



APRIL – SEPTEMBER 2019

Year 1 – Interim Report

Fulham Good Neighbours
&
Nubian Life Resource Centre

1. Has your work contributed to our key goals of early action, shared and sustainable spaces and places, and stronger relationships?

ONE-TO-ONE VISITS

In the first six months of the project Fulham Good Neighbours has worked to support older people in the South of the borough to access and look after their gardens, while creating new relationships between local residents and volunteers. We were able to work towards these goals by matching local volunteers with older people living in Fulham, having so far established 16 matches. The volunteers do monthly visits to their matched older person, to help with gardening tasks while at the same time addressing feeling of loneliness and isolation.

GARDENING WORKSHOPS AND GROUP ACTIVITIES

The Josiah Braithwaite Community Garden at the Nubian Life Centre has had twenty one Gardening Club sessions as well as several events in the garden (Health and Wellbeing day on 20th July; Grow Culture day 31st August; Urban Harvest day 5th October). We have organised evening workshops on different subjects to support the volunteers in the garden and volunteers from Fulham Good Neighbours.

Through the gardening clubs we have grown and harvested apples, blackberries, loganberries, herbs, sweetcorn, tomatoes, aubergines, beans, cucumbers, squash, calaloo, onion leaves and a range of salad leaves. It has been fantastic to see the local children picking and eating food from the garden. We have also maintained the flowers in the garden to create a beautiful, colourful space for the elders who visit Nubian Life Day Centre. We were lucky enough to benefit from plants from the Chelsea Flower Show, which have added to the garden as well.

We have strong relationships with Shepherds Bush Families, Permablitz London, Capital Growth and Good Gym Volunteers.

**

2. Have people been involved in developing and delivering your activities?

ONE-TO-ONE VISITS

The project coordinator has recruited eleven Adopt a Garden Volunteers and matched them with 16 older people in the local area. The first six month of the projects the volunteers performed 81 visits during which they provided the older people the opportunity to socialize and practical support with gardening tasks such as planting, digging, weeding, pruning, tidying

up. The dates and the scope of the visit are arranged between the volunteer and the older person enabling them to tailor the support to their individual needs.

GARDENING WORKSHOPS AND GROUP ACTIVITIES

The Josiah Braithwaite Community garden has involved five volunteers who come regularly to the garden and families who bring their children regularly to the gardening clubs and other garden activities. The Nubian Life elders (Caribbean and Asian) have planted seeds and food has been harvested from the garden for their lunches. We have hosted workshops for people from both the locality and all over London.

**

3. Have you built on people's strengths?

ONE-TO-ONE VISITS

The Adopt a Garden project in the South of the borough has been recruiting volunteers with different levels of experience and skills in gardening. The volunteers are offered the opportunity to attend gardening workshops with our partners Nubian Life in order to expand their gardening skills and knowledge. The older people supported by the project are offered the opportunity to do some light gardening with the volunteer during their visit, should they be physically able and interested to do so. The more experienced Adopt a Garden volunteers are offered the opportunity to do gardening alongside our gardener and help with more complex gardening tasks, enabling them to learn more skills contributing to increasing their self-confidence.

GARDENING WORKSHOPS AND GROUP ACTIVITIES

The program of activities that the Gardening co-ordinator for the Josiah Braithwaite Community Garden has organised has supported volunteers and the children who come to learn more about gardening and associated activities. They have learnt about: seed planting, potting on, taking cuttings, managing a wormery, deadheading, harvesting and natural dyeing. The children and many of the adults have a scrapbook where they record what they see in the garden when they visit through a drawing or perhaps some words. This will form a record of their experience in the garden through the year.

**

4. Are you working with the people you had planned to?

ONE-TO-ONE VISITS

As planned, Fulham Good Neighbours are supporting older people living in the South of the borough by addressing their gardening needs as well as their feelings of isolation. The monthly volunteer visits provide older people with much needed social interactions, but also strengthen the ties on the community level by pairing local volunteers with local older people.

GARDENING WORKSHOPS AND GROUP ACTIVITIES

Yes, we have engaged some local people who come along to the gardening clubs and workshops and increasing numbers of families are coming from the Shepherds Bush Homeless Families project. We involved the elders at Nubian Life in planning what is grown in the garden, planting and they benefit daily by accessing the sensory garden.

