



A growing body of epidemiological evidence indicates that greater exposure to, or contact with natural environments is associated with better physical social and emotional well-being.

The charity trustees examined the opportunities that young people and their families had to access such opportunities. This included location of their house in relation to green areas, accessibility in terms of greenspace infrastructure for wheelchairs, safe spaces, transport, confidence in supporting their child in the outdoor and actual attendance weekly in the outdoors.

The charts opposite highlight our findings in relation to the above.

# “FRIENDS OF ASHTON”

## IMPACT REPORT HORTICULTURE & SENSORY GARDEN

FIGURE 1

**73% of young people had no access to green space in their local area.**

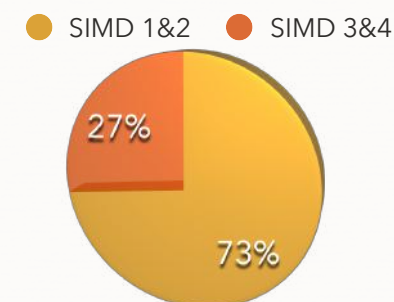


FIGURE 2

**Accessibility is an issue for 83% of the young people (100% of wheelchair users felt accessibility is an issue)**

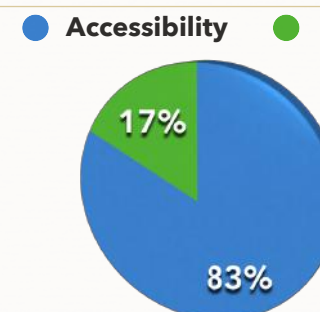
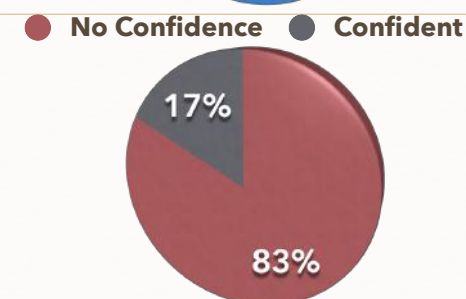


FIGURE 3

**83% of families did not have confidence in taking young people outdoors**





The Scottish Government have recognised the importance of all young people engaging with outdoor learning and has it firmly embedded into practitioner guidance in relation to well-being.

Liaison with key partners who are specialists in the field of complex learners have prioritised nature as a long term strategy for supporting this cohort into a positive adulthood experience

Coupled with the charities vision which is

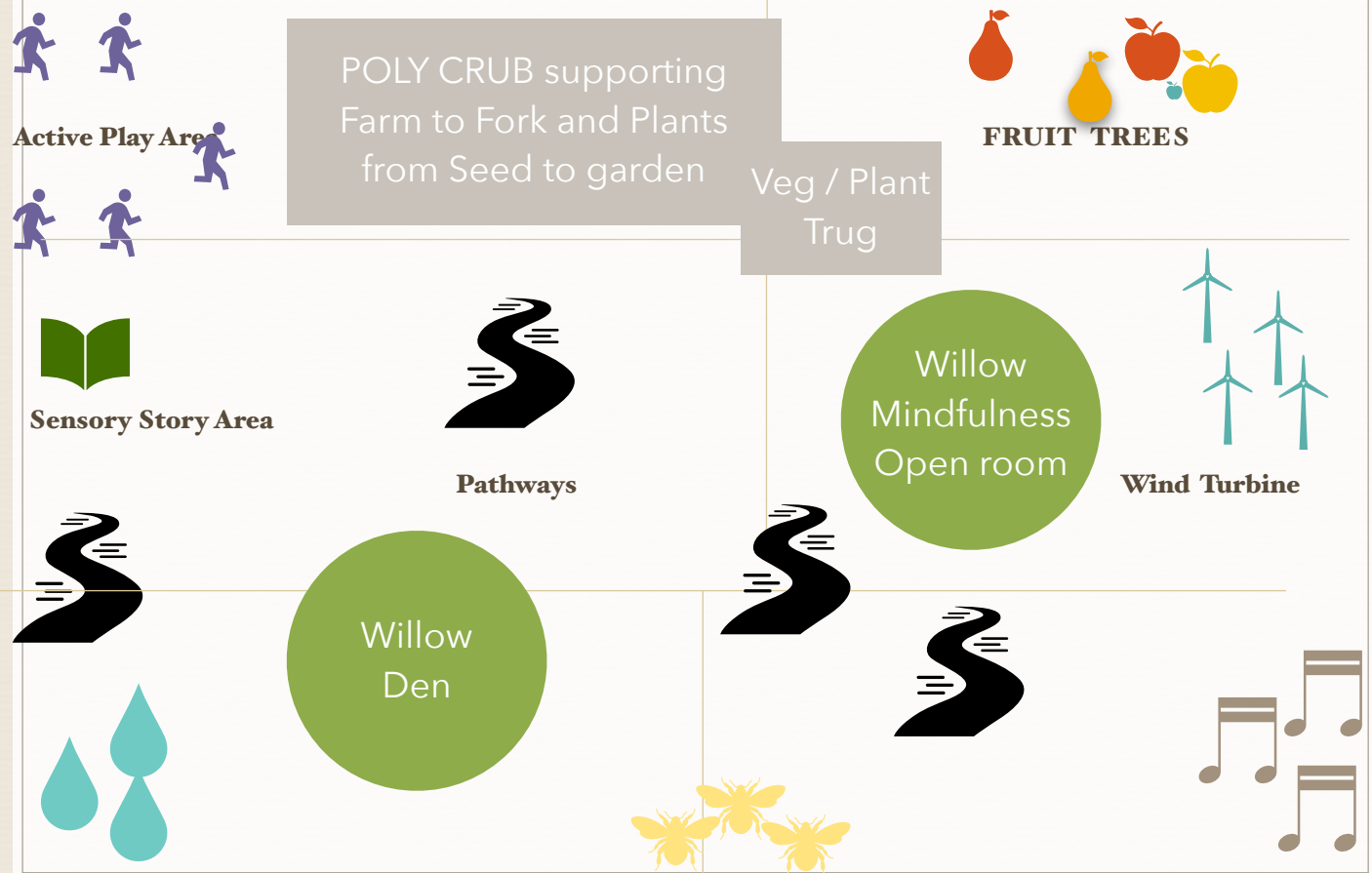
“ to provide experiences and support to young people and their families who have a disability  
Ensuring increased life chances and a positive  
Destination post school “

