

Event Report

Growing Well Together

Sharing best practice of collaboration
between community gardens, the NHS
and other health care providers

3rd March, 2016, 10am – 4pm
North Glasgow Homes, Saracen House, Glasgow

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Growing Well Together event discussion

1. Aims and outcomes of the event

Aim:

Sharing best practice of collaboration between community gardens, the NHS and other health care providers

Outcomes:

- Community gardens have a better understanding of what is involved in being a health care provider and in working collaboratively with the NHS and other health care services.
- NHS staff have an increased awareness to the benefits of community gardening and how this can be integrated into services they deliver.
- Community gardens and NHS are aware of the different avenues of support and collaboration. Eg Public bodies have responsibilities with Community Empowerment Act, statutory environmental responsibility.
- Community gardens are more confident in presenting themselves for tendering and in the process to pay for their services.

2. Organisers

This event was organised by the **Federation of City Farms and Community Gardens** and **Urban Roots**.

Working in collaboration with various local, national and regional organisations:

- Concrete Garden
- Department for Local Government and Community Empowerment
- Diversity Matters
- ERZ
- Forestry Commission
- Glasgow Centre for Population Health
- Glasgow University
- Growing Together
- Horatio's Garden
- NHS Health Facilities
- NHS Health Improvement
- Ng Homes
- The Growing Spaces at Gartnavel Royal
- The Grub Hub
- Trellis
- Scottish Natural Heritage
- University of the Highlands and Islands

Acknowledgement for the support and time from the Event Chair, Andrew Robertson, Carers Champion of Glasgow, in bringing this event together and with the event delivery.

3. Programme

Introduction and Plenary: Andrew Robertson, Event Chair and Carers Champion of Glasgow

Keynote speakers:

- Anna Baxendale, Head of Health Improvement, NHS GGC
- Dr. Oliva Chapple and James Alexander-Sinclair, Horatio's Garden
- Marco Biagi, Minister for Local Government and Community Empowerment

Workshop Speakers and Facilitators:

- Healthcare landscapes and community growing / Garden tour
- Rolf Roscher, ERZ
- The integration of greenspace into health care settings
- Kevin Lafferty, Forestry Commission and Allison Murray, NHS Health Improvement
- Structured Horticultural Therapy and recovery focused meaningful activity
- Jenny Simpson, Trellis, Fiona Sinclair and Anna Grady, The Growing Spaces at Gartnavel Royal
- Growing spaces in a health care context / Garden Tour
- Kate Shaw, Concrete Garden
- Financial sustainability, tendering and paying for your service
- Karen Davidson, Growing Together Scotland and Les Rice, Urban Roots
- Self-Directed Support
- Pat Black and Elaine Boyd, Diversity Matters
- Best practice around legislation
- Caitlin Hamlett, NHS Health Facilities
- Experiences and benefits of green / social prescribing and community orientated primary care
- Allison Murray, NHS Health Improvement and Emma Iller, Urban Roots
- Evidence of how community gardens benefit health and well-being
- Dr. John Crossan, Glasgow University, Fiona Walls, University of the Highlands and Islands, Gregor Yates, Glasgow Centre for Population Health.

Closing conclusions: Andrew Robertson, Event Chair and Carers Champion of Glasgow

4. Costs

Costs were covered by ticket sales and a contribution of £500 from the FCFCG Growing Well programme. Ticket sales came to £805. Costs included catering £490, stationary £10, honoraria £210 and came to a total of £710. The remainder was used to cover costs of report production and follow up.

The venue was provided for free by Ng Homes. There is also an estimated in-kind contribution of time, at the value of approximately £3,000, from a variety of individuals and organisations which supported in the preparation and delivery of the event. These include 4 days from Urban Roots, 13 days from FCFCG and 3 days from Andrew Robertson, Carers Champion of Glasgow. Event Speakers and workshop facilitators showed a clear commitment to the event in and generously gave time beyond their own work load.

5. Attendance

A total of 68 people attended the event. A large proportion of those attending were from community gardens through the central belt of Scotland. NHS Health Improvement was well represented, specifically from NHS Greater Glasgow and Clyde. Other public bodies were represented, including the Forestry Commission Scotland, NHS Facilities, Scottish Natural Heritage, and the Royal Botanical Gardens. Also in attendance were representatives from Housing Associations, third sector support organisations and community groups.

