



Let's Grow Together

Developing a Therapeutic Community Garden



Course Overview 2023

Trust Links | Registered Charity 1092324

Let's Grow Together | Developing a Therapeutic Community Garden Course

At a glance



6 Learning Sessions (Online, Compulsory)

You will take part in monthly 2-hour learning sessions facilitated by the Trust Links team. We'll be covering the key topics involved in developing a therapeutic gardening project, from securing funding to evaluating your impact. Sessions will be interactive, with plenty of opportunities for discussion. There is also a 1-hour introductory session at the beginning of the course.



1-1 Support (Online, Optional)

We can offer up to two 60-minute consultation calls with a senior member of the team, to provide you with guidance and support on the set up of your therapeutic garden. This is your opportunity to receive invaluable advice tailored to your project and to have 1-1 time with our expert staff.



Work Experience (In Person, Optional)

We invite you to take part in up to 2 days of work experience at a Growing Together site in Essex. You will gain hands-on experience of the day-to-day operations in the garden and behind the scenes. You will also have the opportunity to meet the team and our members in person.



Network Support (Online, Optional)

You will be invited to join our Let's Grow Together Facebook page, where you can interact with other course participants and share stories of your progress. In between learning sessions, there will be informal online meetups, and we'll also arrange a 6-month and 12-month post-course catch-up.



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Learning Session Schedule (session order is subject to change)

Session 1

Getting started: Project aims & garden design

Key to being successful is knowing exactly what it is you want to achieve and why. In this session, therefore, we'll take it back to the beginning by discussing how to establish your project aims and define your mission, vision and values. Using our own gardens as examples, we'll then explore different garden designs and discover how these can be made suitable for people of all abilities.

Session 2

Sustainable funding and building partnerships

We'll show you how to build a diverse range of funding sources for your garden, from grant funding and personal budgets to crowdfunding and events. We'll also discuss how to create and maintain strong partnerships with key stakeholders and referrers.

Session 3

Staff, volunteer and member management

People are at the heart of any therapeutic gardening project, so managing them well is essential. Together we'll learn how to get people referred into a therapeutic garden and how to support them with the help of the right staff and volunteers.

Session 4

Behind the scenes of a therapeutic garden

We'll find out more about the processes and procedures needed to keep everyone safe in a therapeutic garden environment. From risk assessments to insurance, we'll cover what's needed for your daily operations to run as smoothly as possible.

Session 5

In the garden: Therapeutic activities and sustainable practices

We'll begin by learning about the theory that underpins therapeutic gardening, with examples of how this works in practice. We'll then consider the different practices that can help a project run sustainably, from seasonal planting to types of materials used. We'll also cover a variety of ways to increase biodiversity and showcase some of the environmental work taking place at Trust Links.

Session 6

Evaluating impact and course summary

In this final session, we'll discuss the importance of evaluating a project and find out more about the tools that can help to do this. We'll then reflect back on the course and look to next steps.

Learning sessions will take place monthly. Sessions will take place during the working day (9:00-16:30); the exact times and dates of the sessions will be confirmed soon.

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Additional parts of the course

1-1 Support

Upon joining the course, you'll receive more detailed information about the learning sessions and the people delivering them. This will allow you to plan who it is you would benefit from having some additional time with via a 60-minute call. After a leader has delivered their session, you will be invited to book a consultation with them.

Although optional, we really encourage you to take up this valuable offering. Two sessions are included in the price of the course, but you are able to purchase additional sessions.

Network Support

We'll be encouraging peer-learning at every opportunity.

You'll be invited to join the Let's Grow Together Facebook group, where you can initiate discussions with your fellow course attendees and share your learnings.

Once a month, in between learning sessions, we'll hold virtual coffee breaks. This will be an informal space to learn more about one another and share progress.

The course doesn't end with your final learning session. We'll organise group check-ins 6-months and 12-months after the last session to find out how you have been getting on. Through this course, we hope we might facilitate friendships for life!

Work Experience

Throughout the course, we'll be sharing our experiences at Trust Links gardens via discussions, photos and videos. However, nothing quite beats seeing and experiencing our gardens for yourself.

We have 5 gardens in Essex - Westcliff, Rochford, Shoeburyness, Thundersley and Cressing Temple. We would love to invite you to see Growing Together in action, by spending 1-2 days alongside us in some of these gardens.

You will get the opportunity to work alongside our members, finding out first-hand the positive impact that Growing Together has had on them. You will also meet with Trust Links staff, some of whom you may have met online via the learning sessions, and gain a deeper insight into how our gardens work.

No two days are the same at Growing Together, so you can be rest-assured that your experience will be unique!

We will provide you with a date range within which to take your work experience. These dates will be confirmed soon.

Add-ons

We have several add-ons to our course that can be purchased for an additional fee.

Additional 1-1 Sessions

Fee TBC

The course fee includes two 60-minute 1-1 sessions. Each session will take place with a session leader from the course. You can arrange additional sessions for a fee of £45 per session.

Action Learning Set sessions

Fee TBC

An action learning set (ALS) is a group of peers that meets to discuss specific challenges being faced by members of the group. Questioning is used to help encourage an individual to find a solution to their challenge.

A minimum number of people is required for an ALS to be successful, so this will be run dependent on interest. Each session lasts for 3-hours and 4 sessions will be held to ensure the experience is valuable. The total cost is £80.

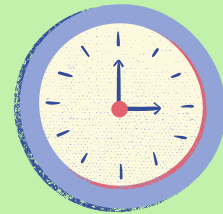
By taking part, you can learn through shared experiences in a supportive group environment. The sessions will be led by Matt King, Trust Links CEO and certified ALS facilitator.



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Key information about the course

Time commitment



Compulsory

Learning sessions, 13 hours

There are six 2-hour learning sessions, plus a 1-hour introductory session. Learning sessions occur monthly and are hosted online.

These will take place during the working day (09:00-16:30); the exact times and dates will be confirmed when applications for the course open.

Optional

1-1 sessions, up to 2 hours

These will be arranged at a time convenient for you and the Trust Links staff member.

Work experience, up to 2 working days

Dates for work experience will be confirmed when applications open.

Networking, 0+hours

We really encourage you to engage with other participants, but ultimately how much time you commit to this is up to you.

What do you receive as part of this course?



Learning materials

You will receive copies of learning session slides and any accompanying handouts.

Let's Grow Together Manual

We've created a comprehensive guide to help you get your therapeutic garden project up and running.

Access to our expertise

We'll be on hand to answer your queries.

What do you need to take part?



- A laptop or phone that allows you to access Zoom.
- A willingness to share your experiences and progress with other participants, to help you get the most out of the course.
- A commitment to attending all compulsory parts of the course, as well as taking up the optional parts where possible. Learning sessions and 1-1 sessions will take place during the working day (09:00-16:30).

What experience do you need to join the course?

Whether you already have a therapeutic garden and need more support, or you just have an idea for a project, we welcome your application. We simply ask that you have an interest in therapeutic gardening, a desire to make a difference and time to dedicate to this course.

Cost of the course

The course fee is TBC.

We do not want this fee to be a barrier to individuals or smaller organisations, or anyone experiencing financial hardship. When course applications open, there will be an opportunity to apply for a reduced rate.



Ready to get your therapeutic community garden project started?

Applications will be open soon!

In the meantime, if you have any questions please
contact letsgrowtogether@trustlinks.org.uk

