

Blossoming Communities

Additional funding information

How many people attended each class at the pavilion up to the end of August. There were between 6 and 12 participants in each session.

What is the approximate age range of people attending.

We had 2 distinct age groups one was late 20's and the other was over 55's. What was evident in both group was their ill mental and in some cases physical health which has resulted in long term unemployment.

Can you provide details of a typical session plan.

Aim - to address lewd comments being made to Hirst Park Groundsmen by members of the craft group, whilst building their confidence and acknowledging the trauma that caused the comments.

Resources – lots of coloured cardboard shapes, glue, gems, luggage labels, pens etc.

Method - Everyone puts their name in a hat. They take turns to pick a name but don't say who they have got. The task is explained - that each participant has to make 2 flowers and attach a compliment to each one. One for themselves and one for the person whose name they picked. We talk about how people feel about giving and receiving compliments and the reasons for this. We talk about what makes a good compliment and what doesn't, steering the conversation to how making lewd comments to the Groundsmen might make them feel. We acknowledge that men may have said similar things or worse to them in the past and discuss why it is positive for everyone to break that cycle. We continue talking about compliments and the impact they can have on the person giving the compliment as well as the person receiving it. We suggest that they can put their finished flowers in the self journal they started in a previous session. We then go around the table reading out our self compliments, then we give our compliment flower to the person we made it for. They then read them out. We finish by asking how people feel and encourage them to practice compliments outside of the session.

Do any of the classes duplicate what Full Circle Food are delivering in the Hirst Park Growing Zone?

I don't know much about what takes place in the growing zone, but we were asked to start this group by Sarah Brendin-Kemp. She worked closely with the growing zone at that time, so it's unlikely that she asked us to deliver work that is just replicating something taking place a few steps away.