See *Appendix A* for full list of participants

6. Key notes from speakers

Presentation 1: Anna Baxendale, Head of Health Improvement NHS GGC

Key points:

- Greenspace improves mental health and wellbeing for children, young people and adults. Demonstrated by social interaction, community cohesion, and active citizenship. Examples of therapeutic / rehabilitation-lessening symptoms of anxiety & depression
- Enablers of greenspaces in healthcare: widespread support, commitment of individuals, Green Exercise Partnership, linking environment and the arts, community engagement, the short life working group, and the added value.
- Other factors and influences
 - Proximity and access to green spaces influences general public frequency of use
 - GPs providing advice about physical activity in green spaces as an alternative or adjunct to medication for patients with milder forms of depression or anxiety
 - Skills development and capacity building is essential for healthy communities
 - Reference to A Faculty of Public Health report / action report - *Great Outdoors: How Our Natural Health Service Uses Green Space To Improve Wellbeing*
- Funding opportunities
 - [SNH Green Infrastructure Fund](#) (ERDF)
 - [Keep Scotland Beautiful](#)
 - [Greenspace Scotland](#)
 - Paths for Health

[Presentation available here](#)

Presentation 2: Dr Oliva Chapple and James Alexander- Sinclair, Horatio's Garden

Key points:

- Creating hope through nature for those with paralysis, Horatio's Garden at the Duke of Cornwall Spinal Injury Treatment Centre opened in July 2012.
- Highlighting the importance and benefits of access to nature when an individual has experienced a trauma which is life changing.
- Evidence base:
 - Benefits of natural space - 75% of patients indicate an increase to health and happiness whilst receiving treatment.
 - Increases in fitness, happiness, positive distractions, wellbeing, sense of control, relaxed sensation, more able to cope, staff job satisfaction, vitamin D levels.

- Supporting the decrease and control of patients' length of hospital stay, medication use, low mood, blood pressure, cortisol levels, staff sickness, relatives stress levels, social isolation, blood Glucose levels
- Importance of easy accessibility to hospital green space

[Presentation available here](#)

Presentation 3: Marco Biagi, Minister of Community Empowerment

The Minister confirmed there was sufficient evidence of the health benefits of gardening in itself, and as a means to address increased sedentary lifestyles and the increasing cost burden on the NHS as a consequence. *"It is estimated that physical inactivity in Scotland alone results in around 2,500 premature deaths and costs the NHS around £94.1 million annually."*

There is a commitment from the Scottish Government to empower communities through the [Community Empowerment \(Scotland\) Act 2015](#). *"Importantly, the new Act provides a legal framework that will promote and encourage community participation by creating new rights for community bodies and new duties on public authorities"*. It gives communities new legal rights to be involved in determining the best use of assets, and extends the right to buy to urban areas.

Part 9 of the Act creates new legislation for allotments, and supports other measures for food growing. *"The measures within Part 9 will result in more food-growing opportunities for our communities, where there is an identified need and will improve people's access to affordable, healthy and sustainable food, the very essence of our vision of a Good Food Nation"*.

[Presentation available here](#)



Marco Biagi (right) with Andrew Robertson (left) and Ian Egginton-Metters (centre)

7. Key notes from workshops

Healthcare landscapes and community growing /Garden tour

Rolf Roscher, ERZ

- Skills, time and space are needed to transform a space
- Gardens are easier to design with build – however, if done retrospectively, there can be a lot of innovation in making it fit in
- Community gardens are the seed for community development and the volunteers and workers are the change agents

[Presentation available here](#)



The

Garden tour with Rolf Roscher of ERZ

Integration of greenspace into health care settings

Green Exercise Partnership, Kevin Lafferty, Forestry Commission and Allison Murray, NHS Health Improvement

- We don't necessarily need more evidence, and there are now multiple policy drivers in place to justify action to improve greenspace. Health leaders understand the value of greenspace, but are concerned about the public perception of investing in green space.
- Now at the stage of embedding action in all health settings to become standard practices. A useful free publication for advice is: [Greenspace design for health and well-being](#)
- The Green Exercise Partnership can help signpost to the most appropriate NHS staff
- 7 out of 10 NHS staff are overweight – green space access is equally important to staff as patients

[Presentation available here](#)

Structured Horticultural Therapy and recovery focused meaningful activity

Jenny Simpson, Trellis. Fiona Sinclair and Anna Grady, The Growing Spaces at Gartnavel Royal

Key points:

- Trellis has over 300 different therapeutic gardening projects as part of their network.
- 'Adaptive gardening' works when the background knowledge of the people is central
- Ownership of the garden – seeds of ideas come from the patient, family and staff
- Roles, responsibilities and trust is long term development

[Presentation available here](#)

Growing spaces in a healthcare context/Garden Tour

Kate Shaw, Concrete Garden

- Make presence clearly known to a range of people
 - Garden coordinator attends and presents at COPC meetings
 - Monthly promotion stalls
 - Weekend workshops and action days
- It's important to involve a Garden Designer in the design of a new community garden, and to include adequate indoor seating space.
- Having an emphasis on the garden being for everyone – patients, public, staff – really helps community involvement.
- A full-time gardener to help maintain the garden is optimum.

