

Avon Tyrrell, Eco Health Project Quarterly Report June 2017

Project Overview

The Eco Health Project is a rolling six month volunteering programme for mental health service users. It provides opportunities for participants to improve their wellbeing, meet others whilst carrying out tangible tasks. Those tasks achieve green development and maintenance objectives that are set out in the Avon Tyrrell management plan. The programme provides opportunities to learn new skills and develop a new found confidence and sense of self-worth that will lead to brighter futures for the participants and lead them on to the next part of their social development journey.

- Monday – Wednesday 10:00 – 4:00 (participants can come on one or more regular days)
- Collection and drop off available from a meeting point
- Lunch provided
- Safety equipment provided

Objectives

1. For participants to have the opportunity to interact with others
2. For participants to feel their contribution is valued
3. To aid participants recovery by providing structure and routine in a bid to help them engage more
4. For participants to be able to take on tasks
5. The Avon Tyrrell landscape is developed and maintained for people to enjoy

Attendance

Fifteen people are currently taking part in the Eco Health Project
Each of these participants has been referred to us from local mental health agencies.

Achievements

The grounds of Avon Tyrrell have been brought into bloom with the Eco Health team planting and maintaining hanging baskets and planters around our Grade II listed house. This contributes to the aesthetics of our House and also compliments the visitor experience.



Maintaining our 65 acres is a continuous task and the Eco Health contribute this by ensuring that young people are able to enjoy this site safely and peacefully. They ensure that areas accessed by children and young people are clean and tidy and ready to be enjoyed.



Our young visitors use these paving stones as part of their fire safety plan. Here the Eco Health team are supporting the safety operating procedures of Avon Tyrrell.

Each participant has received a bi-monthly one to one which help us to determine and understand the positive impact the project is having on them. Each participant receives support with moving on after the project in terms of accessing employability advice, they also receive guidance on site from two project supervisors.

Outcomes

1. The participants have completed different tasks that have contributed to the guest experience through making the grounds look nice and by supporting the maintenance team. Please see photos for evidence of this.
2. Participants are able to grow their friendships and confidence.
 - "I feel happier and more relaxed and like all the people here"*
 - "I have made some friends, people I get on with, including on-line and talking about geeky things that I'm interested in"*
3. Participants are able to complete tasks and see the impact that this has, and how their work is appreciated by other staff and guests.
 - "It's satisfying, I like looking at a completed task"*
4. Participants are able to socialise over lunch, they do this daily with other members of staff. Participants feel like there is a routine and structure that is provided by the project, which is a big step in helping them back into training or paid work.
 - "Bit more relaxed, bit more confident. My anxiety in the morning has eased a bit the more I come here"*
 - "It has helped through giving me structure to my week"*
5. The site grounds have been developed and maintained and we have received positive feedback from our guests about the grounds and how lovely they look.

Celebrations

Week ending 23rd June we will be saying farewell to two of our participants who have not only reached the end of their time on the Eco Health Project, but have also successfully completed a Traineeship that has provided them with employability skills and a qualification in first aid that will enable them to build brighter futures.