



Northumberland Community Enterprise Ltd

**Report to the Nineveh Trust on the use of the grant of £4680 received December 2020 by the 5 Petals Project - Northumberland Community Enterprise Limited**

During Early 2021 with Funding from the Nineveh Trust we launched *The 5 Petals Project* which succeeded in improving the health, welfare and education of our participants. We assisted individuals from a marginalised community to improve 5 areas within their lives. These were;

1. Knowledge – Improving knowledge through education with training in horticulture.
2. Mental Health – Improving mental health through recreational and social gardening activities.
3. Physical Health – Improving physical health such as weight and blood pressure through increased activity.
4. Confidence – Improving self-worth, self-esteem and self-confidence through purpose and achievement.
5. Employment – Improving employability with work experience, a reference, an enhanced CV and knowledge of an industry.

We originally ran online workshops as a result of the coronavirus regulations but managed to transition this to in person sessions. We ran a Gardening Club alongside training and captured each participants achievements within their CV. We provided work and character references and helped participants in their job search and application process.

The 5 Petals Project educated working age people (16+) about the environment, developing their skills and knowledge to enable them to follow a career, often times in horticulture. Many built and practiced transferable skills as they transitioned into work of all kinds. We ran our Grow to Know course which proved to be a huge success, we ran the course on a 10 week rolling programme. It provided participants with hands on experience in Horticulture as well as the theoretical skills, knowledge and confidence to persevere their chosen careers. We encouraged a passion for the environment and equipped people with the skills and knowledge to reduce their negative impact on the planet. As a result of our activities and our training programme, we achieved the following outcomes:

- ❖ 56 Work Age individuals demonstrated professional attributes to be a successful, contributing member of the horticulture profession. 20 of which completed the Grow to Know course; demonstrating technical skills and knowledge needed –
- ❖ 56 Work Age individuals reported improved health and wellbeing after participating in horticultural/recreational activities, as well as 61 retirees attending the garden socially by appointment. – Outcomes measure by use of Registers and feedback forms.
- ❖ 117 people (56 work age volunteers and 61 retirees demonstrated new skills and knowledge regarding the environment and conservation

### Case Study

(Taken on Third & final review as Leanne transitioned into employment)

Leanne was attending regularly since January 2021 to October 2021. She took on a voluntary role as well as attending to improve her own knowledge, skill and social network. At her review at the end of 2021, she said;

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The 5 Petals Project has given me an interest in planting, gardening and growing flowers herbs and vegetables. I have carried this through to my home life and get outside a lot more. I now have my own allotment on the outside of town and as long as the weather permits, I spend much of my spare time there. I have always loved nature and being outside. The project has taught me a great deal and helped me to build my confidence in gardening. I have connected with people I would never have met otherwise and stay in contact sharing information and knowledge on growing. We have our own social media and chat groups where we all stay connected. I am always learning. The sessions were always very well planned and welcoming to all. I really looked forward to attending and now I miss it but since finding work I don't have the time. For this reason I appreciate the online groups. I now work part time in retail but hope to eventually know enough to work in horticulture. Maybe a Garden Centre would be a good starting point. For now, I am happy and know that I have the gardening bug. I am learning more every day still and will keep looking out for opportunities to put what I have learned into my personal and work life.



These achievements were only possible due to the funding support we received from The Nineveh Trust for which we are extremely grateful.