[Presentation available here](#)

Financial sustainability, tendering and paying for your service

Karen Davidson, Growing Together Scotland and Les Rice, Urban Roots

- Get yourself noticed – attend community planning partnerships, talk with RSLs, produce cook book and training, recognise vanity – invite senior officials to present.
- Make it fun – contact other community groups in your area to share knowledge and experience.
- Build relationships. A checklist of how you approach GPs etc is available via the Growing Together team, and additional support in developing a garden's 'offer' can be made available to a limited number of groups.
- Urban Roots tendered for and secured a Food for Thought contract from the NHS, with a final list of outcomes and outputs mutually agreed during the first year. Now coming to the end of the second year of what is intended to be a rolling annual contract. Urban Roots has a grassroots reputation and is not seen as 'institutional' so provides the facilitation between the NHS and the patients.
- Seek to involve senior staff by asking for their views or requesting they make presentations.
- Ensure that you know your weaknesses and don't offer what you can't deliver on (it will come back to bite you), but do be open to develop new ways of working in partnership.

[Presentation available here](#)

Self-directed Support

Pat Black and Elaine Boyd, Diversity Matters

- It's really important to find out why someone wants to do something to meet their needs, and to make sure that how that is met is appropriate and doesn't actually create barriers to the why.
- We need to know more about who can support people to make choices about how their needs are met – at the moment this doesn't happen very well across the board
- SDS affects everyone, so it's important that we understand what it is and what it means to everyone.

[Presentation available here](#)

Best practice around legislation

Caitlin Hamlett, NHS Health Facilities

- Understanding the legislation is key to having a conversation with the NHS
- Community gardening activities can help the NHS achieve several obligations and policy objectives including: mitigating climate change, creating green infrastructure, community empowerment, biodiversity, sustainable development, design.
- Chief Executive letters outline actions required for hospital settings.
- Art and Environment now has to be part of any new build

[Presentation available here](#)

Experiences and benefits of green / social prescribing and community orientated primary care

Allison Murray, NHS Health Improvement and Emma Iller, Urban Roots

- Challenges to a community growing project: Different silos within the NHS, perception of risk within the NHS, ensuring participatory design
- Practice managers are key (to accessing wider staff)
- COPC – provides opportunities for various stakeholders to meet and explore shared needs and opportunities and roles

[Presentation available here](#)

Evidence of how community gardens benefit health and well-being

Dr. John Crossan, Glasgow University, Fiona Walls, University of the Highlands and Islands, Gregor Yates, Glasgow Centre for Population Health

- Good baseline survey of what you want to measure is important.
- Stalled spaces has shown that it is possible to achieve a lot with a small budget.
- *Glasgow's Community Gardens: Sustainable Communities of Care* report shows the link between democracy, citizenship and reducing health inequalities.
- It is very important that projects keep telling their stories.

[Link to presentations:](#)

Glasgow's Community Gardens: Sustainable Communities of Care report

John Crossan's presentation

Gregor Yates' presentation

Fiona Walls' presentation

7. Learning Points and Future Development

There is a great desire and willingness to share experience between community gardeners, the NHS and other health providers. Healthcare is a complex landscape to navigate and events like these can help build awareness for all parties about the landscape and opportunities available. This event highlighted that there are opportunities for increased collaboration.

“[This event has] opened my eyes to the opportunities available to working with the NHs and health care providers” Participant evaluation form

There was a clear appetite from participants for future events of a similar kind. The evaluation feedback suggested that future events should have smaller working groups and more opportunities for skill sharing. Increasing representation from the NHS at further events would be beneficial, and we should explore ways to make this happen, eg having shorter events that are easier for busy staff to commit to.

