



FOOD FOR THOUGHT

Improving health and wellbeing through gardening

Food for Thought provides a supportive environment which helps people develop practical life skills whilst gaining confidence, increasing self-esteem and feeling valued. Suitable for young people with special educational needs, mental health issues such as anxiety and those needing assistance with transition into adulthood.

The work includes; seed growing, planting out, weeding, plant nurturing and harvesting. Also included; making jams, chutneys, pickles, sauces and soups with the ingredients we have grown. There is a fair amount of garden maintenance, using hand tools, as well as building and repairing beds and cutting firewood.



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

£105 per person, per day

Working in a 6:1 student:staff ratio

Additional support can be arranged separately

Transport from a central point can be provided

Contact Jan Wade

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