Using this research the Charity embarked on an ambitious project to build infrastructure, staff and family capacity in relation to HORTICULTURE

# “FRIENDS OF ASHTON” IMPACT REPORT HORTICULTURE & SENSORY GARDEN

FIGURE 1

The plan for a Sensory Garden which would be replicated on a smaller scale for wheelchair users





Our funding has allowed us to create a wonderful space which not only stimulates the basic senses to allow our young people to be more aware of their surroundings, we have also created an environment which supports the acquisition of skills for life, promotes confidence, supports the development of independence, social skills and communication and is providing experiences in relation to the World of Work and positive destinations.

Whilst we have faced immense challenges between March 2020 and April 2022 in relation to COVID we are already seeing the benefits to the young people.

Thankyou to everyone of our funders without YOU we could not make a difference :)

# “FRIENDS OF ASHTON”

## IMPACT REPORT HORTICULTURE & SENSORY GARDEN



### Charity funders for our project 2021-22

Awards for All, Bailey Thomas, Belacqua Charitable Trust, Bellahouston Bequest Fund, Bruce Wake Charity, Ernest Cook Trust, Erskine Cunningham Hill Trust, Finnis Scott Foundation, Fi's enrichment education support fund: In memory of Fiona Braidwood, Gardening with disabilities trust, Gordon Fraser Charitable Trust, John R Murray Charitable Trust, JTH Charitable trust, Lennox Hannay Charitable Trust, lord Provost Glasgow City Council, Miss M E Swinton paterson's Charitable Trust, Neighbourly, Nineveh Trust, Percy Bilton Charity, Persimmon Homes Building Futures Fund , Peter Vardy Foundation , Rank Foundation, Reo Stakis Charitable Foundation , Robertson Trust £1000, Russell Trust, Ryvoan Trust, Scottish Community Foundation (Comic Relief) Foundation Scotland, Shalimar Trust, Tay Charitable Trust, Tesco Community Grants, Urban potential, W.G.Forsyth Fund

### Our purchases to date

Polycrub - 1 size 8m x4m & 1 size 3m x3m, 5 Polycrub raised planters & 1 wheelchair accessible planter, groundworks and erection of structures including hard core floor and web matting

6 Vegetable and planting crubs including polytunnel covers, 2 Hexagonal planters and 15 half barrel planters

Storage for tools including a easy lift box shed

Tools for a group - 8 spades, forks, rakes, trowels, kneelers, watering cans, seed stations, 100 pairs gardening gloves, seed trays, potting, water butts

Infrastructure including willow den and willow tunnels and willow mindfulness area, hardcore paths, hammock, basket swing

8 Stem kinetic wind structures and solar powered water feature

Fruit trees, Bamboo, Ornamental trees, wide range of plants, seeds, grasses herbs





Senior pupils undertaking work experience through our volunteering programme - getting the Polycrub ready !!



