



# Rosemary and Time CIC

## Impact Report

### 2021 - 2022



*"Where flowers bloom, so does hope."*

*Lady Bird Johnson*



In early 2021 I sat down to prepare our first ever Impact Report, covering the first 2 years of our existence. Here I am, 5 minutes later, in early 2023 writing about everything we have done since then.

2021 was strangely more challenging than the infamous 2020. The impact of the pandemic upon our funding became a real struggle, but with much support and determination, 2022 felt like the year that we started to shape our future.

The highlight of our last 2 years has to be shared between our community border at RHS Tatton Flower Show and the creation of a new group, Friday Friends.

As well as our funded projects we are now developing our trading activity more creatively. Business has never been my strong point, but with the help of an advisor from Selnet, I am slowly getting grips with the value of some of the skills and services we can offer.

As ever, valuable partnerships with people like Dignity in Dementia, Thrive and Age Concern have kept us busy and given us opportunities to engage with people we may never have otherwise met.

I hope that you enjoy reading about our achievements and our plans. If you have any questions I would be delighted to hear from you.

Donna X

# Dementia Friendly Workshops

Over the last two years we have been very glad to see the return of more opportunities to meet people in person. We are still embracing the value of some online sessions where people find it more difficult to travel, but the majority of our work now is out in our community, meeting new people and seeing some lovely friendships develop.

These numbers cover a variety of new groups that we have started along with some ongoing partnerships with other organisations such as

- Dignity in Dementia in Cumbria
- Marley Court Care Home in Chorley
- The Alzheimer's Society
- Age Concern
- Lancashire County Council

## Workshops Delivered

2021 21

2022 73

**Total 94**



## Number of People Attending Workshops

2021 52

2022 188

**Total 240**



## Number of Workshop Places Filled

2021 218

2022 638

**Total 856**



## Cultivating Memories - Grass Roots

We have spent some time working alongside 2 local day care centres, Lady Elsie Finney, run by Lancashire County Council and Withy Trees, run by Age Concern Central Lancashire. The aim of the project was to gather stories about gardens in the local community, how people played in them as children and what they went on to grow in them etc. The biggest thing we learned was that almost nobody had a garden as a child, all having back yards instead. This led to some interesting stories about the antics folk got up to while playing on the street and beyond. Despite the lack of garden stories, this project was a wonderful opportunity to spend some time with participants as we planted up herbs and bulbs, as well as making a collage of all the stories they did tell.

"Great enthusiasm was nourished by Donna, and both clients and staff were encouraged to positively contribute to the workshops.

The delivery and continuity of the workshops was fantastic, and it enabled development of the relationships between everyone present and inspired all that took part "



**As a result of this project, kindly funded by the Central Lancashire Operational Group, 23 people enjoyed some reminiscence, companionship and created some lovely planters to take home to their family.**

# Friday Friends

Friday Friends is our Grimsargh based Dementia Friendly group that started in early summer 2022. I will let Janette, who comes with her Dad Cliff, explain it all. I will just add that this group of people make every week special.



Dad really likes Friday Friends. Lovely to enjoy tea and cakes with others. Friday's outing seems to be one of the things he most likes!

He had become quite isolated with the pandemic and we were in the process of finding things that he could do to keep him stimulated. He is 92 and recently diagnosed with memory loss. It was great that he could go to Friday Friends without an official diagnosis as this took a while and without Friday Friends I don't think he would have stayed as optimistic as he has.

Even though many things are difficult for him, he has enjoyed the company offered at Friday Friends and always attempts the activities which have been varied and interesting. He especially enjoys the planting themes.

At Friday friends people are given the opportunity to try different activities in a non judgemental, often humorous, and always welcoming environment.

Music and singing at the end are the added bonus which give an extra element with instruments where everyone can join in together. I would recommend it!!

