

To increase participation In Social and Therapeutic Horticulture

Project lead: Thomas MacGregor

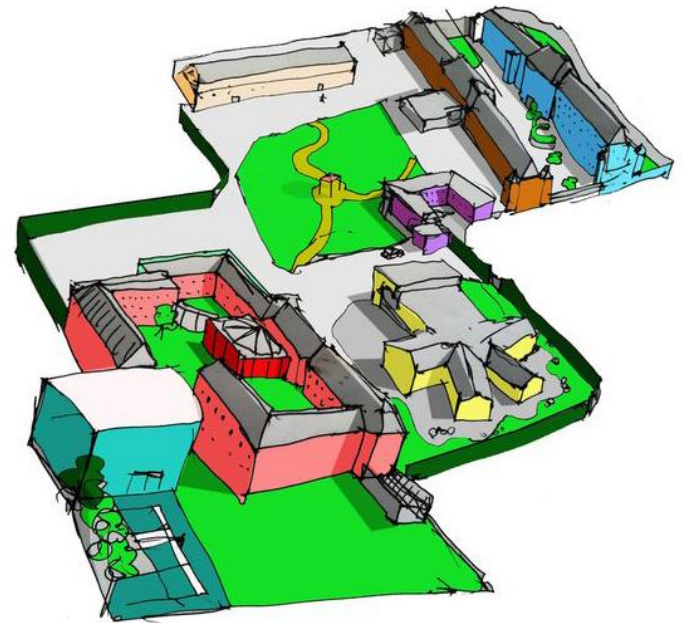
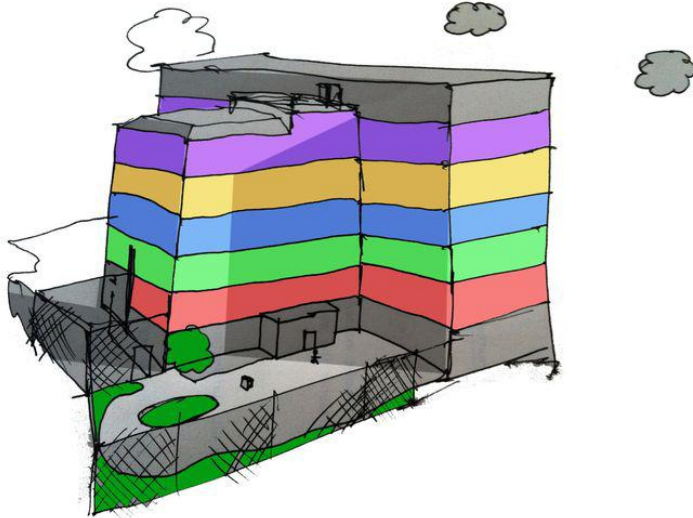
Project team: Natasha Cumberland, Brendan Viljoen
Lucia Masset

