

Green Care, White Care

Gardening and Growing for Health Seminar



'Gardening and growing food positively influences health and well-being'

- **1 in 3 disabled people believe gardening has ongoing health benefits**
- **1 in 5 report that gardening has helped them through a period of mental or physical ill-health** (Mintel – for Thrive (2006), Levels of interest and participation in gardening among individuals with a disability)
- **More than 3 in 5 people perceived a positive change in overall health by the time they left an EcoMinds project** (EcoMinds (2013). Key findings from the University of Essex evaluation of the EcoMinds scheme 'Feel better outside, Feel better inside')

This seminar will:

- present the latest research findings for healthcare professionals and commissioners.
- feature presentations from key speakers, as well as current projects
- share good practice and create a platform for discussing the opportunities for gardening to be part of service provision within health and social care.
- provide a chance to network with other health professionals and commissioners

Delegates will be better informed about gardening and food growing as a health benefit, and more confident to commission such projects to support and change the lives of people living with a disability, health condition or for wider public health outcomes.

Date: Monday 18th November 2013, 9am to 5pm.

Venue: Royal College of Physicians, 11 St Andrew's Place, London, NW1 4LE

Delegates: Clinical Commissioners, GPs, Directors of Public Health, Directors of Social Care and Allied Healthcare Professionals

Cost: £55 (including lunch)

Bookings: Visit www.thrive.org.uk (click on conference and seminars) or call 0118 988 5688

The seminar is organised by Thrive, the Society for Horticultural Therapy, funded by Ecominds and in partnership with Growing Health, a national project run by Garden Organic and Sustain.

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Seminar Programme

- 9 – 9.30am Arrivals/coffee/registration
- 9.30am **Welcome and Introduction**
Cath Rickhuss, Head of Training and Education, Thrive
Key Note Speaker: Sir Richard Thompsom, President Royal College of Physicians
- 10.00am **‘Growing 4 Life’ – Project Evaluation (Funded by EcoMinds)**
Dr Joe.Sempik, Research Fellow, School of Sociology and Social Policy,
The University of Nottingham
- 10.45am **‘The Effects of Social and Therapeutic Horticulture on Aspects of Social Behaviour’**
(Thrive INSIGHT™)
Dr Joe.Sempik, Research Fellow, School of Sociology and Social Policy,
The University of Nottingham
- 11.30am Break
- 12.00 **‘Growing a Healthy Older Population’**
Jemma Hawkins, Research Officer (Health Psychology), Cardiff School of Health
Sciences, Cardiff Metropolitan University
- 12.45pm Lunch + Networking
- 1.45pm **Chair and Introduction**
Kath Dalmeny – SUSTAIN Policy Director
- 2.00pm **‘A consortium approach -The Natural Health Service’**
Paul Nolan, Director, The Mersey Forest Team
- 2.30pm **‘Commissioning food growing’**
Philip Garner, Specialist Programme Manager and Sarah Glendinning, Programme
Officer, Public Health, Lincolnshire County Council
- 3.00pm Break
- 3.15pm **Growing health in practice: two case studies**
Veronica Barry, Project Lead, Ideal for All. Growing Opportunities, Sandwell
Sydenham Gardens, Jim Sikorski, Chair of Trustees and GP Sydenham Green Group
Practice
- 4.00pm **Open discussion with panel**
Commissioning STH and food growing. How do we make it happen?

5.00pm Finish