Appendix A: List of Participants

First Name	Last Name	Job Title	Current Employer
Allison	Murray	Health Improvement	NHS Health Improvement
Amanda	Storey	Operations Manager	Scottish Natural Heritage
Amanda	Malcolm	Citizen Science Coordinator	TCV Scotland
Andrew	Robertson	Carers Champion of Glasgow	
Anna	Baxendale	Head of Health Improvement	NHS GGC
Anna	Grady	Health Improvement Practitioner	NHS NW HI Team
Belinda	Arthur		
Caitlin	Hamlett	Sustainability Manager	NHS Health Facilities
Caroline	Matheson	Director	Farm to Work Ltd
Catherine	McCluskie	Community Gardener	CCI
Cathy	Maund	Director	Hammersmith Community Gardens
Chris	Macefield	Field Worker	FCFCG
Claire	McPhelim	Community Nursery Nurse	NHS GG&C
Clare	Walker	Social Enterprise Director	Tameside Oldham and Glossop Mind
Colin	Myles	Market Garden Coordinator	Urban Roots
Di	Blackmore		NA
Elaine	Boyd	Team Member	Everyone Together
Emma	Iller	Project Coordinator	Urban Roots
Fiona	Sinclair	Gartnavel Royal	NHS NW HI Team
Fiona	Walls	BSc Psychology (Hons) Student	University of the Highlands
Francesca	Clair	Project Coordinator	Urban Roots
Frank	Balloch	Development Officer	The Coach House Trust
Gavin	Lashley	Volunteer	Urban Roots Initiative
Gregor	Yates	Public Health Researcher	GCPH
Hannah	knight	Community Engagement Officer	RSPB
Heidi	Searly	Coordinator	FCFCG
Hugo	Whitaker	Community Gardens Manager	Cyrenians
Ian	Egginton-Metters	Asst CEO	FCFCG
Ian	Beamish	Volunteer	RBGE
Jacqueline	Ferguson	Project Manager	Oasis Community Garden
Jacqueline	Bond-Gillespie	Horticulture Student	
James	Alexander-Sinclair	Garden Designer	Horatio's Garden
Jenny	Foulkes	Edible Gardening Project Manager	RBGE
Jenny	Simpson	Information Officer	Trellis
Jerry	Hutchinson	Garden Support Worker	Woodlands Development Trust
Jinty	Moffett	Chair	St Vincent's Therapy Garden
John	Crossan	Research Associate	University of Glasgow
Karen	Davidson	Scotland Advisor	Growing Together
Kate	Shaw	Project Coordinator	Concrete Garden
Kateryna	Sydorova	Volunteer Champion	Oasis community Garden
Kelly	Anderson	Farm Manager	Bill Quay Community Assoc.
Kevin	Lafferty	Access, Health and Recreation Advisor	Forestry Commission
Kim	Gillies	Therapeutic Horticulturist	Urban Roots

Laura	Gilchrist	Development Worker	CCI
Les	Rice	Manager	Urban Roots
Lesley	Gray	Manager	Graze Small Holding
Lindsey	Duncan	Project Coordinator	Urban Roots
Lucy	Holroyd	Green Learning Tutor	Edinburgh Cyrenians
Marco	Biagi	Minister for Local Government and Community Empowerment	Scottish Government
Marie-Amelie	Viatte	Link Up Performance Advisor	Inspiring Scotland
Marsha	Unze		
Matt	Keyse	Community Scientist, Field Studies Council	Organic Growers of Fairlie
Melanie	Hall	Sessional Gardener	Concrete Garden
Olivia	Chapple	Chair of Trustees	None
Pat	Black	Director	Diversity Matters
Paul	Lafferty	Health Improvement Senior	Glasgow City HSCP
Paul	Boyle	Community Gardener (Volunteer)	Oasis at Wallacewell, Community Garden
Paul	Chambers	Cultural Services Officer	Glasgow Life
Rebecca	Kail	Moray Food Network Development Worker	REAP
Rhona	Donaldson	Volunteer	Pollinate Edinburgh
Rolf	Roscher	Director	ERZ
Roz	Corbett	Scotland Development Manager	FCFCG Scotland
Sallie	Sillars	Horticultural Therapy Manager	
Sarah	Griffiths	Therapeutic Garden Facilitator	Ninewells Community Garden
Scott	McNair	Community Projects Manager	Carr Gomm
Sue	Leadbeater	recently qualified occupational therapist	
Vicki	Fleck	Garden Development Worker	Woodlands Development Trust
Vivian	Ramsay	Edible Garden Volunteer	RBGE