

# Growing together:

## An intergenerational gardening project

Welcome to our first project newsletter!

We are delighted to be able to restart our intergenerational project which aims to bring together residents of care homes and children from local schools. Through shared gardening activities young and old share gardening experiences and skills and get to know each other.

This time it is a 3 years and will include pupils from 4 different schools and care homes. We are working hard to ensure that the projects will be up and running for this growing season, though it will be difficult to bring everyone together initially. We have paired up Brinsworth House, Twickenham with Trafalgar Junior School and Nightingale House, Twickenham will be working with St Mary's Primary School Twickenham.

We will be working in partnership with the charity Embracing Age. Read more about their work with residential care homes on page two.

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*The project partners are interested in how gardening can help the health and wellbeing of everyone involved. An important part of the project will be monitoring the project impact on everyone involved.*

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The beautiful gardens of care homes will encourage residents to get outside. This photo was taken at Nightingale House.

As well as planting, we hope to encourage wildlife to visit the garden.



## Newsletter No 1 Summer 2021

Welcome to our first project newsletter. We are aiming to produce 4 newsletters each year and we welcome contributions from anyone taking part in the project.

In this issue:

- Introduction to the project
- Volunteer recruitment
- Project partners
- Embracing Age
- Get in touch



Trafalgar Green Team plant spring flowering bulbs for residents at Brinsworth House in 2019, and chat with residents in the garden in summer 2019.

**Let's Go Outside and Learn Community Interest Company** has been delivering projects to introduce local people to the natural environment for their health and wellbeing since 2015. Our projects aim to bring people living in urban environments together in local parks and open spaces. Project participants meet new people, learn new skills and learn about the natural world. We include environmental stewardship in all our projects.

## PROJECT VOLUNTEERS

To support the project we will recruit volunteer "nature buddies". They will work with the project team to support the gardening activities by attending sessions with the school pupils and where appropriate liaise with the care home.

We hope to recruit 4 volunteers who will receive training and support. There will be opportunities to meet other volunteers who support our other projects.

If you know someone interested in getting involved, they can contact the project team by emailing or phoning the numbers below.

### Get in touch:

#### Let's Go Outside and Learn CIC

Email: [outdoor.learning@outlook.com](mailto:outdoor.learning@outlook.com)

Or phone: Frances 020 8401 6837

Mairi 07939001731

For activity ideas and information about our other projects see our website [www.lgoal.org](http://www.lgoal.org)  
[www.facebook.com/LetsGoOutsideAndLearn/](https://www.facebook.com/LetsGoOutsideAndLearn/)

#### Embracing Age

Email: [tina@embracingage.org.uk](mailto:tina@embracingage.org.uk)

Phone: Tina 07735 332584

[www.embracingage.org.uk](http://www.embracingage.org.uk)

## EMBRACING AGE

Embracing Age is a charity based in Twickenham that started in 2015. We're working towards a world where older people are valued, connected and full of hope.

We've been coming alongside care home residents since we started, placing trained volunteers in care homes across the Borough who offer companionship with residents, doing activities together that they both enjoy. Before lockdown we had about 60 volunteers in care homes across the Borough.

Growing Together was inspired by seeing the benefits of getting outdoors and also of intergenerational connections. We wanted to help care home residents combine the two, so we are delighted to partner with LGOAL in this initiative.



The project partners are grateful to the City of London Corporation's charitable funder, City Bridge Trust for their support which has enabled us to develop this project for a three-year period.

