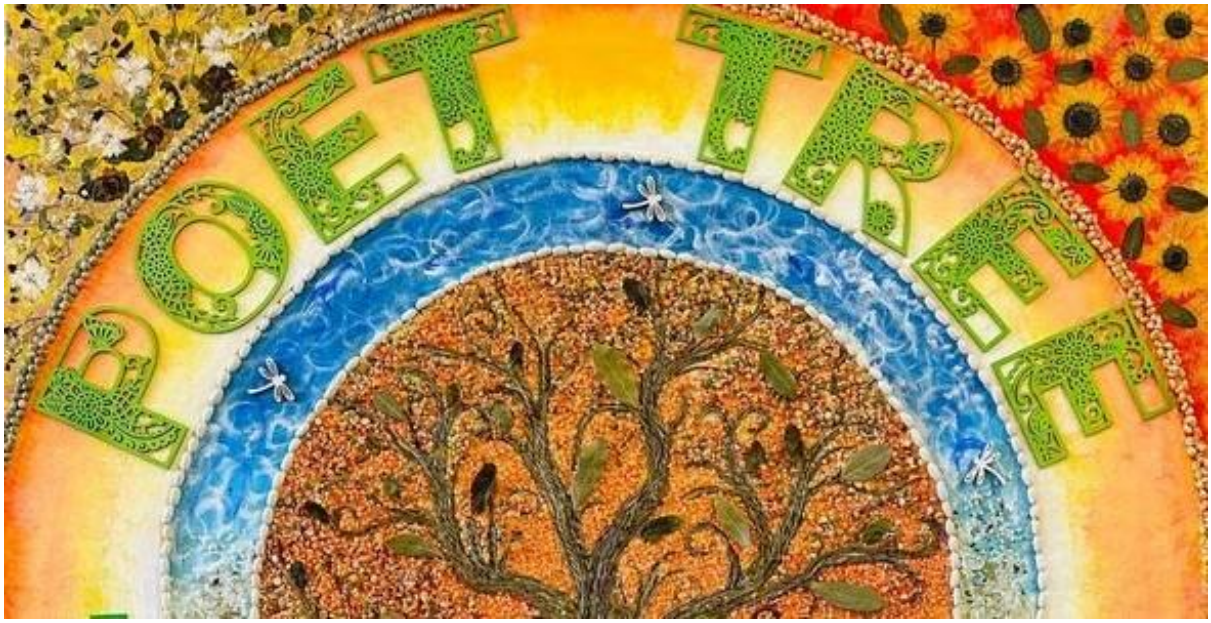
Lle i Dyfu

A Space to Grow



Project Evaluation Report Part 2

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Introduction

A Space to Grow project is a social prescribing and arts on prescription initiative which ran from May 2023 to April 2024. The project was created and managed by Cardiff & Vale Health Charity (CVHC) in partnership with Arts for Health and Wellbeing and made possible through Arts Council of Wales funding. This report evaluates the project's success at achieving its stated aims and objectives, share findings derived from the delivery of the project and recommendations for this initiative going forward. This report represents part 2 of 2 of the Evaluation Report and focuses upon those programmes delivered for the project by Urban-Vertical. This part of the Evaluation Report should be read in conjunction with Part 1, which focused on those programmes with A Space to Grow project delivered by CVHC. Achievement of overall targets, project priorities and recommendations are discussed in Part 1 and include those achieved through Part 2.

A Space To Grow, Lle i Dyfu, connects people with opportunities to improve their wellbeing in their own communities. Through a combination of the creative arts, nature and food-based learning and sharing, the aim was to explore the distinct benefits of an innovative synergistic approach to improving wellbeing and connecting people across Cardiff, the Vale of Glamorgan and Wales.

Urban-Vertical

Urban-Vertical are a Community Interest Company delivering a holistic programme of community food & wellbeing activities; inclusive of urban farming, markets and cafes, cooking and nutrition, mindful movement, and creativity. Their focus is on looking after the sustainability, resilience, and wellbeing of our communities through a comprehensive programme of creative and inclusive activities aims to address the social, financial, and environmental impacts of everyday living. We are helping our community to grow from the ground upwards.

Formed in May 2022, they work with organisations and communities across Cardiff and The Vale of Glamorgan to help inspire communities to connect with ourselves, each other, and our planet.

Scope and scale of programmes and participants

Urban-Vertical were responsible for delivering a large part of the engagement of this project. They worked closely with CVHC to support the development of A Space to Grow project.

Urban-Vertical (UV) worked with an array of community members inclusive of Special Educational Needs students, Adult Congenital Heart Disease patients, Refugee and Asylum Seekers, young parents, and Young People Not in Education Employment or Training (NEET). In addition, they delivered workshops with staff and members of the following community support groups: Women Connect First, Headway, Ty Canna, Coffee #1 Walk and Talk.

Urban Vertical delivered ten separate distinct Arts and Nature themed programmes from July 2023 to April 2024 for A Space to Grow. The U-V programmes delivered are listed below.

1. Songwriting for wellbeing
2. Power of the Pen
3. Digital Dinners
4. Bellydancing for Menopause

5. Lifecycles
6. Urban Winter Walking
7. Pop Up! Urban Vertical Farm
8. Cultivating Qi
9. The Art of Eating Well
10. Exhibition and workshops

U-V worked with all Participant Groups identified as target groups for this project. Table below lists what Participant Groups engaged with which programme.

Participant Group	Programme
1: Living with long term conditions, referred through NHS/ Third Sector/ Charities	8. Cultivating Qi: Adult Congenital Heart Disease patients CVUHB 5. LifeCycles: Acquired Brain Injury 1. Songwriting for Wellbeing: mental health outreach service users 10. Exhibition workshops: engaging UHL hospital patients in staff in creative workshops within the Hearth Gallery
2: Vulnerable, disadvantaged or marginalised communities	9. The Art of Eating Well: NEETS 7. Pop up! Urban Vertical Farm: SENS students 3. Digital Dinners: Disadvantaged, isolated and marginalised Black and Minority Ethnic women, experiencing multiple layers of deprivation, discrimination and exclusion in accessing services and employment. 2. Power of the Pen: Refugees and Asylum Seekers; Socioeconomically deprived community members
3: Patients at Grange Medical Practice	4. Women experiencing menopause (aged 36-60) (not referred by this medical practice but the attendees were in receipt of primary healthcare provision through their GP's)
4: NHS Workforce	8. Cultivating Qi: ACHD support staff
5: General public	6. Urban Winter Walking 10. Exhibition and workshops

Table 1: Participant Groups worked with by U-V for A Space to Grow project

Access to Community Spaces to deliver wellbeing programmes

The different programmes were delivered via a wide array of publicly accessible community spaces. This addresses an unexpected outcome of educating and facilitating access to community spaces that participants may not have been aware of. This can lead to further engagement with these spaces, further providing evidence of need (and funding) for community spaces that are inclusive and accessible for the wider communities. Similar to the programmes evaluated for Part 1 of the evaluation of this project, 70% of workshops were delivered in Vale of Glamorgan and 30% in Cardiff. Listed below are the community spaces accessed to facilitate Urban Vertical's programmes.

- Barry Library Makerspace, Vale of Glamorgan
- Penarth Library Makerspace, Vale of Glamorgan
- Penarth Library, Penarth, Vale of Glamorgan

- The Esplanade, The Rail Trail, Alexandra Park; Penarth, Vale of Glamorgan
- Dance Studio, Penarth, Vale of Glamorgan
- University Hospital Llandough, Vale of Glamorgan
- Dinas Powys Library and Activity Centre, Vale of Glamorgan
- The Reach Centre, Grangetown Nursery School, Grangetown, Cardiff
- Pedal Power Inclusive Cycling Centre, Cardiff
- Grangetown Kitchen Gardens, Cardiff

Two of the programmes were not delivered in community spaces. These were Digital Dinners, which was delivered online and Pop Up! Urban Vertical Farm at Ysgol Y Deri School in Vale of Glamorgan.

Feedback from U-V commented on the lack of available and accessible community spaces to deliver Social Prescribing programmes. It was noted the time and cost implications involved with securing a community space for this project. A suggestion was made for a comprehensive list of approved and accessible venues to be created that could facilitate access to nature and potentially offer discounted rates to SP programmes.

Programme discussion and findings

Songwriting for Wellbeing

Songwriting for Wellbeing was delivered over four weekly sessions in Jun of 2023. The sessions were held outdoors and at The Barn located at The Reach Centre in Cardiff, enabling participants to connect with nature and improve wellbeing and provide an inspirational environment to get creative. The programme was facilitated by Amanda Wood and Mike Fulthorpe, a freelance musician and performer. Six participants from Ty Canna, which is a user led mental health outreach service based in Cardiff, engaged with the workshops. Mike works with young people at Ty Canna in music-based projects. This programme focused on personal growth, healing, and self-expression through music.

The workshops included lyric writing, melody composition, chord progression, and song structure, whilst incorporating therapeutic elements such as emotional release and stress reduction through mindfulness exercises. Participants recorded thoughts and ideas in journals, helping deepen their connection to and reflect upon their individual and collective creativity. The sessions started with a nutritional breakfast to engage participants and help stimulate creative output and self-expression.

Feedback from participants, the facilitator, and U-V describe the life changing impact this short engagement has had an individual personal growth and increased levels of self-confidence and belief. One individual was so inspired that they acquired a guitar and continued to write songs independently, whilst also securing a job at Ty Canna. Another participant, previously struggling with isolation and agoraphobia, attended every session due to their level of engagement and enjoyment of the programme. This participant has continued to spend more time engaging with nature after the course. They no longer require support from Ty Canna. Additionally, a participant who used

songwriting as a therapeutic outlet gained confidence and started participating in open mic nights and has since secured a job after a prolonged period of unemployment.

Monitoring and feedback for this project were gathered during the final session. The themes derived from the feedback focused on connection to others; increased confidence; empowerment; enjoyment. Quite a few of the comments referred to this engagement as 'therapy' evidencing the need for and benefit of opportunities for creative engagement to be available to complement conventional mental health treatments.

"My confidence at just getting an instrument and just going with the flow or just singing a line of lyrics and just improvising. I never thought I would be able to do anything like it. It's given me loads of confidence and I've surprised myself that I just got up and started improvising with my voice or an instrument."

"I think it's been amazing to go away somewhere and just to be able to get lost in the music and the experience and not to worry about what's going on in day-to-day life and it's been really nice to have a safe space to be able to do that, it's been very special, and I've enjoyed it so far."

Culminating in a unique group composition, 'Breakthrough' and identifying themselves as a band, 'The Cannateers', participants performed their collective creation for members of the public visiting the gardens. The facilitators noted the participant's deep sense of achievement when they finished performing and how this increased confidence and collective belonging had achieved such personal growth over a short period of time. Coming together with others with a shared identity, in a natural community setting, created a safe environment for collaborative learning and cultural expression.

