

## Growing Well Together - 3<sup>rd</sup> March, 2015

Sharing best practice of collaboration between community gardens, the NHS  
and other health care providers - North Glasgow Homes, Saracen House, G22 5AZ

Time	Programme
09:30	<b>Registration</b> - Tea and Coffee available
10:00	<ul style="list-style-type: none"> <li>- <b>Welcome from Event Chair</b> – <i>Andrew Robertson, Carers Champion of Glasgow</i></li> <li>- <b>How is greenspace good for your health?</b> <i>Anna Baxendale, Head of Health Improvement NHS GGC</i></li> <li>- <b>A reflection developing a hospital garden</b> – <i>Dr. Oliva Chapple, Horatio's Garden</i> and <i>James Alexander- Sinclair, garden designer</i></li> </ul>
11:00	<p><b>Workshop Session 1</b> (<i>please sign up to workshops at reception on arrival</i>)</p> <ul style="list-style-type: none"> <li>A. <b>Healthcare landscapes and community growing / Garden tour</b> – Tour of the Back Garden, an opportunity to find out about the design and process behind the Possil Health Centre landscape project with Landscape Architect, <i>Rolf Roscher, ERZ</i></li> <li>B. <b>The integration of greenspace into health care settings</b> – <i>Green Exercise Partnership, Kevin Lafferty, Forestry Commission</i> and <i>Allison Murray, NHS Health Improvement</i></li> <li>C. <b>Structured Horticultural Therapy and recovery focused meaningful activity</b> - <i>Jenny Simpson, Trellis, Fiona Sinclair and Anna Grady, The Growing Spaces at Gartnavel Royal</i></li> </ul>
12:00	<b>Lunch/networking</b> – Lunch provided by <i>Food for Thought – The Grub Hub</i>
12:45	<b>A healthy nation and the future of community gardens</b> - <i>Marco Biagi, Minister for Local Government and Community Empowerment</i>
13:15	<b>Break</b>
13:25	<p><b>Workshops Session 2</b></p> <ul style="list-style-type: none"> <li>D. <b>Growing spaces in a healthcare context / Garden Tour</b> – An opportunity to find out about the community engagement process, links with the Possilpark Health and Care Centre, the garden design of the Back Garden and ongoing running of the project with <i>Kate Shaw, Concrete Garden</i></li> <li>E. <b>Financial sustainability, tendering and paying for your service</b> – <i>Karen Davidson, Growing Together Scotland</i> and <i>Les Rice, Urban Roots</i></li> <li>F. <b>Self Directed Support</b> – From <i>Diversity Matters</i></li> </ul>
14:25	<b>Break</b>
14:35	<p><b>Workshop Session 3</b></p> <ul style="list-style-type: none"> <li>G. <b>Best practice around legislation</b> – How working with community groups can support the NHS achieve its statutory obligations and support delivery. <i>Caitlin Hamlett, Sustainability Manager, NHS Health Facilities.</i></li> <li>H. <b>Experiences and benefits of green / social prescribing and community orientated primary care.</b> <i>Allison Murray, NHS Health Improvement</i> and <i>Emma Iller, Urban Roots.</i></li> <li>I. <b>Evidence of how community gardens benefit health and well-being</b> – <i>Dr. John Crossan (Glasgow University), Di Blackmore (Stirling University), Fiona Walls (University of the Highlands and Islands), Gregor Yates (Glasgow Centre for Population Health)</i></li> </ul>
15:40	<b>Evaluation and concluding remarks</b> - <i>Andrew Robertson</i>
16:00	<b>End</b>