Growing Health Conference
6th December 2016:

Green Care Coalition

Kathryn Rossiter
Chair, Green Care Coalition
CEO, Thrive
Social and Therapeutic Horticulture - including Food growing (as a treatment Intervention)

Care Farming

Environmental Conservation (as a treatment intervention);
- Ecotherapy

Animal Assisted Therapy

Green Exercise (as a treatment intervention)

Others:
- Wilderness therapy;
- Nature therapy;
- Nature arts and crafts;
- Ecopsycho-therapy;

Range of different contexts, activities, health benefits, service users, motivations and needs.

Source: Adapted from Hine et al., 2008; Bragg et al., 2013 and Bragg 2014
Green Care as part of the Nature, Health & Wellbeing Sector

<table>
<thead>
<tr>
<th>Experiencing nature</th>
<th>Interacting with nature</th>
<th>Nature, Health and Wellbeing Sector</th>
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</thead>
<tbody>
<tr>
<td>Everyday life –</td>
<td>Health promotion –</td>
<td>Green Care –</td>
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<tr>
<td>General population</td>
<td>Nature-based activities</td>
<td>Nature-based therapy or treatment intervention</td>
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<td>General population</td>
<td>People with a defined need</td>
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<td>View from window</td>
<td>Restorative landscapes and gardens</td>
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<td>(at home or work)</td>
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<tr>
<td>Green exercise</td>
<td>Green exercise initiatives</td>
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<td>(e.g. walking, running cycling in nature etc.)</td>
<td>(e.g. Walking for Health)</td>
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<td>Gardening/Horticulture</td>
<td>Social and Therapeutic Horticulture (STH)</td>
<td>Drugs for a defined need</td>
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<tr>
<td>(at home or work)</td>
<td>Community food growing</td>
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<tr>
<td>Forestry, environmental conservation</td>
<td>Community gardening</td>
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<td>(at work or at home)</td>
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<td>Farming</td>
<td>Environmental conservation groups</td>
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<td>Human Animal Interactions Animal-based recreation</td>
<td>Community farming; city farms; one-off care farm visits</td>
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<td>(e.g. dog walking, horse riding etc.)</td>
<td>Animal Assisted Activities (AAA)</td>
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<td>Horticultural Therapy (HT)</td>
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<td>Animal Assisted Therapy (AAT)</td>
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</table>

Source: Adapted from Haubenhofer, Bragg et al., 2010; Sempik and Bragg, 2013; Bragg 2014
An additional model?
• To promote the commissioning and use of Green Care services

• To give voice to the many organisations in the UK who are committed to delivering or supporting the delivery of high quality and cost-effective Green Care services.

• Vision - Green Care becomes widely recognised as an effective option in health and social care
Members:
Association of Social & Therapeutic Horticulture Practitioners (ASTHP)
Care Farming UK
Federation of City Farms & Community Gardens (FCFCG)
Garden Organic
Groundwork UK
Royal Horticultural Society
Ruskin Mill Education Trust
Sustain
Thrive (The Society for Horticultural Therapy)

Supporter organisations:
Natural England
Green Care Coalition

Our vision is that Green Care becomes widely recognised as an effective option in health and social care.

The Green Care Coalition was established in 2016 to promote the commissioning and delivery of Green Care services throughout the UK. It provides a network for the exchange of knowledge and expertise and is supported by the Department of Health and the National Trust.

On this site:
- Green Care Coalition
- Coalition Members
- What is Green Care?
  - How does it differ from other nature-based activities?
- Benefits of Green Care?
- How is Green Care beneficial?
- Who can benefit from Green Care?
- Case Studies
- Evidence base
Action ...

- Bring together the evidence base from GC practice/research to support a cost-benefit appraisal of GC provision
- Secure high profile champions and opportunities to promote the GC message
- Create a directory of GC providers (or link up existing directories)
- Secure agreement amongst GC providers about setting and adhering to quality standards and best practice in GC provision
- Encourage Members of the GCC to collaborate for joint bids, sharing knowledge and best practice
- Lobby at a national level to get GC included in relevant documents, including NICE regulations and any DH or commissioning support units
- Act as a central point of contact for information about GC; design appropriate mechanisms for signposting
- Provide support and best practice guidance to GC providers to maintain quality standards.
Green Care Coalition

Contacts:

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• Secretary: Ian Egginton-Metters  
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• Or via the website – coming soon!  
www.greencarecoalition.org.uk