A recording of the composition was available for exhibition visitors to engage with during the Exhibition in April. In addition, a piece of artwork was created with words and phrases compiled over the duration of the workshops to write the song, were printed on to a background upon which sat a tambourine signed by all of the band participants. There was also an impromptu performance by Mike, the facilitator and one of the participants, which left members of the audience in tears. The feedback from participants and the facilitator gathered by the Project Evaluator at this event, reinforces the impact engagement had on personal growth and confidence for those involved.

'This was empowering. It made me see how much I need music and singing and how much better I feel because of it. Performing can be scary, but you have to push yourself with somethings a bit. And then you can say, 'I feel really good about this, about myself for doing this. That's not something I have had a chance to feel about myself very often. This band was therapy.'

'Being involved with the band has been empowering. I would never have tried something like this before, but I really enjoyed it. It was emotionally triggering; it showed me things from myself I hadn't thought about. It has taught me to breathe, to be creative. I can use music for my own therapy and give it to others to bring happiness.'

Programme Outcomes

This programme delivered creative wellbeing workshops for Participant Group 1: Those living with long term conditions, referred through NHS/ services & Third Sector/Charities. Songwriting for wellbeing successfully achieved 86% of target outcomes identified for this participants groups. The sharing of a nutritional breakfast at the start of each session (13) helped focus the group reinforcing relationship building within the group (1, 4) that occurred throughout the creative sessions. The siting of the workshops in a community setting, created a safe space to share thoughts and experiences, helping enhance communication skills (9) such as the ability to articulate ideas and convey complex emotions. The collective performance for the public and quality of the creative output (14) not only showcased the newly acquired and undiscovered/rediscovery of individual and collective skills (9) but evidenced the benefit of engaging with music for health and wellbeing and how it can be utilised as a constructive outlet for expressing emotions (2, 5). Delivering the programme and performance in an outdoor natural space (10,11) enabled participants to access and engage with the natural world, receive the wellbeing benefits, inspiration for creativity and relaxation (6) that being close to nature provides. Feedback provided for this evaluation by U-V during sessions and gathered by the evaluator at the exhibition, reveal the empowerment and increased confidence in themselves and their creative potential that participants experienced via these workshops (7, 8).

Target outcomes identified: Participant group 1	Outcomes achieved by programme
1. Improved social connections and support networks	1. Achieved
2. Improved choices for rehabilitation	2. Achieved
3. Decreased anxiety	3.
4. Improving feelings of isolation	4. Achieved
5. Opportunity for self-expression through the arts	5. Achieved
6. Relaxation and enjoyment, improving wellbeing	6. Achieved
7. Improved confidence	7. Achieved
	8. Achieved
	9. Achieved
	10. Achieved

8. Improved feelings of empowerment, holistic self-care 9. Learning important new skills 10. Improved access to green spaces and nature 11. Wellbeing benefits through experiencing the natural world 12. Benefits to growing healthy, cost-effective food 13. Benefits of healthy food on health & wellbeing 14. Helping to reduce stigma associated with long term conditions, increases feelings of wellbeing	11. Achieved 12. 13. Achieved 14. Achieved

Table 2: Songwriting for Wellbeing target programme and workshop engagement numbers and outcomes

There was not an element to food growing that was incorporated into this programme (12) nor was decrease of anxiety mentioned or monitored (3) over the course of the sessions, resulting in the inability to achieve 100% of target outcomes.

As with many other programmes on this project created and facilitated by U-V, there was a strong desire by participants to see the workshops continue. The programme facilitator, Mike, spoke to the Evaluator about the impact the project had on him. He noted how he receives more value and personal benefit from working on a programme such as this than he does performing in an individual capacity. He spoke of how he first hand got to experience the journey and profound impact upon those he engages with on projects such as these and how he would love to see these opportunities extended to anyone who may need mental health and emotional support. Participants expressed this through feedback and were developing plans to continue meeting up to play music and enjoy the experience together, reflecting both the need and benefit of this type of engagement to improve the quality of life of individuals and health and wellbeing of our communities.

Power of the Pen

This programme was initially delivered during the summer with Duke Al Durham over four workshops in June and July 2023, located at Barry Makerspace in Barry Library. The Makerspace is open to individuals, community groups and local businesses who want to use digital creative tools and resources. This includes equipment such as a 3D printer, Apple Mac computers and digital designed software for photos, videos and music. This programme was for parents of YP with Type 1 Diabetes. Only one person turned up to this programme and whilst they engaged well over the course of the workshops, the mental health needs of this individual and the scope of their disclosures, resulted in U-V feeling not fully equipped nor trained to support the needs of the

individual. The reflection on this and resulting actions taken by U-V are discussed later on. Recognising the impact that the facilitator could have, U-V felt that this was a missed opportunity to engage with and deliver a unique green social prescribing project. Therefore, the organisation organised another engagement with Power of the Pen in December 2023.

Collaborating with spoken word poet Duke Al Durham, the objective was to engage and inspire the dedicated volunteers of Grangetown Kitchen Garden through a unique method of assessing and reflecting on their accomplishments. Initiated in April 2023, Grangetown Kitchen Garden serves as a vibrant community hub, hosting a weekly surplus and sourced food market, a food surplus cafe, and an urban farm. The farm not only supplies the market but also contributes to the delicious dishes served at the cafe, reflecting the commitment to a circular approach and sustainability. The philosophy of Grangetown Kitchen Garden revolves around eradicating the stigma associated with food banks and advocating a zero- food waste ethos, fostering a community united by a shared dedication to the planet.

Engaging community members on weekly volunteering sessions in December, U-V supported Duke Al Durham as he worked with the volunteers on shaping one poem based on their own individual poetry and using the Tree of Life as a metaphor. The final work is displayed below.

Poet Tree

In the heart of Grangetown, proudly stands a tree,
A symbol of growth and community.
The roots delve deep, firm in the ground below,
A foundation, unwavering, where dreams can grow.

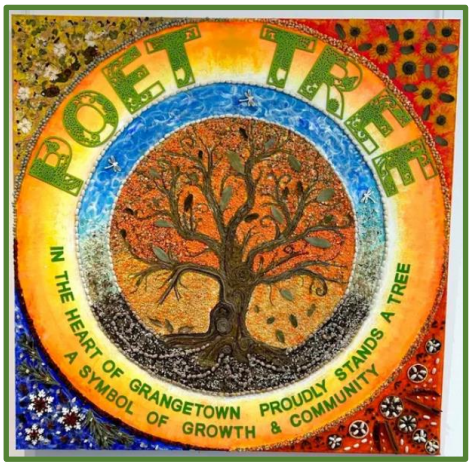
With purpose strong, its trunk stands tall,
Guiding us onward, never to fall.
Branches outstretched, to invite everyone in,
Come join our table, let this story begin.

Growing, cooking, creating, we share
Nurturing bonds with love and care
Volunteers, like leaves, sparkle to cast their light.
Welcoming all, to make our future bright.

Neighbours, like birds drawn to our branches wide,
And we work as one, thriving side by side.
Sowing seeds of the future, we came to be,
Beneath the canopy of our Poet tree.

Written by Volunteers of Grangetown Kitchen Garden 2023.

From this poem, U-V created a canvas as a method of connecting people in the café. It was created from waste items found at GKG, inclusive of food items and other materials left-over from other Space to Grow programmes; tying in with the community centre's ethos focussing on zero-waste. This mixed media canvas was created to reflect the collective thoughts of all engaged in the programme. The poem and canvas were debuted at A Space To Grow Exhibition in Hearth Gallery, UHL and will be displayed at the Grangetown Kitchen Gardens to celebrate the valuable contribution of the volunteers and enhance awareness for this community resource.



The workshops engaged 10 participants in addition to community members visiting the centre and engaging briefly with the programme and workshops to have a go or just gather and chat to those involved. The artwork became a conversation started leading to shared stories and experiences amongst those gathered. The volunteers and community members were from a variety of vulnerable and marginalised populations within the geographical area inclusive of, but not limited to NEETS, Asylum Seekers, retired, JAM (Just About Managing).

The Poet Tree installation serves as a visual narrative, vividly depicting the significant journey undertaken by the Grangetown Kitchen Garden team and acting as a testament to their impactful endeavours in addressing the challenges posed by the cost-of-living crisis within the community. This installation.

Participant group 2 was identified for this programme working with vulnerable, marginalised or disadvantaged communities. Community members that were referred through social prescribing pathways, organisations and initiatives, from multicultural or deprived areas of Cardiff and Vale of Glamorgan.

Target outcomes identified: Participant group 2	Outcomes achieved by programme
1. Inclusion in the arts to decrease social isolation and improve social connections	1. Achieved
2. Embedding creative self-expression within social prescribing activities to facilitate easier access to arts.	2. Achieved
3. Improved access to arts and wellbeing activities	3. Achieved
4. Improved feelings of inclusion and belonging,	4. Achieved
5. Opportunities for cultural sharing, learning	5. Achieved
6. Build confidence and self-esteem	6. Achieved
7. Participation/engagement in Third Culture events and exhibitions	7. Achieved
8. Improved community pathways for health and wellbeing support	8.
9. Having a voice / opportunities for personal stories to be told	9. Achieved
10. Improved focus, new interests	10. Achieved

11. Opportunity for self and creative expression, aiding wellbeing	11. Achieved
12. Breaking down barriers, improving language and cultural competence	12. Achieved
13. Create opportunities for cultural learning and sharing	13. Achieved
14. Learning new skills in the creative arts	14. Achieved
15. Learning how to grow nutritious food	15. Achieved
16. Learning how nature can improve feelings of wellbeing	16.
17. Improved access to green spaces and activities to improve wellbeing	17. Achieved
18. Sharing and self-expression through the arts, food and nature to increase wellbeing	18. Achieved

Table 3 : Power of the Pen target programme and workshop engagement numbers and outcomes

U-V achieved almost 90% of target outcomes for this group. The set outcomes were vast and included wellbeing improvements, cultural sharing and community, learning new creative skills, building confidence, and opportunities for self-expression.

The gathering together of community members from an array of different backgrounds to participate in a shared creative experience creates opportunities that foster understanding and cultural competence, helping to build community cohesion and resilience. The very space in which this programme was facilitated is based around learning how to grow nutritious food in urban green spaces and how the community can facilitate this whilst delivering a low cost, healthy food offering.

As there was no direct mention of nature education for wellbeing, nor evidence of improved community pathways for health and wellbeing support. However, based on the feedback and evaluation of this programme, it is of the opinion of the evaluator that this could indeed by a valuable community resource that could support health and wellbeing in the community if facilitated as a regular engagement. GKG has become a community hub located in and offering a variety of SP programmes that address and offer wellbeing, health and educational support in an area that is ethnically diverse and socioeconomically deprived could provide a much-needed resource that caters to the community.

Having the opportunity to work together as a team and reflect on the journey that this shared community resource has experienced provided a chance for volunteers to tell their story, have their voices heard and engage in self-expression through the creative arts to share this with the wider community. In addition to learning a number of new creative skills, new interests have developed that bring pride and enjoyment and create a feeling of inclusion and belonging through a shared narrative, as evidenced in the quotes below.