# “FRIENDS OF ASHTON” IMPACT REPORT HORTICULTURE & SENSORY GARDEN

FIGURE 1

**92% of young people have had the opportunity to access nature through the Horticulture Education programme or Sensory garden well-being programme**

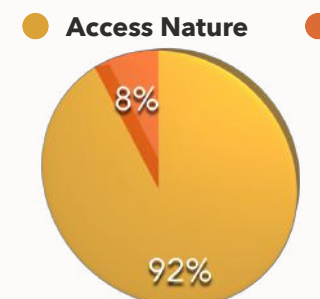


FIGURE 2

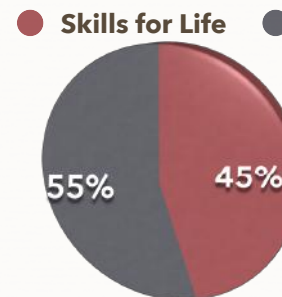
**100% of young people accessing the environment reacted positively**

> Stated they enjoyed the experience, reacted calmly with positive body language and facial expression and stayed in the environment for allocated periods of time



FIGURE 3

**24 young people accessed skills for life and work in the Horticulture environment**





Developing our areas for planting - Flower garden, Bee garden and planting our Fruit trees



# “FRIENDS OF ASHTON”

## IMPACT REPORT HORTICULTURE & SENSORY GARDEN

FIGURE 1

**73% of young people in the Senior Phase accessed the garden to support them complete qualifications**

**SQA DUKE of EDINBURGH VOLUNTEERING  
CORE SKILLS JOHN MUIR**



FIGURE 2

**100% of pupils were supported to develop key values which will support them to positive destinations**

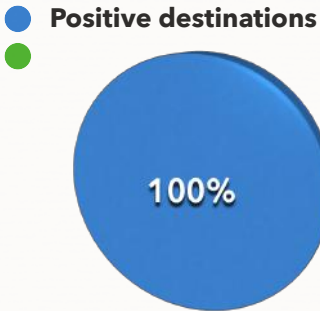
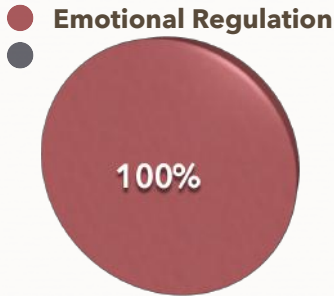


FIGURE 3

**100% of pupils who have distressed and distressing behaviour found the area supportive in helping them to regulate their emotions**

**2 young people found the sensory garden useful in supporting them with grief counselling.**







# “FRIENDS OF ASHTON”

## IMPACT REPORT HORTICULTURE & SENSORY GARDEN

Session 2022-23 will see us continue to flourish and achieve the project aims which we have had on hold due to the COVID pandemic

Increase opportunities for families to work together in a safe environment

Increase partnerships which ensure experiences for young people are purposeful and meaningful in relation to our aims - College links / work experience partners / local schools

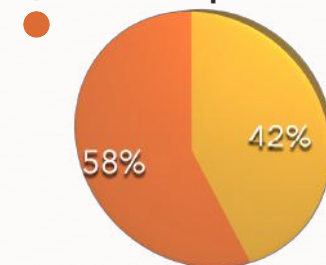
Employ a gardener to support Ground to Fork and develop social enterprise in relation to Horticulture

Complete our wildlife garden and pond

TARGET 1 - 50 FAMILIES HAVE A POSITIVE EXPERIENCE

**Increase opportunities for families. This should include sessions monthly with support from school volunteers and paid staff through Pupil equity fund. Key learning items including mindfulness and parent wellbeing targeted throughout session**

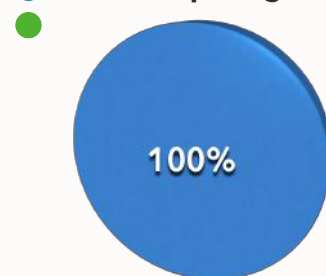
● **Positive Experience Target**



TARGET 2 - 100% OF PUPILS ACCESS ENVIRONMENT WITHIN SKILLS FOR LIFE & WORK -

**Increase partnerships. This should include Sense, Fairdeal and Kelvin college to increase qualifications in Horticulture and personal achievement leading to increased opportunities for work experience and volunteering. Develop partnerships with local schools to support peer learning increasing inclusion in local and wider community**

● **Partnerships Target**



TARGET 3 - GARDENER

**Employ a gardener and link with local allotment and volunteers who can support the on-going maintenance and sustainability of project with 100% of Senior phase young people involved in a social enterprise activity**

● **Social Enterprise involvement Target**



**Gardner appointed and due to start August 24th 2022**







