

GROW WELL PROJECT

Cardiff & Vale Health Charity South Wales

Summary

The Grow Well Project is a community gardening project run in partnership with local charity Grow Cardiff and the South West (SW) Cardiff Primary Care cluster.

The project works as equal partners with patient volunteers, health professionals and community services to develop therapeutic community growing spaces which support the health and wellbeing of local people experiencing mental health, physical health and social isolation: people and nature thriving together.

During the Grow Well sessions, patient volunteers engage in a range of 'hands-on' experiences which are based on their collective ideas and interests which are then developed to enhance the community gardens.



Patient Volunteers, Grow Well Project



Patient Volunteers, Grow Well Project

Key Learnings

Not only is this having a positive impact on the mental and physical health on our patient volunteers, but the benefits extend to the environment as well, offering local wildlife a safe haven and producing locally grown fruit and veg.

A project participant said:

"In here, I feel safe. I trust the people here. I found I've got a new community, so in many ways, it's a bit like being with family. I feel very happy here and my confidence has changed tremendously."

Website:  www.healthcharity.wales

Social media:  @health_charity  @HealthCharity  @cardiffandvalehealthcharity