"I wasn't expecting to be able to do that – it was so much fun".

"I've never done anything like this before, I want to show my daughter what I've written."

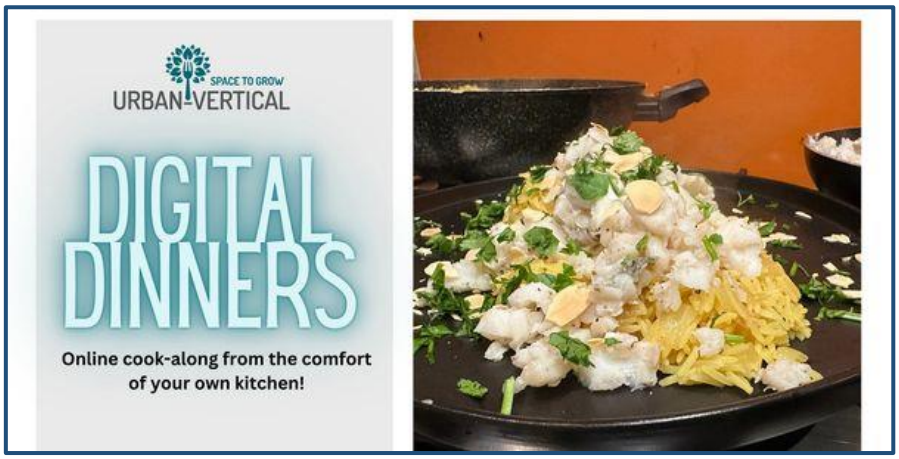
"Being involved in volunteering and the creative workshops has opened up new opportunities and given me something to look forward to."

As discussed earlier, the initial workshops delivered in June and July 2023, resulted in a number of revisions and enhancements that U-V applied to their practice to ensure the Duty of Care for

participants, creative arts facilitators and U-V staff. The feedback from Amanda Wood, founder and director of U-V, details how the programme has resulted in these learning points.

"This project served as a significant learning experience in participant enrolment, recruitment, and safeguarding, highlighting the importance of ensuring everyone's well-being, including our own, particularly when faced with disclosures. While the outcome was positive, it underlined the need for more comprehensive and secure protocols in our workshops, especially when utilising creative arts and expression with individuals dealing with mental health issues."

A recommendation to address this issue and ensure that lessons learnt are applied is included in the overall recommendations for A Space To Grow project including ensuring adequate training and qualifications for all facilitators in Safeguarding and working with healthcare patients. An individual recommendation for this programme would be working with established third sector referral agencies/health board departments that can accompany and provide the support needed for their service users/patients to engage in the programme. This has already been identified and discussed with U-V after the initial summer workshops. This finding resulted in enhanced communication with the Project Manager to clarify recruitment/referral parameters. It is also recommended that for future project plans, CVHC take the lead on participant recruitment and referral for these programmes, with feedback and support from individual programme managers.



Digital Dinners

Digital Dinners was an interactive online cooking course focused on preparing popular dishes in a healthier manner. The sessions for delivered by U-V's Amanda Wood and worked with seven participants over four weekly workshops in February and March 2024. Run on a Friday evening to accommodate the varying schedules of participants, this programme worked with women who were referred through Women Connect First. Women Connect First was established to empower Black & Minority Ethnic Women in Cardiff and Southeast Wales by offering a range of services and training in order to improve their livelihoods and employability.

Prior to the start of the course, U-V asked participants for their favourite dishes. They then crafted more nutritious versions. U-V provided all of the necessary ingredients for each session, delivering them to the door to ensure everyone had access to the ingredients needed for the recipes. The new, healthier recipes and ingredients, along with nutritional insights to justify substitutions, were

designed with the aim of getting participants to think about how they could incorporate similar adjustments in their own cooking routines, to offer more flavourful and nutritionally balanced meals.

- Week 1 Indian Style Rice
- Week 2 Chicken Tagine
- Week 3 Sayadiyah – Lebanese Fish & Rice
- Week 4 Chicken Curry & Chapati's

A core part of the programme were the discussions around healthy cooking and eating, how to cater for differing tastes. Women were encouraged to share favourite recipes and cooking tips and anecdotes. this familial approach created a sense of camaraderie and belonging remarked upon by participants. At the end of the session, participants plated up and photographed their creations, presenting it to the group who then offered feedback.

"Made me feel connected to community."

"I enjoy being part of a group. It makes me more confident."

The group were asked for qualitative feedback at the end of the course. When asked about the impact the workshops had on lifestyles and wellbeing and how, every participant said it had had a positive impact, leading to healthier ingredients when cooking. They noted how cooking together, sharing recipes and stories was a stress reliever, brought happiness and enjoyment and inspired confidence to be more creative in the kitchen.

"Cooking in a group is fun and the company and different ideas were very influential."

"I now use now use less oil and less salt in my cooking"

"Cooking definitely a stress-reliever. I don't do it every day but when I do it makes me feel good."

"During this course I have now made spicy fried fish and eat it with salad or a jacket potato".

"I learn more about healthy ingredients and I am happy when I know how to use it when I cook for my family. I find that cooking is more relaxing and fun when you know what you put in your food."

When asked if the course had increased confidence, contributed to a sense of connection, and contributed to overall wellbeing, all participants commented on the improved self-esteem, feeling of belonging and overall enjoyment of the weekly sessions. The learning about different cultures, flavours and cooking techniques enhanced the creative element of the programme and brought additional enjoyment to the session.

"I love learning about and testing new spices to find which ones I like. I learned more cooking styles with other people in the group."

"It brings positive energy and uplift my self-esteem. I always looking forward for the class."

"Brings happiness and well-being. When you cook a healthy dishes it does affect your mood and emotion."

The practical, hands-on learning structure of the programme was appreciated by the participants and assisted in solidifying the learning and modify lifestyles as a result. Participation inspired a more mindful approach to cooking and helped them further explore the connection between healthy food and wellbeing.

"Through the course, I learned more good impact to more mindful approach to cooking and eating habit."

"Hands on learning and more effective to me than just passive listening."

"The course emphasised the importance of nutrient-rich diets. Understanding the role of vitamins, minerals, proteins, and carbohydrates in maintaining health was enlightening."

Programme Outcomes

Digital Dinners worked with participants from Participant Group 2: Vulnerable, disadvantaged or marginalised communities. Community members are referred through social prescribing pathways, organisations and initiatives, from multicultural or deprived areas of Cardiff and Vale of Glamorgan. This programme achieved 83% of target outcomes identified to this group.

Target outcomes identified: Participant group 2	Outcomes achieved by programme
1. Inclusion in the arts to decrease social isolation and improve social connections	1. Achieved
2. Embedding creative self-expression within social prescribing activities to facilitate easier access to arts.	2. Achieved
3. Improved access to arts and wellbeing activities	3. Achieved
4. Improved feelings of inclusion and belonging,	4. Achieved
5. Opportunities for cultural sharing, learning	5. Achieved
6. Build confidence and self-esteem	6. Achieved
7. Participation/engagement in Third Culture events and exhibitions	7. Achieved
8. Improved community pathways for health and wellbeing support	8. Achieved
9. Having a voice / opportunities for personal stories to be told	9. Achieved
10. Improved focus, new interests	10. Achieved
11. Opportunity for self and creative expression, aiding wellbeing	11. Achieved
12. Breaking down barriers, improving language and cultural competence	12. Achieved
13. Create opportunities for cultural learning and sharing	13. Achieved
14. Learning new skills in the creative arts	14. Achieved
15. Learning how to grow nutritious food	15.
16. Learning how nature can improve feelings of wellbeing	16.
17. Improved access to green spaces and activities to improve wellbeing	17.
18. Sharing and self-expression through the arts, food and nature to increase wellbeing	18. Achieved

Table 3: Digital Dinners Participant Group target outcomes

Delivering the course online enabled the engagement of participants who would not normally engage in wellbeing workshops due to mobility difficulties, family and time commitments (1, 3, 8). This element additionally helped develop IT skills and promote digital inclusion amongst marginalised and disadvantaged communities. The camaraderie created through the programme (6)and the inclusive nature of the programme encouraged the sharing of stories (9, 18), favourite recipes from different cultures and areas of the world (5) and discussions about nutrition, health and wellbeing (12, 13). Feedback from the participants is testament to the impact the programme has had on confidence (4) and creativity (2, 11) and how this has disseminated into their daily lives and routines. The additional element of hand delivered, healthy ingredients to each participant meant that everyone was included, regardless of socioeconomic circumstances or skill level and helped establish a feeling of equality amongst the group. Every participant noted the improvement in their cooking skills, techniques, and knowledge around health eating and cooking (10, 14) and the enjoyment this learning had given them. Participants were invited and encouraged to see their display of artistic recipe cards in the Exhibition held at the end of the project (7).

As this programme was hosted online, the outcomes for increased access to nature (17) and learning about food growing (15) and how nature impacts wellbeing (16) were not addressed.

Digital Dinners was created to enable access to creative self-expression opportunities normally inaccessible to this group. The aim was to create a shared identity around cooking that would improve confidence and knowledge around healthy eating and cooking through a shared wellbeing activity. The programme not only achieved this aim, it created an opportunity for friendships to develop and a decrease in social isolation. A few of the participants spoke of how they lived alone and were not motivated to cook for themselves. Joining a communal cooking programme brought enjoyment, mindfulness, relaxation and inspiration for those participating.

Bellydancing for Menopause

During Menopause Awareness Month in October 2023, U-V delivered four weekly workshops focused on women experiencing all stages of menopause. The workshops were held at Dance Studio, Stanwell School in Penarth, Vale of Glamorgan. They were facilitated by Hannah Core, a practitioner with over 20 years of experience as a Bellydancing practitioner. An average of 16 women attended the weekly workshops, with 18 women attending in total.

These workshops were designed to help women understand and embrace the physical and mental effects of menopause. The aim was to help participants regain confidence, improve fitness, and find humour and acceptance in menopause's challenges. Each session covers basic belly dance movements, working towards a final choreography, and explores the history and health benefits of belly dance. There is an additional focus on managing menopause symptoms through diet and nutrition. Each week there was a focus on a different food, herb or supplement that eases menopause symptoms.

Monitoring was facilitated at the end of each session, asking participants to feedback using anonymous qualitative methods. A list of the questions asked and sample of feedback received is displayed below and evidence of the impact this course had on participants.

Sessional questions	Feedback themes	Sample feedback
How they felt after the first session?	Joy Connection Calm	'Great teaching! Feeling more connected with my body. Can't wait for next week.' 'I feel like I have entered a new realm, in a good way. There is so much to know and experience.'
How do you hope to feel at the end of the four week?	Improved confidence Relaxed Enhanced self-awareness	'I would like to feel more in touch with myself. The old me.' 'After 4 weeks I'd like to make sure I spend more time doing things for me i.e., Bellydancing and music'.
How have you been feeling about your body going through menopause?	Dislike of bodily change Disconnected from self Lack of control	'I feel like I've lost who I am and I don't feel I know who I am anymore. I am still waiting

		to feel comfortable in my own skin. I feel wobbly and old!' 'Been feeling a bit of out control in my body and need to return'.
How do you feel at the end of your course? Is there a difference to your mind and body?	Relaxed Inspired Connection to one's body	'Coming here has set off a pattern of walking in the mornings. I feel good after dancing and feeling good seems to lead me to do more things to feel good'. 'This class makes me calmer and my body feels more relaxed. It's a bit like mindfulness'.

