

## Lansbury Gardeners





Well London is a 5 year programme being launched over 20 diverse areas in London. The project aims to engage the widest possible range of people in the area including those with disabilities, older people and other 'so-called' hard to reach groups to increase their levels of mental well being, physical activity and healthy eating. Well London is an alliance project made up of the following organisations: London Health Commission, Arts Council England, YMCA Central, London Sustainability Excess, SLAM NHS Trust, University of East London and Groundwork London.



## Project description

As part of the Well London Healthy Spaces Project, Groundwork London has supported local residents in the LSOA of Limehouse in Tower Hamlets to get involved in gardening activities through Lansbury Gardening Club which operates on the Lansbury Estate.

Groundwork have provided a community gardener to work with residents to make use of an under used space at the Hind Grove Community Centre run by Poplar Harca.

The Lansbury Gardeners have not only learnt how to grow and maintain their own fruit and vegetables, but are also gaining valuable life skills by getting to know their neighbours better.

11 local residents and 4 children from St. Joseph & St. Mary School and Holy Family School attended the 17 week gardening session with a professional gardener.

A total of 59 hours was spent on the project involving 17 half days (between 3-4 hours) from June 2008 to Sep 2008. The lansbury gardeners have planted winter green in their grow bags for the winter and will get together in early spring next year for the gardening sessions.

A Well London evaluation of the Lansbury Gardening club was done on the 30th October 2008. Seven project participants answered the evaluation questionnaire and the results are as follows.

## Impacts

- Healthy eating choices:  
85 % of the participants are making healthy eating choices
- Access to healthy food  
85 % of the participants have access to healthy food
- Increased physical activity  
85 % of the participants are involved in weekly physical activity
- Improved mental well being  
85 % of the participants indicated that the gardening session has improved their mental well being

## The Future

Lansbury Gardners formally constituted into a Voluntary group in May 2009 to promote and develop gardening for all ages. Their aim is to make their estates greener and more attractive places to live, and by doing so promote fitness and well being through light exercise, increased social contact and raised awareness of healthy eating.

## Project Partners



## Groundwork London

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