# Friday Friends continued....



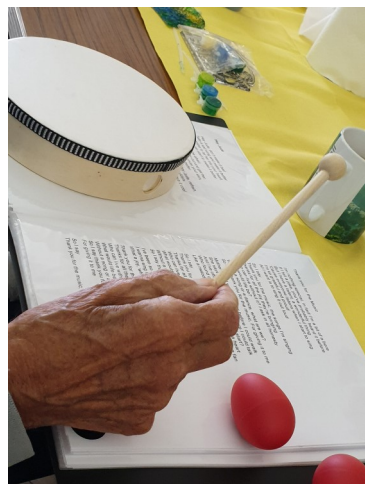
I as a carer love the atmosphere and it is a great place to meet people in the same position as me. It is good to be able to hear about other patients and that it is not all doom and gloom.

Donna is a blessing. She is always there with advice when I need it.  
Hooray for Friday Friends.



I know my mum loves attending each week.

I can certainly see a lift in her mood when she has been to the group and I really appreciate the respite it provides me knowing she is somewhere she enjoys, is safe and with friends.







'T' reacts very well in the group. More than anywhere else I take him. He always seems happy to join in the activities.

He especially seems to enjoy the music and singing and even dances sometimes which has been unheard of over the last few years.



Mum really values the friendships she's made there. She looks forward to it each week and it's a real lifeline for her to interact with others, get out of the house and enjoy taking part in a variety of supervised activities each week. It gives her some stimulation she just wouldn't have otherwise.



Our Group is so much fun to be in. I enjoy every Group Meeting and feel better for going every week especially the singing and the laughter from everyone.



# Dignity in Dementia

Dignity in Dementia has been delighted to work in partnership with Rosemary and Time to deliver a hugely successful 'Grow to Give' gardening project in South Cumbria.

Our clients all said what a pleasure it was to take part and see the 'fruits of their labour' grow.



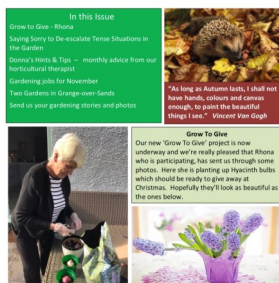
Working with Donna from Rosemary and Time has been a delight. Her creativity, knowledge and professionalism ensured that our 'Grow to Give' project always ran smoothly.



Following on from our previous partnership, we worked alongside the lovely team at Dignity in Dementia to help deliver their project “**Grow to Give**” Each month together we ran an online garden themed workshop involving people with dementia and their family carers. We enjoyed planting up herbs, sowing sweet peas and even decorating packets of seeds at Christmas time. We also contributed towards their newsletter, sharing how to make the most of your garden and nature while living with dementia.

The aim of the project was to encourage people to grow things that they could then gift to others, reminding themselves that they still have a lot to offer.

**As a result of this project 24 people attended our workshops, enjoying a sense of belonging, reducing their feeling of isolation and feeling that they have something to look forward to.**



"Donna the Horticultural Therapist was so warm and engaged everyone in lovely conversations. She was also amazingly calm, encouraging and patient. I'm not really a gardener so learnt loads from her"



Thank you soooooo much for your gardening lessons. We have all enjoyed never-ending salad leaves for a couple of months now and flowers. I keep reminding 'S' that she planted the bulbs and seeds and helped to produce our delicious salads.




"The sessions were amazing and we really looked forward the them. It was such a lovely group. Each time we did something different. Our favourite was definitely the Christmas session where we decorated the seed packs, but every session was always fab."

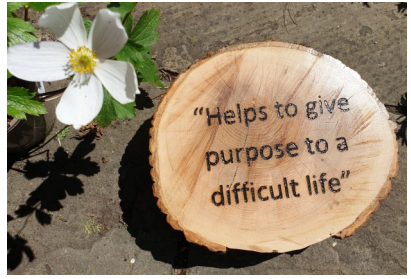


*Feedback as given to the Dignity in Dementia team.*

# RHS Tatton Flower Show



This border is made up of the Forget-Me-Not colours and represents the unique love between a person living with dementia and their closest loved ones. The two chairs and the symmetrical planting around them represent the comfort they find in each other. Sitting in this shared world, their view is the same when the chairs are perfectly aligned. If one chair is moved, their view is altered even though they are in the same space. This is how dementia works, it changes how someone perceives a once familiar world. It is up to us as carers to shift our chair in order to see the world as they do and help them embrace it and live comfortably within it.