Table 4: Bellydancing For Menopause sessional feedback

The weekly sessions were well planned and adaptive as the experience of shared identity amongst the group, evident after the initial session, necessitated an enhanced focus on individual and collective well-being as opposed to more technical teaching of techniques, as evidenced by comments from the facilitator. U-V collected sessional feedback from the facilitator, which informed plannings, adjustments and evaluation of the next weekly session, enabling the project to respond to collective and individual needs in the group. This is evidence of Participatory Action Research.

"Having a shared life experience in the room is bringing up themes I was unprepared for. I am therefore adapting my sessions and teaching to be softer, more focused on coming back to the body and gently helping women find their confidence and identity again rather than learning the techniques."- Programme Facilitator, Hannah Core

The creative output, 'Sacred Feminine, Oh My Beloved' was the poem from the weekly comments and feedback, created by a participant in the group. This poem was then recorded by the participant, whilst U-V created an abstract visual track to overlay over the audio. The poem interweaves the responses and voices of all the ladies participating in the workshops. This visual display and recording were showcased at the end of project exhibition. A link to the visual and auditory creation is available here: Belly Dancing (urban-vertical.org.uk).

Programme Outcomes

Although not referred to the project by a GP but self-referring through a social prescribing pathway, based on participant feedback, this programme fits into Participant Group 2: Patients attending GP surgery for a variety of physical and mental health conditions, to participate in creative arts linked to nature and green activities delivered by artists.

Target outcomes identified: Participant group 3	Outcomes achieved by programme
1. New perspectives on personal wellbeing	1. Achieved
2. Improved social connections and support networks	2. Achieved
	3.
3. Decreased anxiety	4. Achieved

4. Improving feelings of isolation 5. Opportunity for self-expression through the arts 6. Relaxation and enjoyment, improving wellbeing 7. Improved confidence 8. Improved feelings of empowerment, 9. Learning new creative skills 10. Learning about nutritious food and improving wellbeing, staying well 11. New focus and interest	5. Achieved 6. Achieved 7. Achieved 8. Achieved 9. Achieved 10. Achieved 11. Achieved

Table 5: Bellydancing For Menopause target outcomes

This programme achieved 91% of stated target outcomes, addressing all but one of the outcomes: decreased anxiety. As with all of the other programmes within A Space to Grow project, unless specifically mentioned in qualitative feedback, decreased anxiety cannot be noted as an achieved outcome for this programme.

Designed to improve physical wellbeing through movements and techniques that focused on core strength, balance and flexibility, these workshops facilitated a space where women could meet, relax into their bodies and seek guidance and peer support around symptom and stories of menopause. This collective experience was so impactful, the desire to keep the sessions going, as per demand, was explored. Lack of funding was cited as the main issue.

The weekly collation of and reflection on feedback by U-V, inspired the organisation to go further to support the participants, reflecting the quality and depth of the provision. They sourced and shared information with participants around menopause and symptoms. The organisation was able to reflect and assess where the practice and programme could be developed in future to better support participants. Realising the lack of information and resources around menopause commented on by participants, U-V aim to create a resource pack for signposting women to support and resources for future delivery of this programme.

This programme has enabled women to gain knowledge and experience, meet new friends and develop social networks, and improve confidence in their bodies and themselves during a period of life when there has historically been a dearth of support and information. The success of these workshops is evidenced through the following feedback:

'It has been really nice getting out for a couple of hours. Something to look forward to. I would love to carry on now these four weeks have come to an end. What am I going to do on a Tuesday now? I feel so good in myself and knowing that nobody is judging me so I can just be me!'-Participant

Lifecycles: Moving through the seasons by exploring food & creativity

The LifeCycles programme was run in partnership with Pedal Power and worked with adults from Headway. Pedal Power is a charity based in Cardiff - we encourage and enable children and adults of all ages and abilities to experience the benefits of cycling. Their aim is to remove any and all barriers to cycling that many people face. Headway is a small local charity working in South Wales which support 500 – 600 people each year who have been affected by an acquired brain injury (ABI). From their base in Llandough Hospital, their aim is to help people adjust to the life changing effects of ABI, minimising the negative emotional and practical consequences and maximising independence, wellbeing, health and quality of life. Participants were supported by Rebecca Pearce, CEO of Headway, who accompanied the group and helped coordinate attendance.

The programme was delivered at Pedal Power in Cardiff, with sessions held seasonally in August and November 2023, and January and March 2024. Each workshop included 12 to 16 participants, consisting of regular service users of Headway and new patients referred to the service during the program. The workshops focused on creating four unique mandalas, each representing a season—Summer, Autumn, Winter, and Spring—and exploring the relationship between food and creativity.

Workshops were well planned to ensure individual and collective needs and abilities were assessed and addressed to maximise participation and engagement.

All sessions began with the preparation of a seasonally inspired soup by participants. These sessions were guided by Chef Taz Jafri from Pedal Power. The soups highlighted the nutritional benefits of using seasonal ingredients, herbs, and spices to create affordable, healthy meals. Recipes were chosen not only for seasonal ingredients but ease of replication at home. Discussions during the preparation enabled knowledge to be shared regarding healthy eating and the link to wellbeing. During the meal, U-V facilitator Amanda Wood discussed the creative techniques participants would learn to create that season's mandala. Each creative session was designed to include a range of elements that could be achieved by everyone. Participants were encouraged to explore the natural environment of the gardens and trails around Pontcanna Fields during the seasons, either on foot or by bicycle, to draw inspiration for the mandalas.

The themes of the mandalas were guided by the five Chinese Elements. The group decided that the element of metal would feature in all the mandalas, incorporating bike parts such as cogs, chains, and bolts to inspire recurring patterns. The remaining Chinese Elements were linked to each of the four seasons, influencing the materials and techniques used to create the multi-dimensional mandalas. These four seasonal mandalas were displayed at the exhibition in April 2024.

Summer workshop

The Chinese Element for the summer workshops was fire and saw participants discussing what represents summer for them. They were encouraged to forage for natural items in the surrounding green spaces and utilised these to create colourful picnic plates. The natural items were fused to the plates with paint and painting techniques. Clay hearts and leaves were created and added in addition to ingredients from the Pea and Mint soup. When the plates were gathered all together and put on display, participants remarked upon the colours, textures and smells of their collective creation. Each mandala was then digitised by U-V to create the larger piece of creative artwork for the Exhibition.

Autumn workshop

The Autumn mandala focuses on the Wood Element, portraying the natural transition as plants gracefully fade and fall. The background of our design features pressed leaves gathered from the Pedal Power Garden. Lentils, pulses, dried citrus, berries, seeds, and spices, in addition to those used in the soup are integrated into the collective design, echoing the tradition of preserving food during this season. Throughout all of the workshops, the seasonal themes prompted discussion from participants about memories and personal stories of Autumn's past.

Winter workshop

The Winter mandala embodies the essence of the Water element, inspired by the tranquil stillness of winter mornings and frost and snow. A Cyanotype method was used to produce the unique blue, final image. Participants worked collectively as a team, choosing different stencils, shapes, and garlic cloves from the seasonal soup to create the design on canvas. The design was exposed to UV light, triggering the chemical reaction to create the cyan-blue image which was then was digitalised and manipulated to create the final snowflake mandala. The immediacy of working with cyanotype and quick exposure made the whole process engaging and inclusive.

Spring Workshop

The Spring mandala features the Earth element, symbolising the emergence of new life and the optimism of nature's renewal. Flower hammering techniques were employed to represent the colours of Spring. Spring flowers and leaves were laid upon the canvas, and gently hammered until the natural pigments from the flowers were released and colourfully imprinted upon the canvas. Pressed flowers and microgreens were incorporated and cartridge paper painted with saffron water to create yellow designs, cut and shaped to make crocuses, the plant saffron is derived from. The stimulation of the senses through the production of this mandala inspired the sharing of memories and stories related to the season.

Feedback was gathered throughout the seasonal workshops by U-V. Participants were asked about the importance to them and their recovery of having social prescribing activities such as this to attend. They were also asked about their enjoyment at engaging in the workshops and whether they would attend an activity such as this in the future.

"It gives me something to look forward to and helps me to forget the bad things that have happened. I wouldn't be doing this (the workshops) if life was still the same."

"I'm so mind blown and emotional in a good way about everything, it's hard to articulate. On an emotional and spiritual level, I am inspired and forever grateful."

"Can we do it next week? I liked the soup and trying to be artistic!"

"I need to do more mindful activities, and this has been perfect"

On participant commented at length as to the significant impact the programme has had on his recovery and future plans. He has since joined U-V as a volunteer, further enhancing his confidence, improving skills and social connectivity. The LifeCycles programme has helped him see his injury and current quality of life through a different lens, remarking that had he not had the injury, h would never have thought about trying new things such as this programme from which he has derived such pleasure and through which he has made many new friends.

Programme Outcomes

This programme worked with Participant Group 1: People living with long term conditions, referred through NHS/ services & Third Sector/Charities. LifeCycles achieved 86% of target outcomes identified for this Participant Group.

Facilitator and participant feedback noted the sense of belonging that comes from being able to participate in a group activity with others with a shared identity. The need and ease with which the group spoke to each other about their brain injuries, their recovery and progress evidences the benefit of peer support through social prescribing activities (1, 4, 14). Social prescribing activities that combine creative arts techniques help brain injury patients with emotional expression, socialisation, emotional adaptation to mental and physical disabilities, and communication in a creative and non-threatening way (9) (Kline, 2016). The preparation and ensuing discussion around cooking with seasonal ingredients, nutrition and healthy eating shared knowledge about the interconnectedness of nature, food and wellbeing (8). By encouraging participants to explore the surrounding green spaces to gain inspiration from and source materials from nature (10), gave participants an opportunity to engage with nature for wellbeing (11) and get creative with their designs, enabling self-expression (5). Delivery of the programme at regular intervals throughout the year, helped engage participants with the seasons and focus on the changes in nature, being mindful of the sensory stimulation that each brings (6). The different art techniques employed for each of the sessions were planned to appeal to various interests, needs and abilities and focused on improving motor skills development and cognitive stimulation (2, 9). Participants remarked on how much enjoyment they derived from participating (6) and amazement at what they created individually and collectively (7, 9, 14) giving them something to look forward to in each season.