Project sponsor: Sarah Wood

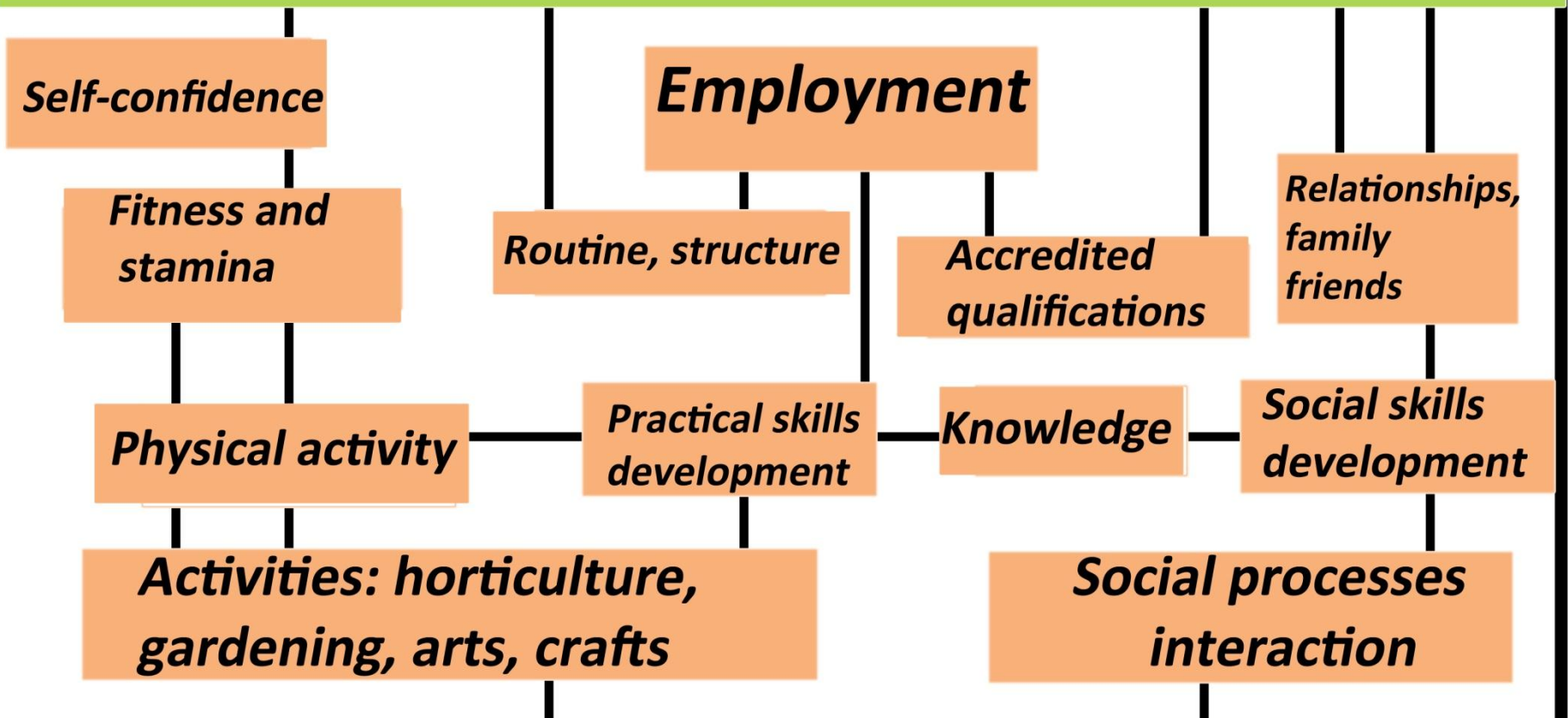
Background

The John Howard Centre

Wolfson House



Health, well-being, self-esteem, social inclusion, spiritual needs



*Open air and health - escape; contact with nature - fascination;
engagement with the natural process - nurture;
connectedness with nature - spiritual;
lack of pressure - peacefulness; sense of place*



Aim	Primary Drivers	Secondary Drivers	Change Ideas
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To increase participation In Social and Therapeutic Horticulture

Lack of Meaningful Outdoor activity

Promoting ‘Change of use’ in outdoor areas to aid smoking cessation

To provide alternative forms of outdoor exercise

Recorded level of un-met interest in gardening

Lack of appropriate resources

Service users levels of mobility

Obesity

Staff: patient ratios

Service users interest not entirely based around vocation

Attention restoration theory

Social Inclusion - To create further areas of ‘common ground where service users and staff can interact.

