



Making community gardens work for people with dementia

growing support
because gardens are good for you



What we do

- Social and therapeutic gardening groups in care homes and community gardens
- Training
- Resources and practical support
- Growing Support in the Community project



Third Sector Awards Winner 2016



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Why we do it

Loneliness is bad for our health

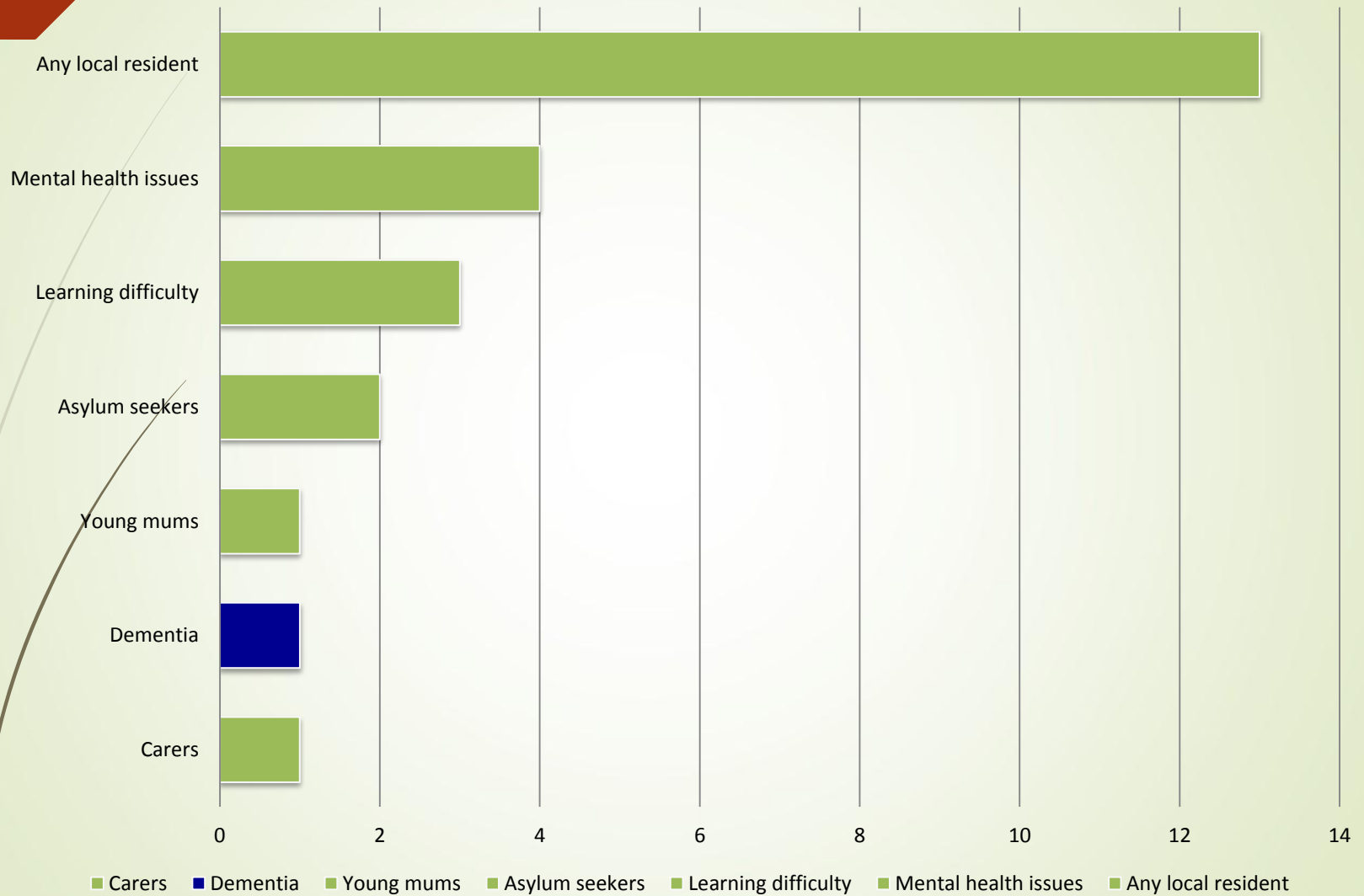
Dementia is a growing issue in many communities

Spending time in nature is good for our health and wellbeing

Community gardens are often under used by people with dementia



Client groups using 15 community gardens in Bristol



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Community Gardens have a lot to offer

- Green spaces
- Meaningful activities and volunteering opportunities
- Sociable groups of volunteers to work alongside
- A range of activities which can be adapted to suit different peoples' needs, abilities and interests
- Geographic spread of opportunities across the city



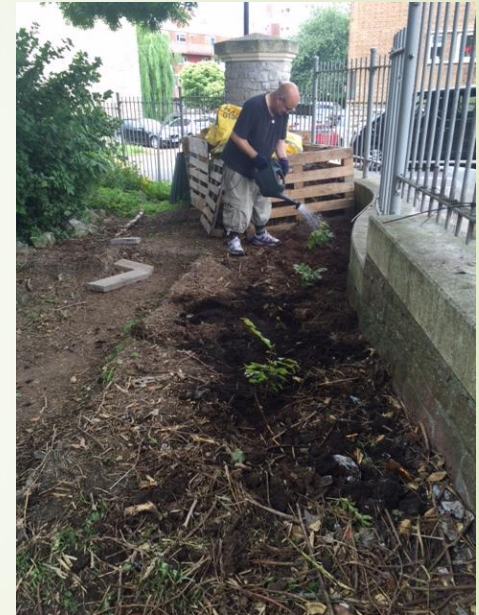
Evidence Based Intervention

- Reducing anxiety, stress and associated depression
- Volunteering can help improve quality of life, self-esteem and sense of purpose
- Socialising important for good mental health and wellbeing
- Gardening provides opportunities for physical exercise



Growing Support in the Community Project

- Completed **site surveys** with **26** green volunteering opportunities in Bristol
- Produced **map of green volunteering opportunities in Bristol**
- Delivered **2 training events for community gardens** on how to engage people with dementia in community gardening activities
- Delivered **9 'taster visits'** to 3 community garden sites, with **25** attendances from **12** people with dementia and **2** family carers. **14** care and support staff also attended the sessions.



Project outcomes

- ▶ Improved access to information on green volunteering opportunities in Bristol
- ▶ Observed outcomes for people with dementia taking part:
 - ▶ 89% socialised with other members of the group/Worked together on shared activity
 - ▶ 81% exercised fine and gross motor skills
 - ▶ 81% became more aware of surroundings and reflected on the activity
 - ▶ 49% learnt something new
 - ▶ 62% made something for someone else or helped someone
- ▶ 70% of training attendees reported that their knowledge and skills in engaging service users with dementia in gardening activities on their site had increased



Practical things community gardens can do

1. Encourage your staff and volunteers to access training in dementia awareness.
2. If possible access training in social and therapeutic horticulture to learn best practice in adapting gardening activities to different people's needs.
3. Promote your activities with local organisations that support people living with dementia



Practical things community gardens can do

4. Have an open discussion about what support people living with dementia need and you are able to offer at your community garden.

5. Take steps to ensure your site and activities are accessible to people with limited mobility.

6. Treat people with dementia like everybody else



Contact us



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