Target outcomes identified: Participant group 1	Outcomes achieved by programme
1. Improved social connections and support networks	1. Achieved
2. Improved choices for rehabilitation	2. Achieved
3. Decreased anxiety	3.
4. Improving feelings of isolation	4. Achieved
5. Opportunity for self-expression through the arts	5. Achieved
6. Relaxation and enjoyment, improving wellbeing	6. Achieved
7. Improved confidence	7. Achieved
8. Improved feelings of empowerment, holistic self-care	8. Achieved
	9. Achieved
	10. Achieved
	11. Achieved
	12.

9. Learning important new skills 10. Improved access to green spaces and nature 11. Wellbeing benefits through experiencing the natural world 12. Benefits to growing healthy, cost-effective food 13. Benefits of healthy food on health & wellbeing 14. Helping to reduce stigma associated with long term conditions, increases feelings of wellbeing	13. Achieved 14. Achieved

Table 6: LifeCycles programme target outcomes

As anxiety was not mentioned in feedback, nor monitored throughout engagement, this outcome was not achieved. LifeCycles did not work with participants on the benefits of growing healthy food, with the focus on the preparation and sharing of meals and recipes that utilised seasonal ingredients and so this outcome has not been achieved.

The LifeCycles programme was a multisensory experience for those participants engaged. The benefit and enjoyment of working as a team to individually contribute to the creation of a larger piece of creative art for the Exhibition was mentioned throughout the workshops. The impact of the peer support that came from engaging in new and developing creative skills as a group, was specifically important providing a platform for Brain Injury patients to learn and share together. Delivery of the programme with Pedal Power, gave participants the opportunity to engage with another inclusive service that gets them out in nature and improving physical fitness and mobility. The setting of the programme in an outdoor space or in spaces within close proximity to nature enabled the participants to learn about and experience the benefits to wellbeing of being in nature. This programme has been very successful in achieving multiple benefits for the participants inclusive of improvements to wellbeing and social connection.

Urban Winter Walking: Connecting with our urban environment through movement and creativity

The Urban Winter Walking programme was held over four sessions in January and February 2024. Working with members of the general public from two walking groups local to Penarth, the programme was intentionally designed to improve physical and mental well-being through

walking and socialising over the winter months. A psychogeography approach was integrated into the programme with the aim of producing a creative output to represent the programme and its participants. Participants were encouraged to view familiar local walking routes through a different

lens, with each walk focused on different moments in time, past, present and future. Community members from the 'Coffee #1 Walk & Talk' group in Penarth and the 'Penarth Outside on Sunday's' walking group. The walks were led and facilitated by Ben Hood, a mental health, well-being and Attention Deficit Hyperactivity Disorder coach, children's book author and social entrepreneur, with the support of Amanda Wood from U-V. The programme focused the first three workshops around exploring three distinct areas on foot: Alexandra Park, The Esplanade, and The Rail Trail. The guided walks ranged from 5 to 12 persons with the final session engaging 9 community members. A total of 36 participants engaged in the workshops with ages ranging from Young Children to retirement age +.

Each session started at Penarth Library and concluded with a hot drink at a nearby café to discuss the revelations of the day. Alongside the walks, various artistic methods, including acrostic poetry writing, photography, group observations, thoughts, and sketches, were employed to collect information from each walk. The fourth workshop saw the group come together at Penarth Maker Space, in Penarth Library. Here the group utilised the resources to engage with creative methods and work together, utilising a combination of 3-D digital design and printing, laser cutting, engraving, and vinyl cutting, to transform each walk into a 3-D diorama.

In addition to the physical and mental health benefits of walking, the guided walks sparked a reimagining of Penarth's townscape and enabled an opportunity to engage with the urban environment in a more mindful and focused way. On each of the walks, participants were encouraged to explore and document elements that caught their attention, through poetry, sketching, journaling and photography. Observations prompted group discussions along the way and prompted a sharing of stories and memories, ideas for improvement of public communal spaces and inspiration for engaging in nature through creative art activities. The walk facilitator, Ben, had the following to say about Urban Winter Walking,

"The benefits of walking are well known; introducing a creative theme to that walk enables you to unlock a whole lot more. Everyone experiences the world differently. This project encourages that, providing a wonderful opportunity to capture that rich diversity of thinking to create something truly memorable."

The final session was a collaborative event that united participants from the walks, allowing them to translate their discoveries and creative outputs into three distinct 3-D dioramas representing their experiences. During a healthy, shared lunch, the community group discussed how the sites they had visited could be regenerated and how social events or structures could be created to further celebrate these areas and their offerings. These conversations also facilitated the sharing of information about other events and groups in the area, encouraging members to explore additional opportunities for involvement.

Feedback from participants was gathered after each workshop. Feedback for each of these sessions was thematically analysed to establish themes in the qualitative feedback. Results are displayed below in table.

Workshop	Theme	Sample feedback
1: Alexandra Park: Past focus	Awareness and engagement with nature	"I have walked through this park so many times, but today I've seen the park differently because of our workshop activities."

	Enjoyment of creative opportunity New perspective	"I've thoroughly enjoyed spending time in the park and being creative, I use to write poetry."
2: The Esplanade: Present	Enjoyment Inspiration and creativity Community connection	"No matter what each of our passion has been, writing, drawing, we have all done something special today, and that's beautiful." " Its delightful that 12 people who have never met before have come together to create something together." "Everything was different. I saw things in a different way to what I'd seen before. I was looking around a whole lot more."
3: The Rail Trail: Future	Introspection and deep thinking Insight	"We interpreted the walk in many ways. There were no stop off points or other paths to walk on. The path was endless without conclusion, with no obvious summation of what we were doing. The journey was the destination." "The space isn't designed for people to stop. It's like no other walk - it's a cognitive walk, it got us to think quite deeply because it felt like a non-space and unlike the other two walks, not a place to pause, meet other people, socialise.
4: Penarth Maker Space	Connection with place and space Awareness New perspectives	"What I've really liked about this project is that all three walks have provided different meanings to the places we have been walking in. It's opened my mind to understanding how our environments can make us feel very different feelings and expectations." "The workshops have made me think more about the town I live in, it's inspired me to find out more about the history."

Table 7: Urban Winter Walking sessional themes and feedback

In addition to feedback provided about the programme, participants were keen to record comments about the facilitation of the programme by U-V and the need for a programme such as this in communities.

"The truth is, it takes individuals like you to empower groups like ours to reimagine the spaces we inhabit. Your support has been truly remarkable in enabling us to envision our environment in new and innovative ways."

“Your contribution has been instrumental in helping us think more creatively, with a fresh outlook on Health and Wellbeing benefits through engagement with the creative arts

the spaces we call home. We are immensely grateful to be part of this project.”

As with many of the other programmes in A Space to Grow project, participants enquire about the potential of continuing engagement in these social prescribing activities, citing the benefit to their health, wellbeing and community connection. The above feedback from Urban Winter Walking evidence this need in the community for initiatives that engage people in creative, practical activities that bringing people together to create and experience nature together.

Programme Outcomes

Urban Winter Walking worked with Participant Group 5: Members of the general public. This was a programme that worked with established walking groups that came together as a community group to enjoy guided walks in Penarth. This programme achieved 80% of target outcomes for the participant group. There were fewer outcomes to achieve, however, this programme was the only programme, not delivered during the Exhibition, that worked with this participant group.

Target outcomes identified: Participant group 5	Outcomes achieved by programme
1. New perspectives on health and wellbeing can lead to new healthier lifestyles	1. Achieved
2. Helping people make healthier, more informed food choices	2.
3. Encouraging engagement with nature to improve wellbeing	3. Achieved
4. Taking positive steps to support the environment can lead to increased holistic wellbeing	4. Achieved
5. Encouraging more people to enjoy and participate in green creative arts	5. Achieved

Table 8: Urban Winter Walking target outcomes

Participants were guided on the themed walks and encouraged to view the experience through a new lens, themed on space and time with observations recorded through a number of different creative methods (1). This led to a new awareness and engagement with their urban surroundings and green spaces that has spurred a different mindset and approach to their local environment (4). Participants noted the enjoyment they derived from these workshops and the importance of getting out in nature (3). Feedback from U-V facilitator, Amanda Wood, reveal the impact that the programme had on participants and their community connection through creating a platform for social interaction by bringing people together, facilitating shared experiences, and fostering connections within the community. Opportunities to take this initiative further are currently being explored by U-V and has inspired programme ideas that utilise this community engagement to foster environmental stewardship (4, 5).

“Drawing on the outcomes of Personal Connection and Community Engagement, this workshop series could lead to an extension project, a social activism-style activity, such as a mural painting, or an arts/history trail. Converting a sense of belonging to a sense of purpose, participants could further

contribute to their community by actively participating in an initiative that address the need to preserve the local history which enhances the environment.”

By bringing together a diverse group of community members, this programme has helped participants cultivate deeper connections with their town and environment. Through exploring familiar spaces from new perspectives and engaging in meaningful discussions about their surroundings, they have developed a heightened awareness and appreciation for the places they inhabit. This newfound connection has not only enriched their personal experiences but also inspired a sense of stewardship and responsibility towards their community and its well-being.

Pop Up! Urban Vertical Farm

The Pop Up! Urban Vertical Farm project was a collaboration with post-16 learners at Ysgol Y Deri Special Educational Needs School. Numbers on sessions ranged from 1 to 8 on four weekly workshops.

The objective was to engage participants in urban farming activities and impart valuable skills in a vocational learning environment. Microgreens crops were selected for their rapid growth cycle, nutritional value, and sensory benefits, providing quick and tangible results while promoting a sense of accomplishment and engagement. The transformation of a glass-fronted music room into an indoor vertical farm created an inclusive and engaging environment within the school. This repurposed space allowed all students to observe the growing activities and crops from the main corridor.

The programme worked with students to understand and create an optimal growing environment using Controlled Environment Agriculture (CEA) principles. During the initial weeks of the programme, U-V adapted the STEM acronym to STEAM, which emphasised the importance of incorporating "Art" into the project to highlight the culinary and visual arts aspects integral to promoting microgreens as a nutritious dietary addition. U-V facilitators delivered 8 sessions that supported students through and each stage of the growing cycle, from farm to fork. Tasks included seed weighing, data collection and organisation, preparing flats for sowing and germination to ensure optimal growing conditions and foster the students' development

Over the course of 8 weeks, the continuous turnover of crops resulted in a surplus that surpassed personal consumption, prompting the group to donate excess yields to Cardiff's food banks, adding a social dimension to the project. Additionally, surplus crops were sold at farmers markets, further enhancing the enthusiasm of participants as they realised the practical viability of an enterprise such as this, where any profit earned the students decided to reinvest back into their project to purchase more seeds. The anticipation of a growing enterprise sparked enthusiasm and a genuine sense of accomplishment among learners.

"I think the social activist aspect of our farm is our selling point. We can grow food in our school and share with those who need support, that's kind of cool."- Ysgol Y Deri student

This programme showed YP firsthand the benefits of working together as a team, the importance of clearly defined roles for everyone on the team and the implications of one of the team not fulfilling their specific responsibilities. This collaborative approach resulted in high yields and quality crops. Any mishaps during this project were viewed through a learning opportunity lens and encouraged personal growth and accountability as part of a project team, imparting valuable workplace skills.

