

NM's Story

The Challenge

Why was the support needed?

- NM lives at home with her parents and is supported all the time but wants to become more independent.
- NM can lack concentration and was very easily distracted, sometimes causing disruption when working in a group setting.
- She often found it difficult to follow instructions.

Our Role

What actions did we take?

- NM showed an interest in gardening and was supported to join the 'mowers and growers' group at the centre.
- Staff asked NM what parts of gardening she was interested in and worked with her to teach practical gardening skills such as seeding, how to look after and nurture plants, and how to grow fruit and vegetables.
- NM was taught how to use the relevant tools safely.
- Staff explained tasks to NM one step at a time and using language that allowed NM to understand what was being asked of her, and to keep her focused on completing tasks.
- Sessions were arranged for NM and other people at the centre to learn about the food grown, healthy eating and basic cooking skills.

The Difference We Made

Outcomes achieved for people we support

- NM showed commitment to the garden and enjoyed watering the beds each day.
- NM was able to see the fruit and veg grow and enjoyed telling her friends how well it was doing.
- NM became knowledgeable about gardening and uses her skills at home, helping her parents in their garden.
- NM is more confident within group settings and has learned to listen more to others.
- NM is a valued member of the 'mowers and growers' group and encourages new people to join.
- NM has gained a qualification in horticulture and helped the 'mowers and growers' group to enter Britain in Bloom, where the group achieved a level 4 award.

Quote

Quote from person supported, family or worker that sums up the experience

I feel happy when I meet the volunteers each Wednesday, because I have made good friends with them. Gardening makes me feel very tired at the end of the day and I feel very pleased when the flowers grow.

- NM