

YAWR Services

Green SPS Evaluation Aug 24- Jan 25

YAWR delivered the gardening groups with support from Artists who delivered a variety of indoor creative sessions to our women's and men's group. YAWR staff delivered a fortnightly family group on a weekend

Using nature as inspiration the groups used the outdoor garden space and growing area at Mowbray Gardens library to explore ways of depicting nature through a range of creative activities. Walks to local parks were used as an inspiration to source natural materials such as twigs and leaves for basket making and weaving.

The ladies and men's group also learnt about food preservation and the women's group enjoyed a visit to a local farm for apple picking which were then used by both groups to make chutney. They also took part in meditation which was well received as it was relaxing and therapeutic.

All the groups took part in a visit to Victoria Quays Sheffield learning about the history of the canal route and its heritage.

Victoria Quays Canal Walk

The men really enjoyed the visit to the canal and they were amazed at the history and hearing about all the workers and shocked at the amount of coal that was produced in Sheffield.

Quotes

'I liked learning about the grain production and imagining the hard labour. It reminded me of the work I did as a child.'

'I never knew all this was here and its right on our doorstep, it was a good opportunity to learn something new.'

'I really enjoyed the trip to Sheffield, I remember getting the train from Victoria station to Rotherham 15 years ago so it was interesting to see where it was.'

'It was great to see the boats on the canal and hear about people living there. I would like to try going on one. It was great to hear about the history and you could really imagine all the people working there. It's so different now, everything is inside, and you don't know how things are made.'

'I enjoyed the canal walk and the historical monuments really intrigued me. It took me to the times when they were built, and the effort that took to preserve them brought me happiness. It was a refreshing trip.'

Women's group

Quotes

'I really enjoy coming to the sessions and having chats, it really helps with my wellbeing.'

'I really enjoy going on nature walks. I have enjoyed everything we have done in the groups; I really like learning about nature and going on walks together. Last week I started making a basket.'

'We have done so many different things, I enjoy visiting new places and trying different things.'

'The first time I came here I felt good, and it made me happier. When we went on the walk, I really enjoyed it because it's good to notice different things in nature. I really liked the canal walk. I enjoy doing the yoga and meditation, we need it I think. Doing trips out is really good for us and making the effort to go out is really good for you, it makes you happy which makes your family happy too.'

'I enjoyed today's sessions, doing meditation and walking. My favourite thing is the meditation. Apple picking was really good and I enjoyed making the chutney from the apples we picked. I think that and the canal trip were my favourite.'

'We feel active, enthusiastic and joyful during these sessions. We feel light-hearted by sharing our thoughts and giggling at jokes. We sit in the garden sometimes and often walk around enjoying nature. Enjoying sips of hot tea with cake or biscuits is one of my favourite part of my days.'

'I like coming here and communicating with everyone. Today's meditation was genuinely helpful, as it helped me focus entirely on my body and mind.'

'My time here has been extremely special to me, as it introduced me to plenty of wonderful people. We get to exchange our opinions and tend to bring positivity to each other's energies.'

'I liked the teamwork that we put into making chutney. All participated from peeling onions to slicing them and mixing them together. The chutney turned out delicious and we enjoyed it with crackers.'

'My favourite part was preparing chutney. We chopped apples, onions and put all the spices and cooked it together. During preparation time we took tea breaks. It was wholesome and refreshing as we worked together rather than working individually in our kitchens.'







