

Information for Referrers & Self-referrals



We aim to improve wellbeing through therapeutic activity and training, enabling people to move forward in a supportive community environment. We offer a range of activities and opportunities for people experiencing mental ill health.



We provide therapeutic sessions in horticulture, art and craft, and vocational activities for referred co-workers (clients) living in South London with the aim of improving quality of life, social interaction, physical and mental health. We have seen lives transformed through encouragement, reassurance and the structure that a placement with us offers.

We are based in SE23, between Forest Hill and Sydenham, and have two beautiful garden sites, a short walk from each other.

We also provide support for people living with dementia. You can find out more at the [Lewisham Dementia Support Hub](#) - 020 3228 5960.

I have enjoyed doing different activities. I made a paper mache bowl that I am proud of. The staff and volunteers were supportive and it was a helpful and relaxing environment to be in. I feel less anxious being around people and feel more enjoyment in taking part in something I like doing. I feel more controlled and calm in social situations."

Art and Craft Co-worker

Our projects

Arts & Crafts

A social and therapeutic group project, using Art & Craft to help people with their recovery. Activities include print making, clay work, painting, weaving and mosaic making. Most art works are taken home, but groups also contribute their art works to sell at fairs and stalls.

Garden

A group project based on the principles of Social and Therapeutic Horticulture. Sessions involve horticultural activities, seasonal activities, conservation, cooking and other outdoor crafts, based in our Victorian garden and nature reserve at Wynell Rd.

Growing Lives

The project runs social, therapeutic and vocational horticultural sessions, and offers the chance to achieve Open College Network accreditation. Based at our market garden site at De Frene Rd, sessions involve food growing and maintaining our cut flower garden, along with conservation activities.

African Caribbean Group

This is a project for people who identify as having African or Caribbean heritage. The group involves a range of creative art and crafts, horticultural and mindfulness activities.

"I have enjoyed the fresh air and being outside, being with and connecting with others. The staff have all been very supportive. I have gained better confidence, more independence, and less anxiety about speaking with people. I feel more assertive and confident now."

Garden Co-worker

Who can we help?

People who benefit most from a placement at Sydenham Garden are those living with anxiety, moderate depression, PTSD, or those living in isolation. In order for co-workers to gain the most from their time with us, we have found from experience that there are some key success factors:

- Co-workers need to have a level of independence that enables them to engage in meaningful occupation and to carry out a task independently or with minimal one-to-one support.
- Motivation and commitment to participating in sessions should be at a level that will allow for regular (weekly) attendance.
- We also ask that our co-workers do not use alcohol/illicit drugs before or whilst attending their session.

Referrals

For Primary Care practitioners based in Lewisham:

We are part of [Lewisham Community Wellbeing](http://LewishamCommunityWellbeing.org.uk), and referrals must be made through LCW. Please email: contacts@lewishamwellbeing.org.uk and put 'Sydenham Garden referral' in the subject line, and you will be sent our newest referral form.

For Primary Care practitioners based outside Lewisham, or for Secondary Care practitioners:

Please click [here](#) to be directed to the Sydenham Garden referrals page.

For self-referrals

We are part of [Lewisham Community Wellbeing](http://LewishamCommunityWellbeing.org.uk), and referrals must be made through LCW. Please email: contacts@lewishamwellbeing.org.uk and put 'Sydenham Garden self-referral' in the subject line. Or call LCW on 020 3228 0760.

Contact

Sydenham Garden Resource Centre
28a Wynell Road, London SE23 2LW
0208 2911650

info@sydenhamgarden.org.uk
www.sydenhamgarden.org.uk

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