

Food for Thought at Lambourne End Centre

Improving health and wellbeing through gardening.

Food for Thought provides a supportive environment which helps people develop practical and life skills whilst gaining confidence, increasing self-esteem and feeling valued. It suits people with additional needs or disabilities, needing assistance with transition into adulthood.

We can provide placements on the project **free of charge** for young people with disabilities living in Essex, thanks to funding from Essex County Council and Action for Children.

The funded placements are available Mon - Fri btwn 9.30am and 3.30pm, up until Sept 2018. Placements are typically 1 day per week for a period of time, or during the school holidays.

The work includes seed sowing, planting out, weeding, plant nurturing and harvesting as well as making jams, chutneys, pickles, sauces and soups with the ingredients we have grown. There is also a fair amount of garden maintenance using hand tools, such as building/repairing beds and cutting fire wood.

Eligibility:

You are a young person with a disability, aged 14-18*

Your household pays their council tax to Essex

*over 18s can attend via personal budgets
Please note: if 1:1 care is required, support must be arranged separately.

Contact Jan Wade
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