Business and programme development

After observing the positive response elicited from children at the farm to the trays of microgreens U-V have decided to incorporate a new element into their upcoming Pop-Up! Farm experience in summer term 2024. The plan is to cultivate trays of microgreens specifically designated as 'Touch Trays', intended for sensory exploration by children with sensory impairments. These trays will provide an opportunity for children to get up close to the microgreens, allowing them to touch, stroke, and smell the plants, enhancing their engagement with the project activities. By introducing these Touch Trays, U-V aim to broaden the participation and enjoyment of their programme among more children at the school. Subsequently, the Microgreens from these trays will be passed on to pet owners within the school community to ensure they are utilised and not wasted.

"Although our Pop Up! Urban Vertical Farm project had its challenges, the experience was ultimately rewarding and enriching. The journey highlighted the resilience and adaptability of both staff and learners, highlighting the importance of teamwork, responsibility, and attention to detail in achieving success. Operating the farm and engaging with staff and students provided valuable insights into the project's potential beyond our initial expectations. We discovered opportunities to expand the farm's use and explore additional benefits it could offer to the school community."

-Amanda Wood, U-V Director and Facilitator

Programme Outcomes

This programme achieved nearly 80% of the target outcomes identified for this Participant Group. Pop Up! Vertical Farm's programme was unique and innovative in engaging Young People in healthy eating and food growing through practical and creative activities. Feedback was provided by U-V evidencing achievement of a number of the targets, yet, how this programme embedded creative self-expression within SP activities was not mentioned. However, this programme did facilitate easier access to the arts, creating a colourful and vibrant physical learning environment for YP to engage with. It appears that easier access to knowledge on growing food indoors was facilitated through discussions around the practical tasks. As this was an indoor programme that necessitated a set list of tasks needed to be completed, there may be a query as to the extent of artistic self-expression (2) and access to green spaces (17) enabled. Yet, improving access to activities to improve wellbeing (17) was definitely achieved as shown through the feedback from Young People engaged, with confidence, enjoyment and interest featured themes of the students responses. The YP appreciated and engaged well with the creative arts aspect of what they had developed together. The importance of teamwork and feelings of belonging and feeling included were commented on by a number of the YP.

"I think our farm looks great and everyone is looking at our microgreens when they pass by, they look very special and are colourful." - Ysgol Y Deri student

" I feel proud that we have done this and made a farm inside an old classroom." - Ysgol Y Deri student

"It works well when we work as a team, when we don't the microgreens died. That was a waste, we will remember to water them, I will write it down.' - Ysgol Y Deri student

There was not clear evidence for how this programme improved community pathways for health and wellbeing support. Yet, the evaluator believes that having wellbeing activities such as this programme, available in a variety of different community spaces, such as schools, hospitals, and community centres, on a regular basis can establish these improved pathways to support and reduce pressure on NHS services.

The outcomes for participation/engagement in Third Culture events and exhibitions (7) and breaking down barriers, improving language and cultural competence (12) cannot be marked as achieved as it was not noted whether or not any of the SEN students spoke English as a Second Language or were raised in a culture other than their parents' or the culture of their country of nationality.

Programme Outcomes

Target outcomes identified: Participant group 2	Outcomes achieved by programme
1. Inclusion in the arts to decrease social isolation and improve social connections	1. Achieved
2. Embedding creative self-expression within social prescribing activities to facilitate easier access to arts.	2.
3. Improved access to arts and wellbeing activities	3. Achieved
4. Improved feelings of inclusion and belonging	4. Achieved
5. Opportunities for cultural sharing, learning	5. Achieved
6. Build confidence and self-esteem	6. Achieved
7. Participation/engagement in Third Culture events and exhibitions	7.
8. Improved community pathways for health and wellbeing support	8.
9. Having a voice / opportunities for personal stories to be told	9. Achieved
10. Improved focus, new interests	10. Achieved
11. Opportunity for self and creative expression, aiding wellbeing	11. Achieved
12. Breaking down barriers, improving language and cultural competence	12.
13. Create opportunities for cultural learning and sharing	13. Achieved
14. Learning new skills in the creative arts	14. Achieved
15. Learning how to grow nutritious food	15. Achieved
16. Learning how nature can improve feelings of wellbeing	16. Achieved

17. Improved access to green spaces and activities to improve wellbeing 18. Sharing and self-expression through the arts, food and nature to increase wellbeing	17. Achieved 18. Achieved

Table 9: Pop-Up Vertical Farm's target programme outcomes

Cultivating Qi: Beginner Sessions in Tai Chi Shibashi

Cultivating Qi was a four-week programme that introduced participants to Tai Chi Shibashi, a practice centred around breath and energy cultivation through gentle and graceful movements encompassing 18 distinct forms. This moving meditation serves as a supportive tool for both mental well-being and physical health. The programme was facilitated by U-V's Amanda Wood and worked with 8 patients from the South Wales Adult Congenital Heart Disease Service, Cardiff and Vale University Health Board. Clinical support for this group was provided by Dr. Anna McCullough. The workshops were delivered at Dinas Powys Library, Vale of Glamorgan. This group have been working together for 12-18 months in weekly outdoor health care sessions at University Hospital Llandough so had a well-established connection, calling themselves 'Tipi Time'.

Throughout the course, participants learned and practiced the 18 movements, along with the background and context of Shibashi, which were shared and discussed with the group. The movements were gradually introduced to participants over the first session with repetitions to solidify the learning and practice. Over the four weeks, these repetitions were gradually increased focusing on learning the foundational principles of Shibashi, which emphasises relaxation, mindfulness, and breath control. Session concluded with a relaxation period over tea, allowing time for reflection on the impact of their practice. Interactive elements in the form of flash cards and an information workbook, featuring illustrated moves and a reflective journal doubling as a mindful colouring book were introduced and used to support participants in learning the 18 movements and the flow of the routine. Emphasising the importance of mindful breathing and the "70% rule" allowed participants to listen to their bodies and adapt accordingly. Encouraging independent practice at home reinforced the notion of Shibashi as a continuous journey, with resources provided to enhance personal wellness routines between sessions.

Qualitative feedback was collected at the start and end of every session. The first week, participants were asked about what they hoped to gain from this programme. The following three weeks, participants recorded how they were feeling before the session and after on hearts. When asked about what they wanted from these sessions, the main themes of feedback were focused on relaxation, to learn a new skill, and self-care.

"To feel calm and relaxed, like I've done something for myself."

"I'm hoping to learn a new skill to relax and help with breathing".

Workshop feedback for weeks 2-4 illustrate the positive impact gained from participation. At the start of the sessions, participants were asked how they were feeling, reflecting on the previous workshop and the session ahead. The main themes of this feedback were tired and apprehensive, with over 68% of responses falling into these themes. Despite this, quite a few of the participants commented on looking forward to learning a new skill/form of exercise and being with friends.

"I felt very tired in the body and apprehensive at start of session."

"Apprehensive, looking forward to meeting people."

When asked at the end of each session how they were feeling, almost 80% of feedback reported feeling relaxed and energised. Participants additionally noted that they felt happy and connected to others following the sessions. The journey from apprehension to relaxation, from tiredness to feeling energised, and from anxiety to calmness demonstrates the positive impact of the sessions on participants' emotional well-being.

"Relaxed, chilled, happy."

"I can't believe how quickly the time went, definitely feel lighter and more relaxed."

When asked for comments on the overall course participants noted their enjoyment of the programme, the benefits of practicing at home, and the desire to attend more sessions to continue the practice. Comments also included increases in confidence, the nonjudgemental nature of the facilitation and benefits of additional resources to reinforce the learning.

"I've been doing it at home, it's come at the right time for me after my surgery, it's so gentle and it's given me confidence in my body again."

"I think we definitely need more because I really like the structure, and you always make us feel like it doesn't matter if we can't do it."

"The workbook was lovely and it's what I work from."

Programme Outcomes

Cultivating Qi worked with Participant Group 1: People living with long term conditions, referred through NHS/ services & Third Sector/Charities. As this programme also engaged NHS staff, this programme also worked with Participant Group 4: Staff members within Cardiff and Vale University Healthboard. This programme achieved 64% and 50% of target outcomes for these participant groups. Despite its obvious benefit to the participants and NHS staff member supporting, in relation to the target outcomes, this programme achieved the lowest percentage of programmes on A Space to Grow.

Participant Group 1

The workshops brought together a group of patients who had largely worked together for an elongated period of time on other health and wellbeing community projects, with a few new referrals to the service joining the group for the first time. This programme offered the patients the chance to come together again in a weekly context to improve their health and wellbeing through physical activity (2) and community connection (1, 5). Feedback from participants specifically mentioned the enjoyment and relaxation (6), confidence increases (7), and opportunities for self-care (8) gained through engaging in the workshops. Through participation, patients were given the opportunity to learn a new skill (9), a new way of physical movement and exercise that was gentle enough for ACHD patients to engage with to improve health and wellbeing. Many adults with CHD were told as children to not exercise as it used to be thought that exercise was dangerous for them. For this reason, many adults with CHD are not comfortable exercising and have anxiety when they think about exercising (Adult Congenital Heart Association, 2024). This programme helped dispel these notions and apprehension and addressed the barriers to exercise associated with this long-term condition to enable improvements in wellbeing (14). The specific mention by many of the participants as to the anxiety they experienced prior to engaging and the relaxation and calmness

they felt after the workshop enable this to be the first programme in A Space to Grow project that has managed to achieve the outcome of decreased anxiety (3).

Target outcomes identified: Participant group 1	Outcomes achieved by programme
1. Improved social connections and support networks	1. Achieved
2. Improved choices for rehabilitation	2. Achieved
3. Decreased anxiety	3. Achieved
4. Improving feelings of isolation	4. Achieved
5. Opportunity for self-expression through the arts	5.
6. Relaxation and enjoyment, improving wellbeing	6. Achieved
7. Improved confidence	7. Achieved
8. Improved feelings of empowerment, holistic self-care	8. Achieved
9. Learning important new skills	9. Achieved
10. Improved access to green spaces and nature	10.
11. Wellbeing benefits through experiencing the natural world	11.
12. Benefits to growing healthy, cost-effective food	12.
13. Benefits of healthy food on health & wellbeing	13.
14. Helping to reduce stigma associated with long term conditions, increases feelings of wellbeing	14. Achieved

Table 10: Cultivation Qi's target programme outcomes

Cultivating Qi did not focus on information around nor the production of healthy food (12, 13) as the focus was on physical movement with a vulnerable healthcare group. Delivered indoors, the programme did not engage participants nor inform participants about wellbeing benefits of engaging with nature (10,11). Despite being a programme based on flowing movements, there was a lack of evidence as to how this programme gave participants the chance for self-expression through the arts, as all the movements are predetermined and therefore this target was not achieved (5).

