

Growing Minds 2025

160 struggling OJ children significantly helped

Children and Young People (CYP)

Diagnosed with High Functioning Autism and/or learning disabilities

Displaying symptoms of High Functioning Autism and/or learning disabilities (currently undiagnosed)

Struggling with bad eating habits and eating disorders



Struggling with their mental health

Feeling isolated and judged

Depression symptoms

Anxiety flare ups

Emotional dysregulation

Unpredictable behaviour

Negative self-talk

Lack of self-confidence

Growing minds

Planting and caring for herbs and vegetables

Enjoyable, productive outdoor activities

Fascinating discussions and socialising

Constant encouragement and compliments

'Linksheets' and some plant pots sent home, making it a family project

Exciting, satisfying harvesting carnival

Healthy cooking sessions

Using vegetables grown in the project

Discussions on healthy eating effecting state-of-mind

Outcomes

Feel included and important

Are calmer, happier, and more emotionally regulated

Are more independent and resilient

Have improved social and communication skills

Feel good about themselves and their abilities

Are much less likely to require hospital care



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