people who would otherwise have to pay for services through personal budgets.

Funding and Support

OUR SUPPORTERS

- Nottinghamshire Community Foundation
- Ashfield District Council Community Engagement
- The Coalfield Regeneration Trust
- Ashfield Rotarians
- Nottinghamshire County Council
- Community Accounting Plus
- The National Trust

OUR FUNDERS OVER THE PAST 12 YEARS

- Ashfield District Council Communities Fund
- Nottinghamshire County Council LIS Fund
- The Lady Hind Trust
- The Thomas Farr Charity
- Groundwork UK
- The Coalfield Community Fund
- The Jones Trust
- The Co-operative Fund
- Tesco Bags of help
- Big Lottery Reaching Communities Fund
- Health Peoples Trust

Going Forward

We set up as a user led group in 2012, all staff are volunteers have either a mental health diagnosis or are caring for someone who has. With regards to sustainability the question has always been asked 'where do you see yourself in ... years' Jokingly we have always answered 'still here!' but in all seriousness that is essentially the truth. We have come so far over these years, with strong support from our volunteer, supporters and funders. The Grants we have received so far have allowed us to grow and have an impact on many lives over the past five years who would otherwise have struggled to cope. We are looking into more avenues to reach more people with the skills and experience we have gained. We are working with the National Trust on a Project in Clumber Park. The heart of our project is our volunteers, who have shaped and directed what we do and where they want the project to go. The positive feedback they have given is humbling and an incredible picture of how much they have grown through their time with us. It shows that together we have achieved what we set out to do.



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