Participant Group 4

Working with a clinical staff member to support these programmes was very important as the level of knowledge about both the condition and ability of patients was critical to building confidence in this group to engage in physical activity. For this participant group, the workshops achieved 50% of identified targets. As with the participant outcomes achieved with this programme, due to the focus on indoor physical activity, this programme did not include access to healthy food (5) nor present opportunities for self-expression through the movement (1). As this programme was not focused on the delivery of a programme specifically for NHS staff, there was not feedback relating to improved staff relationships (4). However, being able to engage and support her ACHD patients in a programme for physical activity in the community, is and has been a focus for Dr. Anna McCullough. She noted how other CHD clinical staff have sought guidance on how to replicate this engagement for the patients they support and ways to secure healthboard and Cardiac Service support for alternate rehabilitation options. This provides evidence that Dr. McCullogh's voice is being heard regarding

effective engagement opportunities for her patients in the community, with feedback noting her satisfaction in her role to provide these options (2). Having the opportunity to engage in Cultivating Qi alongside her patients, Dr. McCullough noted the improvement in her stress levels and feelings of relaxation after the sessions (3).

Target outcomes identified: Participant group 4	Outcomes achieved by programme
1. Opportunities for self-expression improves wellbeing 2. Having their voices heard and responded to can increase job satisfaction . 3. Opportunity to engage with the creative arts to improve mood and reduce anxiety 4. Improved staff relationships and team building 5. Improved access to healthy food 6. New interests and focus	1. 2. Achieved 3. Achieved 4. 5. 6. Achieved

Table 11: Target outcomes for Participant Group 4

Business Development

As a qualified Shibashi facilitator, Amanda Wood noted how this programme reaffirmed her commitment to using Shibashi for rehabilitation and for individuals with long-term medical conditions. Amanda commented that she would like to move her participant base to focus more on working with health board patients. It is advised that when working with patients with chronic healthcare conditions, clinical support is essential to informing the pace, method of practice, and safety of programme provision.

"Seeing how my intervention helped participants feel more connected to their body, mind, and spirit added another valuable dimension to my practice."-Amanda Wood

Cultivation Qi gave participants with a long-term condition the opportunity to engage in physical activity that had previously been inaccessible to them as a result of preconceived notions/conflicting advice about engaging in exercise. The relaxed pace of the practice and inclusivity of facilitation crated a calm atmosphere and safe environment within which to experience improvements in health and wellbeing. Bringing together participants with a shared identity and established connection, created an opportunity for them to further engage in peer support and reflect together on how they were feeling as the workshops progressed. The additional learning materials enabled the group to continue the practice in their own time and home environments to enhance the positive impact of Shibashi. Many participants commented on their desire to see the programme extended so they could continue to benefit from the facilitation and guided practice, highlighting the need for programmes that encourage engagement in physical activity for patients with long term conditions as alternative to conventional physical therapy delivered in a clinical environment.

The Art of Eating Well: A celebration of the beauty of food

This programme consisted of eight three-hour workshops working with Young People between the ages of 16-25 who are Not in Employment, Education or Training (NEET). Young People in this group are referred to as having NEET status. The workshops were held at The Reach Centre in Grangetown, Cardiff. Specifically structured to span a longer period of engagement (the other programmes all ran four workshops), this programme was designed to participants in an immersive, interconnected way of learning, combining theory and practice, group work and individual focus time through creativity, nutrition and cooking. The aim of the programme was to examine the deep relationship between food and wellbeing. The programme was facilitated by Amanda Wood, leading the Creative Arts element and Hannah Corr, leading the Culinary Arts section. Guest Facilitator, James Jones, Cardiff and Vale Dietetics Team, lead the Nutrition Skills for Life portion of the programme.

The extended duration of the program allowed for several additional outcomes to be achieved with the group, including the opportunity to earn Agored Cymru Level One accreditation in Nutrition Skills for Life. By delivering various elements of the program each week, rather than in a single session, the young participants could gradually build their knowledge, confidence, and practical skills throughout the course. Thoughtful planning ensured that the weekly themes complemented each other, effectively linking practical learning and knowledge sharing (see table below).

Feedback from participants highlighted what facilitators observed about the benefits of extended engagement: spending more time together helped the group feel more comfortable, boosted their confidence, and provided the freedom to experiment and explore their creativity. This increased confidence, in turn, enhanced their engagement with and appreciation for the learning experience. Every participant's feedback included words like "enjoy," "fun," and "I've liked/I've loved," demonstrating that they recognized the connection between learning new skills, being creative, and eating healthily with improved well-being.

“We witnessed the group's cohesion strengthen, accompanied by a growing openness to share ideas and push the boundaries of their experimentation. The transformation in their mindset was remarkable, leading to increasingly playful and expressive sessions with each passing week.”
-Amanda Wood, U-V

Week	Creative Activities
Workshop 1	Food Art Focaccia & Botanical Dying from Food Waste
Workshop 2	Super Salads & Botanical Dyeing from Food Waste 2
Workshop 3	Rainbow Sandwiches & Glass Painting
Workshop 4	Granola Pots and Tarts & Glass Painting 2
Workshop 5	Charcuterie Boards & Pyrography
Workshop 6	Nutty Goats Cheese Log & Pyrography 2
Workshop 7	Chocolate Mendiants / Pendants & Assembling our Botanically Dyed Tablecloth

Workshop 8	Pumpkin Soup & Mummy Fingers (Halloween) & Ikebana Floral Arrangements

Table 12: The Art of Eating Well workshop content

Weekly, participants explored a creative skill and a culinary skill. These practical activities were complimented by a discussion of nutrition and working on their accreditation, which occurred in between the practical sessions. The participants remarked on how much they appreciated this flow and way of learning. The creativity session enabled them to engage with the session in a mindful and collaborative way, building confidence through experimentation and peer support.

"This morning when we were flower arranging, did you notice that for 45 minutes we were all quiet and the room felt really peaceful? Normally I'm rushing around from one place to the next, so I think in some ways it's meditative, because you slow down, you are just thinking in the moment, everything has been provided, so you just think, here we go and what can we do?"

"It's been a comfortable silence, and we all know each other now and it's so relaxing."

This then set them up to be open to and process the information shared and knowledge gained during the Nutritional Skills session.

"This course has raised my awareness of unhealthy food and how much we eat."

"I am eating more vegetables now, so I'm not just thinking about how to reduce my salt and sugar, I'm eating more vegetables, and some fruit."

Lastly, a Culinary Arts session, encouraged participants to unite their creativity and knowledge from the first two elements of the day in a cooking workshop, where they explored seasonal and cultural recipes that could be achieved at home.

"I've been cooking all my life, but it's nice to cook something different, and all really easy dishes."

" I liked that we could try each other's dishes, it helped give me confidence to try mixing up the ingredients in other ways in future."

The creative outputs for this programme were a collection of recipes devised during the workshop, along with beautiful tablecloths and tableware crafted collaboratively and individually by the participants, inspired by food and nature. These were on display at the A Space to Grow Exhibition. A number of visitors and participants of other programmes on the project, commented on these works of art and expressed interest at being involved in a future programme like The Art of Eating Well.

Programme Outcomes

The Art of Eating Well worked with Participant Group 2: Vulnerable, disadvantaged or marginalised communities. Community members are referred through social prescribing pathways, organisations and initiatives, from multicultural or deprived areas of Cardiff and Vale of Glamorgan. Young people from disadvantaged backgrounds are disproportionately likely to have NEET status (Welsh Government, 2023). This group of people are associated with a higher risk of poor physical and mental health after 10 and 20 years. The risk of depression and anxiety prescription YP who are NEET is over 50% higher than those in education, training or employment (Scottish Government, 2015).

This programme successfully achieved 94% of the target outcomes for this group. No quantative monitoring was collated for this programme, however qualitative feedback was gathered by U-V from the participants at the end of the 8 weeks. Participants were asked what feedback they had for

the different elements of the course and for the course as a whole. This feedback was thematically analysed with themes for the different elements and course shown below in table.

Programme feedback	Themes	Sample feedback
Creative Arts	Enjoyment Realising of personal potential Relaxation/mindfulness Learning new creative skills	"I loved the creative side, and this spilled into my personal life. It's so hard to find time to be creative but being able to take some of the paints and brushes home gave me the excuse to stop and find time for myself and I've missed doing anything like this." "It's made me want to try different colours and it was great to use cyanotype as an experiment on top of the dye and it was fabulous – I couldn't believe how striking it was. I loved that we had that challenge. Its inspired me to push the limits."
Nutrition Skills for Life	Awareness raising Importance of healthy food choices and balanced diet	"The sugar activity shocked me, there's so much sugar in so many things I eat and didn't realise." "For me I normally skip breakfast, but I've started having porridge in the morning with frozen blueberries thrown in, and I'm aware that that will sustain me now."
Culinary Arts	Freedom to experiment Increased confidence	"One of the things that's been the most interesting for me is cooking and creating together, it's a springboard for thinking, sharing ideas and being more adventurous." "It's helped make me more adventurous, and has made me more confident, you don't have to follow a recipe, you can make your own decisions."
Programme as a whole	Personal and group connectivity Variety of activities and learning Inspiration Personal enjoyment and learning	"I like seeing how other people do things, it gives you ideas that you might not think of on your own." "It's been like lots of taster workshops all wrapped into one – and we get to take lovely food home at the end of it!" "It's very different from lectures where you are told something and then you get on and do the practical quietly. Here, we have all worked together and we have been able to do things in the way we decide and this has created a connection with

		one another.”

Table 13: Themes of feedback from the Art of Eating Well programme

As with other programmes created and facilitated by U-V, The Art of Eating Well enabled a disadvantaged group of YP to access creative arts opportunities for self-expression (2, 11), confidence building (6) and to engage in new skills (10, 14) with the overall aim of improving wellbeing (3, 18). Through group work activities and the duration of engagement (1), a network of peer support developed within the group, creating feelings of belonging and inclusion (4). YP genuinely looked forward to these workshops as an opportunity to learn (5), come together and enjoy the experience. Having the freedom to experiment and be creative with art and food, to support and give feedback to others based on their own ideas enabled participants to feel empowered (12) and have their voice heard (9, 13). Delivery of this social prescribing programme in a community facility surrounded by gardens and green spaces, introduced the group to the benefits to wellbeing of natural spaces and the inspiration that can be gained from nature (17). (Holtham et al., 2024). The calibre and variety of facilitators for this programme enabled participants to access comprehensive learning, practice and support for health and wellbeing in the community (8). The variety of creative and culinary activities taught ensured that all participants would engage and discover personal potential with at least one of the activities (18). This inspired creative practice to be continued outside of the programme with the provision of supplies made available to participants to take home, helping hone newly learned skills and opening them up to a new focus or interest that can and does improve their wellbeing (14). The aforementioned creative outputs for this programme were shared with the public at the end of project Exhibition (7).

