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Funding report to the Nineveh Trust

from Sydenham Garden

February 2026

In February 2025 Sydenham Garden was delighted to receive a grant of £2,500 from the Nineveh Trust towards the costs of running its Garden Project across the year ahead. As we reach the end of our grant period, we would like to share the impact that your grant has had on our project.

Key details

Name of project funded: The Garden Project

Amount of funding received: £2,500

How was the grant spent?

Our grant from the Nineveh Trust has enabled us to deliver our Garden Project for the past year. The project has run 3 weekly sessions at our main garden site (at Wynell Road, Sydenham) for people with mental health problems. People on the groups have either self-referred to the project via our website, have transitioned from another project at Sydenham Garden, or have been referred to us via their support worker / GP (we are also a referral partner of Lewisham Wellbeing Hub, run by Together for Mental Wellbeing).

The people on the project have all initially met with Rachael, our Outreach and Development Worker, to get to know the project, the team, and for us to understand their needs. If we feel we can support their needs, and the person wants to join the project, they begin a placement as soon as a place becomes available. Placements on the Garden Project last 12 months – most people have committed to the full 12 months and attend every week, although we are particularly mindful of the challenges people have in their lives, and that attendance every week might not be possible. If someone doesn't attend for a few weeks and we haven't heard from them, we do all we can to make contact with them and check everything is ok.

Over the year of funding, beneficiaries on our Garden Project have taken part in a wide range of horticultural, creative, and nature-based activities including growing crops, pruning, planting seeds, propagating, cooking garden produce, bird watching, and wreath making to name a few. Over the year we have achieved:

- 3x weekly Garden Project sessions
- 134 Garden Project sessions
- 74 unique beneficiaries supported on a 12-month placement

92% of beneficiaries on the Garden Project reported improved mental health and that their mental wellbeing has been supported.

Thank you so much to everyone at the Nineveh Trust for supporting our work over the past year. For more information, please contact Beth Jaichand at beth@sydenhamgarden.org.uk

