



Growing for health

Growing Opportunities Sandwell



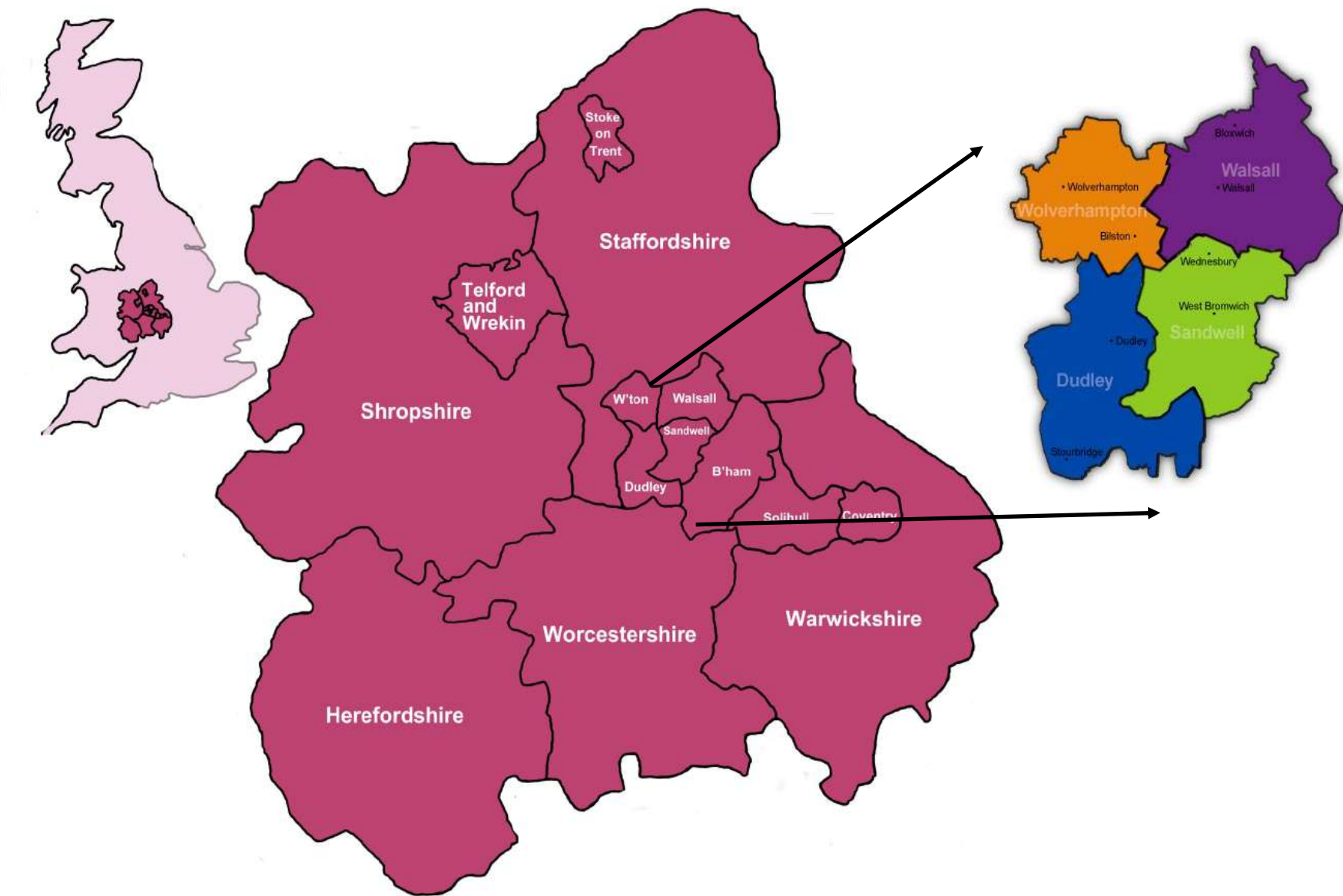
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West Midlands Region

Black Country







Sandwell at a glance 2013

- The health of people in Sandwell is generally worse than the England average. Deprivation is higher than average and about 20,100 children live in poverty.
- Life expectancy for both men and women is lower than the England average.
- Life expectancy is 9.6 years lower for men and 6.4 years lower for women in the most deprived areas of Sandwell than in the least deprived areas.
- Over the last 10 years, all cause mortality rates have fallen. Early death rates from cancer and from heart disease and stroke remain worse than the England average.

