

# GROW-COOK-SHARE

## Project Aims

- Develop emotional wellbeing and resilience
- Enhance life skills, confidence, and healthy eating
- Promote community cohesion and social engagement
- Provide a safe, positive environment for families

## Key Achievements

- Strong relationships developed between families; some became friends and visited the farm between sessions
- Families actively cared for their plots, harvested fruits and vegetables, and cooked with their produce
- Engaged in workshops including mushroom growing and other niche food-growing skills
- Children participated in physical activities like seed sowing, harvesting, weeding, and chicken care
- **100% of participants** reported improved mental wellbeing
- **62.5%** noticed **improvements** in healthy cooking habits
- **80% of families** attended additional farm events, demonstrating community cohesion

## Quotes from the Project

"I learnt so much, so many things I didn't know."  
— Participant

"The project provided a safe and welcoming space for adults and children to connect with themselves, each other, and their natural environment. Seeing families visiting the farm between sessions and tending their beds with care has been truly inspiring!"



— Staff

## Pathways & Continuation

- Plans to expand the project with more beds and new families next year
- Participants signposted to after-school and holiday clubs
- Veg box scheme introduced with discounts for participants

## Case Study Highlight

*One parent caring for twin five-year-olds regularly attended sessions, shared learning with others, and proudly involved extended family in the programme. The participant continued growing at home, demonstrating confidence, community engagement, and practical skills.*

