

Client Case Study

Client; Peter Holdon **Age** 37 years old

Community Allotment Group

Why did Peter need our support?

Peter has a learning disability; he needed help to improve his interaction with people in the community, understanding of a healthy diet and exercise and increase his opportunities to develop his skills to enable him to improve his lifestyle and understanding of health issues.

How did we help?

Peter started attending the PSS Health Trainer Service Community Garden through Mencap, where he was supported and encouraged to attend the working garden project at Shaw Lane. Peter had someone to work with each week, so he could develop skills and improve his understanding of healthy foods, how to grow and care for plants. The volunteers at the garden worked at the pace Peter needed, explained everything to him and understood that sometimes more time was needed to complete tasks. Peter was made to feel part of the team.

What was the outcome?

Peter does not access any other service or sessions and in the past it has been difficult to find things that Peter has enjoyed and wanted to continue going to. He has missed very few sessions at the garden and really enjoys being part of the team. He has developed skills in gardening and has even had ago at brick lying and now joined in the football group on Friday's as a result of being involved with the group.

Peter found it hard to get involved in activities within his local community due to his learning disability, he needed help to get to know what services were available to him and support each week to access these.

Peter is supported along with two other people to access the project each Monday by Health Champions and Health Trainers.

The project increased his skills, helped improve his knowledge and understanding and improved his well being by increasing his confidence and skills.

Peter has also been given fresh vegetables he has helped grow to take home most weeks. He has really enjoyed taking the things home. Peter and another one of the other people supported on the group have cooked tea together with what they have grown.

Peter's View

"I like working in the garden and like been part of a team. Everyone is friendly towards me. I have started coming to the football group as the garden group now"



Launch & Celebration of
the Mencap Allotment
Project—18th June 2012