

PECT Workshops – Final Impact Report

Sessions 1–10
June–August 2025



Introduction

Between June and August 2025, Project Abundance delivered 10 free, nature-based frailty workshops at The Green Backyard, Peterborough. These sessions were designed to boost wellbeing, confidence, social connection, and skills for older adults and those living with frailty, through inclusive, hands-on activities in a supportive outdoor setting.

Participation

- Total attendees: 99
- New attendees after previous report (sessions 8–10): 20
- Overall survey response rate: ~35%

Wellbeing & Confidence Gains

- Average wellbeing before sessions: 3.4 / 5
- Average wellbeing after sessions: 4.9 / 5
- Average confidence after sessions: 4.6 / 5
Some participants improved from a score of 1 or 2 to 5 in wellbeing in just one session.

“It was lovely — friendly, knowledgeable people, and I left feeling so much better than when I arrived.”

Learning & Enjoyment

- 100% learned something new — skills included herbal tea blending, candle making, recycled paper making, seed saving, natural crafts, seasonal cooking, and wildlife-friendly gardening.
- Favourite moments included:
 - Making natural candles
 - Learning the benefits of herbs and plants
 - Creating bird feeders and seed bombs
 - Cooking with freshly harvested produce
- 100% enjoyed the activities
- 100% enjoyed being outside — many noted the setting as “calming” and “uplifting.”

Social Connection & Belonging

- 100% talked to someone new
- 80% made a new friend
- 100% felt more connected to their community
The workshops were repeatedly described as friendly, diverse, and safe, helping to reduce feelings of isolation.

Future Participation

- 100% would attend similar sessions again
- 100% would recommend Project Abundance

Overall Impact

These workshops have:

- Improved mental health and confidence for participants
- Provided accessible green space experiences for those who may not regularly engage with nature
- Built skills for creative, sustainable living
- Strengthened community ties among diverse participants