

2025-2026

Our Impact

This year the Sydenham Garden community continued to thrive. Our co-workers, volunteers and staff team worked together to protect and enhance our gardens, grow fruit and vegetables, tend to our chickens and bees, cook and share food, make art, sing, learn new skills, build confidence and most importantly connect with nature and with each other.

Hundreds of people living with mental ill-health and dementia have benefited from nature-based activities in our therapeutic groups and peer-led community activities in a peaceful and supportive setting. Our co-workers have shared the gardens with our wider community at our fairs and festivals and fruitful discussions about our ways of being and working have been held by our service user group, Meanderings.



Our Impact in Numbers

- 376 people participating in our community
- 81 local people volunteering over 11,000 hours
- Over 100 school children participating in outdoor education
- An average +2 point change in wellbeing scores across our groups (a 1-3 point change is considered significant (Short [WEMWBS](#))).



Thank you to all our partners, funders and supporters. Your support has allowed us to welcome more co-workers, sustain our work through the seasons and offer a place where people can find calm, build confidence and belong. We look forward to growing this work together in the year ahead.



What does Sydenham Garden mean to you?

"A lifeline to
the outside world.
A retreat in
an urban area."

"The world.
It's a life saver,
with people who
actually care."

"It's my safe
space. It's where
I go to reset my
week. I've learned
so much in my gardening
group. I feel uplifted
when I walk out
after each session."

"It's been my
way, initially, of
giving back the help
I received when I badly
needed it and was at crisis
point. Then became my
way of growing in confidence
around how to share
what healed me; art
practice and
nature."

"It's provided
me with space to
regain my sense of self,
improve my confidence and
just to be out in nature with
support if needed following
bereavement and
retirement."

What our co-workers said

- **98%** feel an improved connection to nature
- **92%** say their relationships with others are more fulfilling
- **92%** feel more content with life in general
- **91%** feel more confident to manage their health