

Food for Thought

Improving health and wellbeing through gardening.



Food for Thought provides a supportive environment which helps people develop practical and life skills whilst gaining confidence, increasing self-esteem and feeling valued.

It suits people with a special education need, poor mental health including anxiety or low confidence, and those needing assistance with transition into adulthood. However, there is no upper or lower age limit for participants.

The work includes seed sowing, planting out, weeding, plant nurturing and harvesting as well as making jams, chutneys, pickles sauces and soups with the ingredients we have grown. There is also a fair amount of garden maintenance using hand tools, such as building / repairing raised beds and fences and cutting/axing fire wood.

The project is designed to be attended on a regular basis, up to 3 days per week. It can also be accessed in conjunction with school, tutoring or other alternative provision. There is no expectation to achieve any form of qualification, but there is scope to progress to work toward a City and Guilds Entry Level or Level 1 Land Based Qualification in Horticulture.

The programme runs 50 weeks a year, closing for 2 weeks over the Christmas / New Year period. Participants still at school or college attend term time only.

Working in a 3:1 participant : staff ratio. If additional support is required, this must be arranged separately.

£125 per person, per day



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