Good Gym visit once a month and do an excellent job tidying up the garden and undertaking other small jobs during their visit.

**

5. Have you engaged with diverse groups of people?

ONE-TO-ONE VISITS

In the South of the borough, the Adopt a Garden project engages older people experiencing isolation and loneliness as well as younger residents who wish to volunteer. The beneficiaries come from a range of social and economic backgrounds and the project brings two generations together and help form a neighbourly, supportive relationship between them.

Also, by attending the gardening workshops with our partners at Nubian Life, the Fulham Good Neighbours volunteers were able to meet new people, share experiences and learn new skills together.

GARDENING WORKSHOPS AND GROUP ACTIVITIES

We engage with a very diverse range of people. From young children to the elders at Nubian Life centre we are also working with people from many different cultures and backgrounds.

**

6. How are your partnerships going?

ONE-TO-ONE VISITS & GARDENING WORKSHOPS AND GROUP ACTIVITIES

The partnership is enjoying a good working relationship, where both parties are glad to support each other and all the beneficiaries interested in the project across the borough.

**

7. Have you made connections with other organisations?

ONE-TO-ONE VISITS

Since the project started in April 2019, Fulham Good Neighbours have been in close communication with local gardening groups in Fulham. The Fulham Palace Allotments offered their support by advertising the Adopt a Garden with their members and putting up a poster on their board.

The Fulham Horticultural Society also helped us advertise the project by running an article on Adopt a Garden in their June newsletter and they kindly invited our volunteers and beneficiaries to join them for their Annual Garden Show on the 7th September 2019.

Furthermore, we established a good working relationship with two of the older people sheltered accommodation schemes in the South of the borough. The older people living at Manor Court and Wentworth Court have individual gardens that often they cannot access safely or look after. Fulham Good Neighbours and Manor Court have been able to work together and set up a tool shed at the housing property, so that the Adopt a Garden Volunteers can have the necessary resources to support the older people living there.

GARDENING WORKSHOPS AND GROUP ACTIVITIES

As outlined in the sections above, we have formed reciprocally beneficial relationships with other organisations and are very pleased with the way these are developing.

We are also looking to develop our relationship with Hammersmith Community Gardens Association who we have met with.

**

8. Have you been running events, talking about your project on social media, have you featured in your local press or been working with your local MP?

ONE-TO-ONE VISITS

In the South of the borough, Fulham Good Neighbours has been talking about the Adopt a Garden project in our monthly newsletter, on our website and social media (Twitter, Facebook, Instagram). The local Round & About magazine run an article about the Adopt a Garden partnership project in June 2019 and the Evening Standard runs an advert for our volunteering role on an ongoing basis.

On the 6th July 2019, Fulham Good Neighbours organised the Parsons Green Fair, a family focused community event where this year we had over nine thousand people attending.

The London Borough of Hammersmith and Fulham Mayor and opened the event and visited the charity's stall where we advertise our work and the Adopt a Garden partnership project.

Moreover, in September 2019 a group of BBC volunteers offered their time and resources to film a video focused on the Adopt a Garden project South of the borough. They talked to some of the volunteers and older people involved in the project and they visited their gardens.

The video is in editing stages and it will be made public in the second half of the year.

GARDENING WORKSHOPS AND GROUP ACTIVITIES

In the North of the borough, the project run a number of events like the Health & Wellbeing Day on the 20th July, funded by and run with the Mayor's National Park City. We were very pleased that this event attracted a new audience to the garden. We had a range of workshops, which were very popular and served lunch using produce harvested from the garden. We had twenty adults and fifteen children attended the day.

Also, the Nubian Life Centre ran the Grow Culture day on the 31st August 2019, funded by and run with Capital Growth. The day was a great success. We had fourteen adults and nine children.

The Nubian Life Centre have set up a Facebook page and Twitter account and have been posting on both. We have also set up a website which is taking shape.

**

9. What is the difference your project is making? examples and case studies

ONE-TO-ONE VISITS

Please see Annexe 1 for the Fulham Good Neighbours Case Study.

