

The **Bangladeshi Women's Organisation** offer holistic services for women in Longsight and have been running for 27 years.

They joined Growing Manchester in Nov 2017 and Sow the City helped the group to secure support from the **Wellbeing Fund** in early 2018



The fund was used to transform their yard into a **fully accessible growing space** with raised beds built, greenhouse, composters and seating area.

The BWO work with socially isolated women who have a variety of mental and physical health conditions

- **Approx half suffer from cardiovascular conditions, diabetes or high blood pressure**
- **Approx half have anxiety or depression**

**Exercise, fresh air and healthy eating** are an essential part of improving the health and wellbeing of their service users.

More than **30 service users** got involved in growing sessions and in regularly tending to the garden.



With their dedication and enthusiasm the group has grown loads of **British and Bangladeshi vegetables...**



...which they use to create delicious meals at their lunch club every week.



It has been inspirational to work with Sow the City, to be part of the Growing Manchester network and learn about growing.

Shafa Begum, Mental Health Worker at the BWO



**NHS**

**Greater Manchester  
Mental Health**  
NHS Foundation Trust

**growing  
mcr**



## Sabeera, 35

Sabeera suffers from anxiety and depression. She moved from Bangladesh three years ago and speaks very little English. Sabeera was physically and mentally abused by her husband which led to her suffering a mental breakdown. She was unable to look after herself or her children who were put into the custody of their grandparents.

**Sow the City** have worked with Sabeera through our **Growing Manchester programme** both at Milbrook and the BWO. Sabeera had never gardened before attending sessions at both centres and thrived in this setting. She is now the BWO's main gardening and lunch club volunteer. Gardening and growing fruit and veg has helped Sabeera to become healthier and happier.

“**Sabeera** used the **Millbrook Unit garden** to harvest veg to make curries for other patients on the unit. She was proud to share what she had done and benefited a lot from the Growing Manchester programme ”

**Lauren Watson - Occupational Therapist, Milbrook.**

Sabeera was committed to Wythenshawe Hospital and then moved to Milbrook Independent Hospital, a mental health treatment and recovery centre in Wythenshawe.



Sabeera has recently been discharged, has moved to Longsight and is being looked after by the community mental health team. Sabeera is gradually regaining her self confidence, independence and continues to improve her personal self care.

Throughout this time Sabeera has been supported by The **Bangladeshi Women's Organisation (BWO)**. Sabeera now visits their Longsight centre every day and with the help of Mental Health Worker, Shafa, she takes part in all sorts of activities to aid her recovery – yoga, English classes, cooking and gardening.