Gardening Champions

Familiarizing Team and participants with STH

Add areas for STH

Add sessions of STH

Increase flexibility of garden use

Raise awareness of when and how to use garden

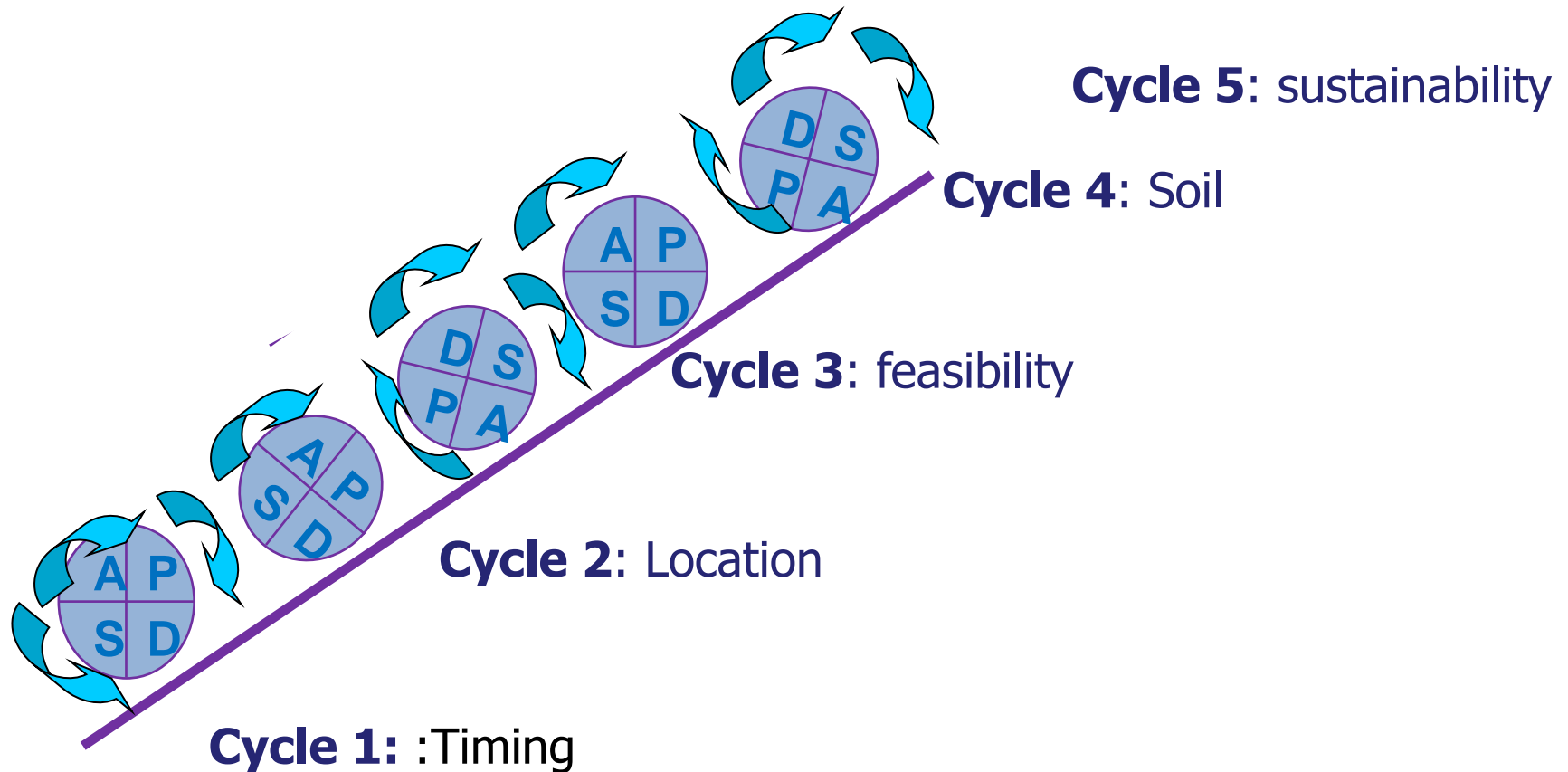
Create Access to ideas and resources

Synchronise planting plans between new and existing participants

PDSA cycles



Sequence of PDSA's – for one change idea or secondary driver



Data



4

Landscape gardening Individual development plan and three month review

Landscape gardening Individual development plan and three month review

Name of participant	Name of Reviewer
Date of meeting	

Looking back at what the team has achieved since our last meeting

What have you particularly enjoyed?

What do you think you are good at?

What have you found difficult, or not enjoyed?

How would you currently rate your confidence?

1 being very low – 5 being very high (please circle number)

1

2

3

4

5

As a result of taking part in the project do you feel you have (please tick

	Yes, a lot	Yes, a little	No	Don't know
Improved physical health?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Improved mental health?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Felt happier as a direct result of gardening?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Gained new skills in landscape gardening?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Gained knowledge in landscape gardening?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Thought about a healthier lifestyle?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A better chance of being employed?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

We agreed some aims together last meeting, how do you feel you have done?

Which aims do you think you have achieved?

Were there any which you feel you didn't achieve?

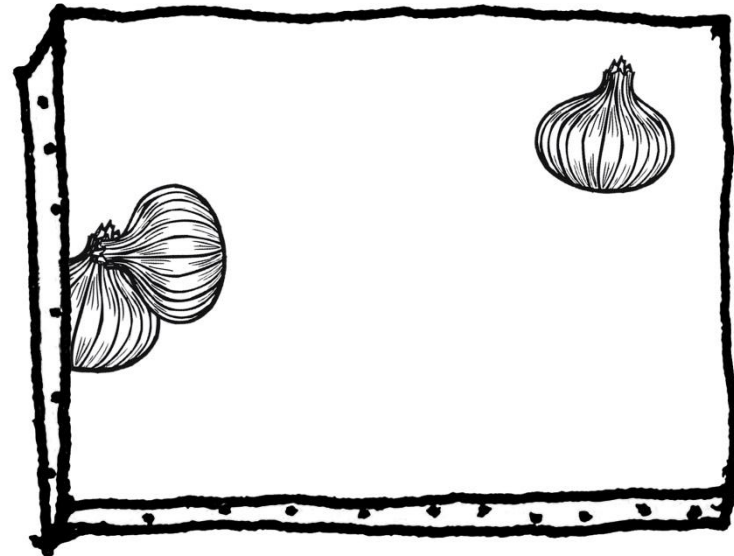
Reviewer's comments

Goal setting

Looking forward 3 months, what new aims do you have which can be achieved by coming to this group? (thinking about gardening skills and knowledge, healthier lifestyle, improvements to physical and mental health, confidence and community involvement, employability.)

What support do you think you need?

What next?



Sempik J, Aldridge J, Becker S (2005) *Health, well-being and social inclusion: therapeutic horticulture in the UK*. Reading: Thrive.