GARDENING WORKSHOPS AND GROUP ACTIVITIES

The Josiah Braithwaite Community Garden is providing an outside space for local families to bring their children to come and learn about the natural world. They have a space to be outside – to investigate the creatures in the garden (turning over stones, hunting for spiders, searching through the wormery) and learn about the plants growing there. They have the chance to harvest from the plants in the garden, eating apples straight from the tree and fresh tomatoes and cucumbers.

We have had excellent feedback from the families who come along to the gardening club. One mother said that if they weren't able to come to the gardening club the children would just be stuck indoors. During the very hot weather, another mother said she couldn't bear to be in her 17th floor flat because it was too hot, so it was wonderful to have a cool outside space to go to with her daughter.

**

10. Tell us about the successes and what you're most proud of

ONE-TO-ONE VISITS

Fulham Good Neighbours and the Nubian Life Centre are proud of the work of the partnership and of the fact that both partners managed to get the project off the ground, attract a great number of people who wanted to be part of the initiative and engage the communities across the borough.

In the South of the borough, the number of request for gardening volunteers exceeded our expectations for the first six months, demonstrating the project is indeed addressing a pressing need for the older people living in Fulham. Furthermore, even though we have not advertised the project, we had a high demand and number of referrals with people requesting the gardening support. Most of the requests coming as people learned of the project by word of mouth. As mentioned above, Fulham Good Neighbours took on more people than planned having matched sixteen older people with gardening volunteers, which meant that the Project Coordinator worked more than the planned 7 hours/week.

Therefore, due to the high demand for the service, we would like to expand the project South of the borough and grow the Project Coordinator post to 2.5 days/week, so that Fulham Good Neighbours are able to help more older people next year.

GARDENING WORKSHOPS AND GROUP ACTIVITIES

North of the borough we are very proud of the fact that the Josiah Braithwaite Community Garden has become a hub for local families to come and spend time outdoors learning about healthy fresh food.

**

11. What are the challenges you've faced, any changes you've made, any learning you would share with others?

ONE-TO-ONE VISITS

In the first six months, both partners found it challenging to attend the bi-monthly coordinator meetings, due to the general demanding nature of working as a small charity. Going forward we would like to consider arranging quarterly meeting, with the funder's agreement.

In the South of the borough, the main challenge identified in the first six months was coping with an increasing demand in the service. As it stands, Fulham Good neighbours would need to recruit more volunteers for the project, support more older people and also create more matches. Which is why Fulham Good Neighbours would like to grow the Project Coordinator post to 2.5 days/week and expand the project to able to help more older people next year.

GARDENING WORKSHOPS AND GROUP ACTIVITIES

The project took off faster than we expected, with amazing response from local families, therefore setting up the project, organising workshops and the gardening club was a bit of a challenge. There was a demand for midweek workshops alongside the intergenerational Saturday club, so we have adjusted the project to deliver both afternoon and Saturday workshop. A quite a bit of time has been spent trying to set up corporate volunteering days in the summer.

As the project has grown since April, we are now reviewing the demand on the garden and have identified that we need to recruit and train more volunteers to provide activities for the large numbers of children coming to the Gardening Clubs and to offer more health workshops like herbal teas and hand cream as requested by adults.

ANNEXE 1 – The Case Studies

Patricia and Julie's Story (One-To-One Visits)

Patricia has lived in Fulham for over fifty years, she is 93 years old and mobile using a cane. Her garden has always been her pride and joy, even if these days it is hard for her to look after it. However, if you were to visit her garden you would not be able to tell any of this. Instead, you would find a beautiful green space, with a perfectly trimmed patch of lawn, decorated by garden gnomes, colourful gardenias and scented by roses.

What is Patricia's secret? Well, once a month she receives a visit from Julie, an Adopt a Garden Volunteer with Fulham Good Neighbours. When Patricia and Julie were matched together and introduced they were delighted to find out that actually they live just a couple of street from each other.



When Julie visits, the two have a chat about what needs doing in the garden and then she just get on with things. One week it might be that she tidies the space, another would see her planting some



pots, pruning or trimming the grass. Meanwhile, Patricia makes a cup of tea for herself and a coffee for Julie. When the work is done, they both sit down for a chat and a well-earned sweet treat. Patricia enjoys baking and often she surprises Julie with a freshly baked cake to go with the tea. The two of them can chat about anything from family, shopping to news of the world; but Patricia particularly enjoys hearing about Julie's trips and seeing some of her holiday photos.