Target outcomes identified: Participant group 2	Outcomes achieved by programme
1. Inclusion in the arts to decrease social isolation and improve social connections	1. Achieved
2. Embedding creative self-expression within social prescribing activities to facilitate easier access to arts.	2. Achieved
3. Improved access to arts and wellbeing activities	3. Achieved
4. Improved feelings of inclusion and belonging	4. Achieved
5. Opportunities for cultural sharing, learning	5. Achieved
6. Build confidence and self-esteem	6. Achieved
7. Participation/engagement in Third Culture events and exhibitions	7. Achieved
8. Improved community pathways for health and wellbeing support	8. Achieved
9. Having a voice / opportunities for personal stories to be told	9. Achieved
10. Improved focus, new interests	10. Achieved
11. Opportunity for self and creative expression, aiding wellbeing	11. Achieved
12. Breaking down barriers, improving language and cultural competence	12. Achieved
13. Create opportunities for cultural learning and sharing	13. Achieved
14. Learning new skills in the creative arts	14. Achieved
15. Learning how to grow nutritious food	

16. Learning how nature can improve feelings of wellbeing 17. Improved access to green spaces and activities to improve wellbeing 18. Sharing and self-expression through the arts, food and nature to increase wellbeing	15. 16. 17. Achieved 18. Achieved

Table 14: The Art of Eating Well target outcomes

This programme worked with Young People to inspire self-expression and improved wellbeing through creative and culinary arts. There was not an element of how to grow food included (15) nor specific mention of how nature can improve wellbeing (16) and therefore these outcomes have not been achieved.

Business and Programme Development

This programme provided U-V with the opportunity to define and develop their bespoke provision and unique approach to engaging community members in wellbeing activities. U-V have created a new programme which encapsulates what they provide and their organisational aim: KALES – Kitchen Arts, Learning through Experimentation and Sharing. This will be a new comprehensive programme offered in 2024, of which The Art of Eating Well served as a successful pilot, as evidenced through the scope of positive programme feedback.

The objective for this programme was to nurture and amplify the artistic and creative expressions of the YP they were working with. As the programme progressed, participants' confidence was enhanced, experimentation encouraged, self-expression and group support flourished with YP providing feedback as to how much they had enjoyed the engagement, how it had increased their awareness and personal creativity. This programme achieved its stated aim and objective in addition to addressing a high proportion of target outcomes. The Art of Eating Well was such a success, that it was used as the template for a new U-V course, enabling the organisation to expand its reach, coalesce its unique provision and diversify its income stream.

A Space to Grow Exhibition and workshops

A Space to Grow Exhibition was held at the Hearth Gallery in University Hospital Llandough in April 2024 and curated by U-V and CVHC facilitators. The official launch on April 12, 2024, was a huge success with members of the public, participants on the programmes, funders and programme facilitators in attendance. Numbers attending this event were in excess of 50. With the Exhibition running for the month of April, these creative project outcomes were showcased and enjoyed by many more.

Alongside visitors to this exhibition, U-V delivered four two-hour workshops within the exhibition space revolving around the diverse processes and techniques featured in U-V's delivery of A Space to

Grow Programme. Participants were invited to engage in crafting their own decorations to contribute to the exhibition or to take home. The sessions included mini mandala making, acrostic poetry workshop, creating a stone creature and designing a cyanotype and were facilitated by U-V's Amanda Wood.

There was not feedback provided for this set of workshops nor exact engagement numbers. However, feedback from Amanda Wood said that these workshops were well attended by both patients and NHS staff supporting patients to engage, in addition to visiting community members. Having the opportunity to engage in the creative arts during a hospital stay or visit was a welcome opportunity to focus on something positive and engaging, as a distraction from the clinical environment in which patients are treated and staff work. Engagement numbers on these workshops numbered between 8-12.

"We had a great turn out and was yet another mini celebration of the connections we have made with so many people who have visited the hospital and joined in our workshops over the last four weeks."- Amanda Wood

Despite working with patients and staff on this programme, the Participant Group for these workshops and the Exhibition was Participant Group 5: General Public. The Exhibition and workshops facilitated managed to achieve 60% of target outcomes for this group.

The inclusive structure of the Exhibition and workshops ensured that those engaging were provided with the opportunity to consider different perspectives on how to improve health and wellbeing through the green creative arts (1). The natural materials used in the workshops and green focus of the creations encouraged engagement with nature in a new way (3), teaching new creative skills designed to improve connection with nature and improve confidence to participate in new community activities (5).

Target outcomes identified: Participant group 5	Outcomes achieved by programme
1. New perspectives on health and wellbeing can lead to new healthier lifestyles	1. Achieved
2. Helping people make healthier, more informed food choices	2.
3. Encouraging engagement with nature to improve wellbeing	3. Achieved
4. Taking positive steps to support the environment can lead to increased holistic wellbeing	4.
5. Encouraging more people to enjoy and participate in green creative arts	5. Achieved

Table 15: Exhibition and workshops target outcomes

The Exhibition and accompanying workshops were an inspirational idea of how to showcase and celebrate the many creative outputs and success of A Space to Grow. These engagements highlight the need in communities to engage in green creative arts as a form of rehabilitation, to promote community connection and to improve health and wellbeing. Feedback from the Exhibition evidence this need and demand.

"I've never been here (Hearth Gallery). I didn't even know it existed. I regularly attend appointments here and will definitely visit again as a lovely distraction from my health problems."

"I'd love the chance to do another programme, actually so many of these programmes. Really interested in the art that has been created by each project. Absolutely love the idea of making table ware and cooking healthier."

"What a brilliant thing that has ben created here. All of these people brought together, to celebrate their achievements and promote healthier living."

"How can I do this? How do you sign up? I wish I'd known about this before."

Recommendations

The recommendations for A Space to Grow project were discussed in Part 1. This second part of the evaluation report reiterates those recommendations with additions derived from the delivery of programmes by U-V.

Unlike the programmes delivered via CVHC, U-V's programmes have a strong focus on nature, food and the creative arts with 80% of programmes delivering creative arts programmes with nature engagement opportunities and/or knowledge sharing and skills building on growing and eating healthy food. It is recommended that U-V and CVHC work together and share best practice to determine how to involve all three elements of the project to be incorporated into all programmes delivered.

The extensive provision of participant and facilitator feedback for U-V programmes was crucial to capturing the impact programmes have had on participants. This enabled the Evaluator to evidence the need, demand and effectiveness of intervention for creative green social prescribing programmes in the community with U-V. A recommendation is made for a standardised evaluation form that would be completed by all Programme Managers/ Facilitators to support the evidencing of impact and to capture decreases/increases in mental health issues such as anxiety. This feedback would be submitted at the completion of the programme to enable ample time for individual programme and collective evaluation of the project. The submission of all feedback and engagement numbers on U-V programmes at the end of the exhibition period, delayed the second part of this evaluation. Regular submission of data to the Evaluator throughout the life of the project would have made possible the delivery of the Evaluation Report for A Space to Grow project in one cohesive document.

Employing a quantative wellbeing measure to demonstrate further impact that is implemented by all project programmes needs to be incorporated into programme evaluation for future iterations of green creative arts social prescribing projects. In order to engage healthboard patients and NHS staff in these programmes, service managers and departmental leads need recognised evidence of impact that can only be obtained through the employment of recognised well being monitoring measures currently utilised by or approved by the NHS staff. With the proliferation of social prescribing projects in communities across Wales, clinical staff need clinical and academic evidence as to the efficacy of these interventions and will be hesitant to or will not authorise engagement without this proof. To further engage patients and NHS staff in future projects, this will ned to be addressed.

A recommendation for regular meetings throughout project delivery with the wider project team is suggested to enable enhanced internal communication and understanding as to project aims,

objectives and targets. There was feedback from both CVHC and U-V about lack of regular communication and misunderstandings around programme content and delivery.

A recommendation for a network of creative arts facilitators to be created during project planning stage to ensure certain training and certification (in areas such as Safeguarding, Working with Health Board patients, Health and Safety, Disclosure Barring Service) is consistent and in place for project facilitators. There may be a case to allow some of a future project budget for training and teambuilding.

Additionally, U-V struggled to recruit target engagement numbers for some of its programmes resulting in extra time and resources needed than planned for and dynamic planning and delivery to adapt to the various needs and abilities of different groups. It is recommended that one organisation is responsible for the recruitment of programme participants and with the health charity's healthboard connection, it is recommended that this role rests with the Project Manager. Interest in engaging in these programmes would be established by CVHC with participants allocated based on appropriateness of intervention for need and ability.

Conclusion

U-V have successfully managed to deliver a diverse portfolio of creative arts programmes that aim to improve health and wellbeing through exposure to and engagement with nature and healthy eating/food growing. Through their programmes, they have worked with all Participant Groups and addressed 83% of the priorities set for this project by CVHC. U-V have demonstrated how a combination arts/food/nature project improves access to social prescribing wellbeing activities for marginalised, disadvantaged and vulnerable groups across Cardiff and the Vale of Glamorgan. By delivering their programmes across a number of venues in these geographical areas, U-V has not only made green social prescribing accessible in the communities where people live and work, they have introduced new services and spaces to engage with for participants. This helps promote the different projects and opportunities available for further engagement in social prescribing activities for improved health and wellbeing.

Working with both community members self-referring or being referred through the 3rd Sector and healthboard patients enabled access to alternate forms of rehabilitation activities with a strong community connection focus. This approach offers the continuing support needed by people in our communities with long term conditions to continue health and wellbeing improvements and reduce social isolation that often comes with sustained illness or injury, further improving quality of life.

Delivery of this project by U-V has provided a plethora of opportunities to gain insight into how, why and for whom U-V delivers their programmes. As noted throughout this part of the Evaluation Report, U-V have provided feedback as to how being involved with this project has further supported the development of programmes, defining their Unique Selling Point, and engagement with a diversity of new participants for future programmes. It has facilitated improvements in organisational structure, support and direction that will be critical in enabling U-V to expand the scale and scope of its programmes. The innovative programme ideas, the unique skill set of U-V facilitators, the meticulous planning and ability to deliver and unite various core elements of social prescribing programmes have contributed to the successful delivery of these programmes. Every programme was asked to extend its engagement, testament to how participants connected with the programmes and provides U-V with evidence of need required for future funding to continue delivering the extraordinary change to participants lives that they have achieved.

Whilst this project was unable to work with a General Practice Medical Centre directly due to the reasons discussed in Part 1 of the Evaluation, community members accessing GP services for ongoing conditions and management of symptoms were able to engage with U-V programmes. This enabled information sharing, peer support and learning new skills and perspectives to improve health and wellbeing in the community, potentially reducing the need and demand for GP services by some community members.

Through the extensive feedback provided by U-V for each of its programmes, they were able to demonstrate how greater engagement with green arts facilitated individual and collective change. The impact on those participants attending U-V programmes has been diverse and vast, prompting lifestyle changes, further community engagement, greater access to and connection with nature, significant improvements in emotional and physical health and a sense of belonging. These impacts evidence the vital role the creative arts have played throughout this project in achieving change and therefore, in conjunction with the wider A Space to Grow project highlight the need for funding and provision of green creative social prescribing and arts on prescription in communities across Wales.

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