



# Growing Opportunities

## Health and Wellbeing

Ideal for All's Growing Opportunities Project provides Health and Wellbeing support for people across the Black Country. Using our community garden facilities and outreach work, we provide opportunities to support people who want to manage and improve their health and wellbeing, learn new skills and meet new people. Our accessible sessions involve people of all ages and abilities, helping them take part in meaningful activity. Working towards their own goals, people involved report feelings of improved physical and mental health and wellbeing; feeling happier, healthier and more involved in the thriving communities in which they live.

### HEALTH

Last year we supported people to get involved and improve their health through gardening, food growing and cooking together

**1,476 people**

joined in and felt healthier



### MENTAL HEALTH & WELLBEING

People said they felt happier after working with us and more able to manage their mental health and wellbeing needs

**83% improved**

feelings of mental health and wellbeing

### GARDENING AND FOOD GROWING

We supported people to access low cost fresh fruit and vegetables, grown by volunteers on their doorstep.

**480 Bags of veg**

Our Community gardens produced and distributed over 1.5 tonnes of veg in 2016.

### COMMUNITY

We encouraged communities to work together to improve the areas they live; now and in the future

**16 years**

We continue to support the environment and improve derelict land