The visits are rewarding for Julie as well. As self-employed she used to spend many of her working days at home in front of the computer with no one to talk to. This changed after starting to volunteer with Adopt a Garden and meeting Patricia. Julie is looking forward to going out for the visit, enjoying the fresh air and gardening as well as having someone to talk with. Actually, even on a lunch break, on her way to the shop, Julie passes just in front of Patricia's house, which makes it easy to pop in for a chat or just to check if Patricia needs anything.

Since they meet, the two have become friends. They went together to buy plants for the garden and when, Patricia was in hospital last spring, Julie went to visit. She was there when Patricia was discharged and went home with her to make sure she was comfortable and she had all she needed. They are both happy with the regular visits, their new gardening activities and having made a new friend.



"I feel so lucky. Julie's a lovely lady. We've become friends now and my garden is a picture. I can't thank you enough." Patricia, September 2019

ANNEXE 1 – The Case Studies

Suma’s Story (Gardening Workshops And Group Activities)

Suma is a mother attending Shepherds Bush Families project, who started attending the Josiah Braithwaite Community Garden Saturday club with her daughter. An avid cook, used to cooking for events and dignitaries; she was unsuccessful in her search for work, as she did not have the professional qualifications.

Suma started volunteering as a cook, cooking produce from the garden for the families attending on Saturdays. As part of the Mayor for London’s National City Parks event, Suma worked alongside the CEO of Nubian Life in the kitchen. During this event, the CEO informed Suma that in June 2019, Nubian Life expanded its services to Asian older people with complex health and social care needs. The CEO who was acting as a cook on Mondays advised that the food offer was a bit hit and miss, as she was having to learn to cook North Indian cuisine.



Suma was approached to see if she would be interested in applying for the position of cook on Mondays to meet the cultural needs of the group, who participate in the gardening activities. Suma agreed, and has since met with the Asian elders to discuss their dietary requirements. Suma has passed her Food Hygiene course to meet the requirement of the role.

As a beneficiary of the Adopt a Garden Partnership, Suma has now moved from being unemployed and unqualified in food hygiene to being qualified and employed part time.



ANNEXE 2

Adopt a Garden Partnership Project – The Figures

Objectives	Fulham Good Neighbours	Nubian Life
Recruit AAG Project Coordinator 7h/week	1	n/a
Recruit AAG Project Coordinator 2 days/week	n/a	1
No. of volunteers recruited (at least 12/year for FGNS and 5/year for NL)	11	6
No. of beneficiaries (12 for FGNS)	16	n/a
No. of matches (at least 12 matches/year)	16	n/a
No. of 1-2-1 visits (at least 144 visits/year)	81	n/a
No. of Saturday gardening sessions (38 sessions /year)	n/a	21
No. of gardening workshops (12 gardening workshops /year)	n/a	6
No. of visits to the Silver Club lunches by Nubian Life beneficiaries (twice/year)	1st visit cancelled due to staff shortages	Rearranged for 19th Nov 19
No. of visits to the Nubian Life communal lunch and community gardens by FGNS beneficiaries (twice/year)	0	0
Total of activities (volunteer visits & FGNS beneficiary visits & Nubian Life beneficiary visits)	81	
No. of pre-entry survey volunteers and beneficiaries	6 and 4	6
No. of yearly follow-up survey for volunteers and beneficiaries	n/a	n/a
No. of 6 monthly Impact Case Studies	1	1
No. of volunteers attending gardening training sessions	1	3
No. of volunteers attending Safeguarding training (twice/year)	0	0
No of. Bi-monthly Partnership meetings	2	2
Attendances to the 2 day training NCVO Outcome and Impact Report	0	0
Considerations of external evaluation for the project	n/a	n/a
Develop external fundraising strategy for the partheship to continue	n/a	n/a

ANNEXE 3

Please find attached a presentation and images of the [activities at the Josiah Braithwaite Community Garden between April – September 2019.](#)