

Client Involvement Ramble, Forage, Pickle, Trade.

A Community Partnership/ Nathan and
Scott / 30/04/2021



Ramble, Forage, Pickle, Trade

What was it: A collaborative, co-produced community group of clients and support workers.

What did we do:

- Rambled – Enjoyed walks together in the countryside
- Foraged – With the guidance of an expert forager, we sourced free, wild foods on these walks
- Pickled – Guided by forager, we learned safe ways to preserve.
- Trade – We gave away our products for donations, to raise the profile of what we had done, share our achievement and raise some funds to do it again.

Who we are, background

- We are representatives from a service known as the SIB (Social Impact Bond), or Street Impact London. This service was made up of 6 staff, some volunteers and social work students and 175 clients.
- The clients had long rough sleeping histories and the project was tasked with trying to work in new ways to find sustainable accommodation solutions for our clients, alongside better managed needs and improved wellbeing. Each client was allocated one worker, who would work with them through their whole journey, towards their set goals.
- Scott and Nathan represent that team today and were a client and staff who worked together. One of us was a member of staff and one was a client of the service. We both now work in other services.

We had targets to meet, but we set new goals of our own

- Like most services, we were judged on how successful we were in supporting our clients to achieve outcomes.
- As we navigated our way through systems to achieve these outcomes together, we learned a lot about what works and what doesn't. We also built a lot of trust in each other and built really close working relationships.
- After a year we pulled together, clients and staff alike, to think about what goals we would like to set, to achieve together, outside of the goals set for us as a service.

Starting Out

- We didn't want to decide anything without involving everyone who would like to be involved.
- Planned a FUN day out to get to know each other and find common purpose
- Boat trip, Pie and Mash, Maritime museum
- Discovered shared memories of Blackberry picking for Jam
- Proposed meeting to discuss foraging group, at which we put together a grant application, which was successful.

Building momentum

- Together we set out to be really adventurous and do something really special, this helped develop real interest
- Inform: Used Newsletter to celebrate every step and activity and communicate opportunities, next events
- Partnership/working together: We decided on a Group Charter to help us all feel secure in the group, helped manage issues.
- Regular fun activities and events: We made sure that we planned events and that they were at least monthly

Rambling + Foraging



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- 11 of us all packed off to Leigh on Sea, with an expert forager, to learn about what plants we can pick, about the philosophy of foraging and we also had a bit of foraging time ourselves.
- We learnt about the abundance of wild food and collected wild fennel. We even found some precious bronze fennel and some wild onions. It was so satisfying to find and collect it, and exciting as we rambled around and discovered new reserves. Not all the edible plants were enjoyed by the team, with some being compared to soap (Alexander plant). We also found wild mustard, plantain, marsh samphire and aster and picked some edible flowers (Oxeye daisies).



Pickling

- We made our first product for **Ramble/Forage/Pickle/Trade!** 27 Jars of Wild Fennel and Wild Onion Sauerkraut! Its delicious, but don't take our word for it take Barrie's (SIB client)-
- 'Its ***** banging!'
- Not actually a pickle, it's a ferment.



Trade



- We set up a stall and offered our products to try, and take for a donation to help fund future projects
- We traded all our products in about 1 hr
- We made over £350
- We raised the profile of the project and celebrated our achievement
- We gave some to the Mayor of London and appeared in Homeless Diamonds



Summary of activities

- 11 of us got together to plan an activity grant application to fund our work
- 14 of us went on a boat trip together to Kew Gardens to get to know one another better
- 12 of us went on our first foraging trip to Leigh on sea, led by an expert forager and gathered wild fennel and onions.
- 3 of us gathered to learn how to make a ferment out of the products gathered. 30 jars of Wild fennel and wild onion sauerkraut
- 1 client took on the role of editing our monthly newsletter, which anyone can make contributions to, collected at the end of each month
- 4 of us went back to Leigh on sea and gathered 7 kilos of Marsh Samphire.
- 9 of us went wild swimming in Hampstead ponds
- 2 of us spent a day making 30 jars of Marsh Samphire Pickle
- 2 clients contributed to our community newsletter
- 11 of us went foraging for Blackberries in Broxbourne, along the River Lea
- 3 of us spent a day making Hedgerow Jam out of the foraged berries.



What we learned

- This has been an amazing achievement and has brought great, unexpected opportunities to learn and grow together. We have been learning about the value of joint purpose, mindful activities and all about how to gather foods, preserve them in ancient ways and more generally about how to work together and enjoy new things.



Positive outcomes

- Positive relationships of support: One client assisted another by pushing him around Kew Gardens in a wheelchair that had been provided. This helped develop trust in the team, enabled the client with mobility issues to be involved and see around Kew, whilst developing confidence and self-esteem for the client assisting.
- Self esteem: One client called his mother during the trip to tell her what he was doing and this made them both feel positive about the choices that he was making. He described, afterwards, how good this made him feel, to be able to talk to his mother about being involved in a new positive community, moving away from the streets and his drug use.

Positive outcomes

- One client benefitted from Peer Support around low mood and depression. He came straight from hospital and did say he had benefitted from social support.
- Reported reduced substance use, forgot hostel life.
- One client helped plan, and delivered, a small element and enjoyed explaining to the group what we were planning.
- All clients expressed that they felt positive about the plans and were excited about being part of the community.

Any Questions

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Thank you

Nathan and Scott / 30/04/2021