In the summer of 2021 we took on potentially one of our biggest challenges. Creating a community border at RHS Tatton Flower Show. Due to the Covid situation and the very hot weather none of our participants were able to be involved in the building of the garden.

However, their influence was present in so many ways. The concept of the design was based on the experiences shared by our groups. Their comments about our sessions together were burned onto a row of wooden stepping stones for everyone to see. And providing the talking point of the garden were a mass of painted pebbles, created by groups of people with dementia across Lancashire and Cumbria, highlighting their individuality.

We were very proud to be awarded a Silver Gilt medal, but more importantly, a lot of conversations were held with visitors to the show about how dementia was affecting their lives, how to make the most of their lives despite the challenges, or how to support a loved one as best they could.



# Training

I have been very fortunate to have a career in Social and Therapeutic Horticulture for over 20 years now. As a result I enjoy sharing my experience with others who are maybe new to the industry.

Over the last 2 years we have delivered a range of training courses for people working in community gardens, food growing projects, social prescribing projects and care homes.

**As a result of this training 63 people now feel more confident in their role, feel more able to offer inclusive and effective gardening themed workshops and projects.**

Donna is a calming and inspirational teacher. She doesn't simply tell us about theory, she can tell us about how the theory has worked practically and give examples.



Our training is particularly valuable to

- Activity Co-ordinators in care homes or independent living facilities
- Community Engagement projects
- Therapeutic Horticulture projects

We would be glad to chat with you about training to suit your needs.

Donna is a generous trainer with her time and her knowledge. What's significant is that she is prepared to listen to participants' queries and answer questions in an informal and informative way. All of the participants feel like they are valued.



As a trainer, Donna is able to read a room quickly and react to any queries or comments from the participants. The hand outs are easy to read and incredibly informative.



# Social Enterprise

## What is a Social Enterprise?

In a nutshell it is a business that endeavours to earn as much of its income as possible through trading of some description, while at the same time having a significant social impact on a community, be that geographical or with a shared experience; on the environment or on the awareness of a community around a particular issue.

Rosemary and Time is a social enterprise.





Traditionally our earned income has come from 3 main sources

- Plant and wooden creations sales
- Delivery of training and workshops not covered by our funding grants
- Speakers fees, giving talks to local groups.

While continuing with these activities we are also developing on a more sustainable business model, which is already beginning to show signs of success. New for 2023 will be workplace based activities, harnessing the benefits of nature in stress reduction and staff motivation. All profits will enable us to support more local people living with dementia.

We will always require some level of grant funding, but given the current funding climate not only is it harder to obtain grants, there are other organisations who meet a more basic need who are quite rightly prioritised.

# Supporters

We have been so grateful for the backing of all our supporters.

They have helped in so many ways, either financially or through guidance, partnership working or generally spreading the word about the work that we do.

In addition to the organisations and businesses represented here, I would like to thank

- ◆ Chipping WI
- ◆ Ribchester WI
- ◆ U3A Becconsall
- ◆ The family of Fred Handley
- ◆ Grimsargh Gardening Club
  - ◆ Lynn McCann
  - ◆ Alistair Clarke MBE
- ◆ My fellow directors and my family

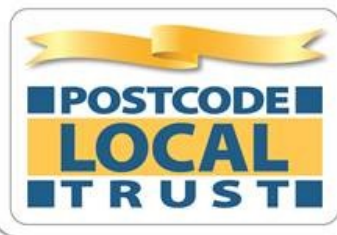
Without the support of so many people we really couldn't do what we do, thank you.



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So Plants  
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Social Enterprise Lancashire Network





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