Source:

www.sandwell.gov.uk/healthandwellbeingboard

Population 309,000

www.sandwelltrends.info/themedpages/Health

- In Year 6, 25.2% of children are classified as obese, worse than the average for England.
 - Levels of teenage stays among those under 18, breast feeding and pregnancy, GCSE attainment, alcohol-specific hospital smoking in pregnancy are worse than average.
 - Estimated levels of adult 'healthy eating', smoking, physical activity and obesity are worse than the England average as are rates of hip fractures, smoking related deaths and hospital stays for alcohol related harm.
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- Priorities in Sandwell include alcohol, early years and adolescent health, frail elderly and dementia, long term conditions and integrated care. □

Linking growing to health

Upstream

Climate change
Resilience
Food Security
Government policy
Evidence Base
Spatial Planning
Anti Poverty
Food Policy
H&WB Strategy
CCGs

Public health benefits
Therapeutic landscapes
Land reclamation
Regeneration
Education & skills
Planning
Asset Building
Community

Downstream

Horticulture Therapy
Rehabilitation
Long Term Conditions
Re-ablement
Growing & food Skills
Mental health
Bereavement
Diet related illness





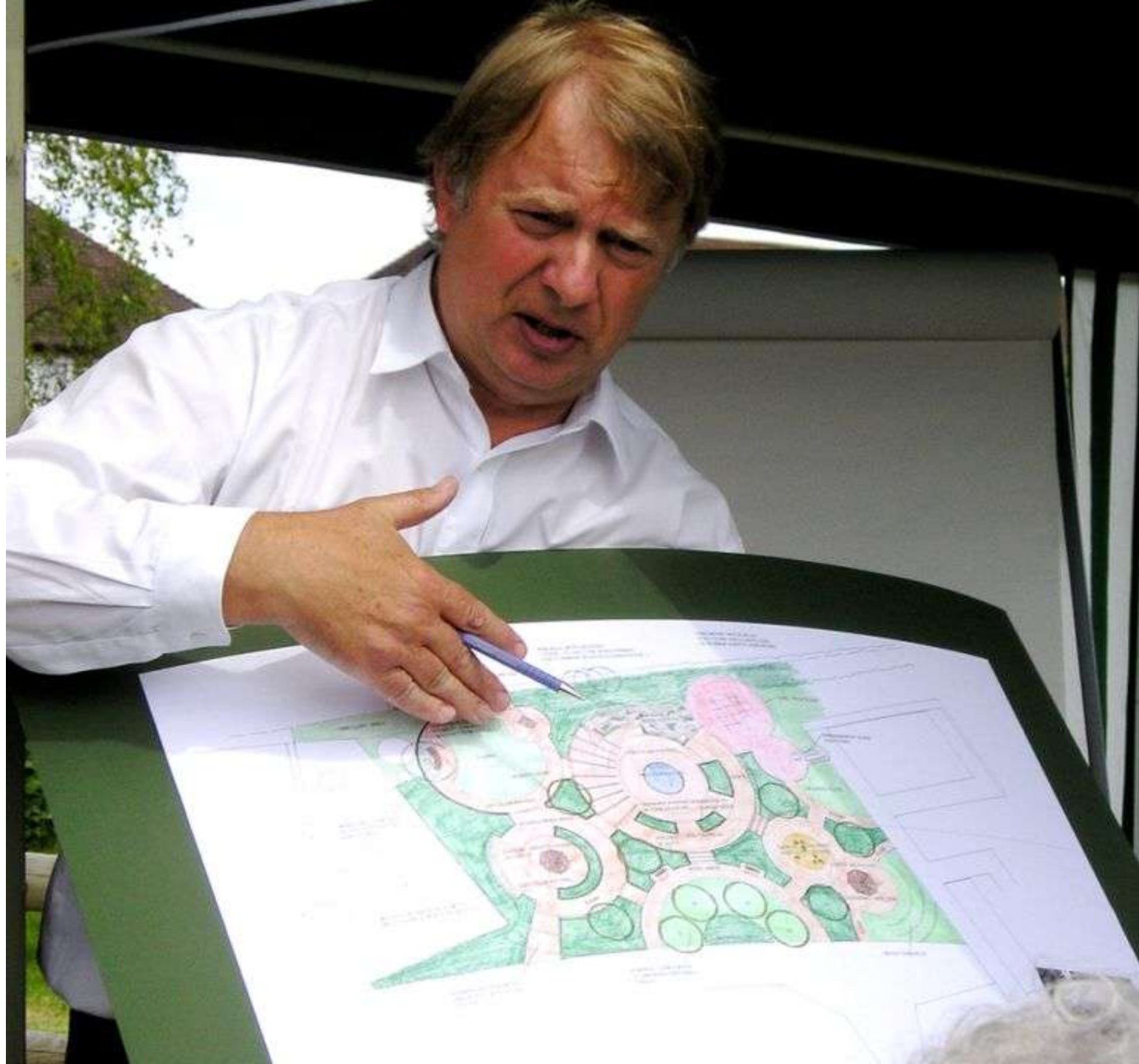
Growing Healthy Communities

A Community Agriculture strategy
for Sandwell 2008 – 2012



Creating healthier spaces













Horticulture Therapy



Community food growing









Ready, Steady, Grow™





Vocational Training in **Horticulture** at Ideal for All



in partnership with

WALFORD & NORTH
Shropshire
COLLEGE

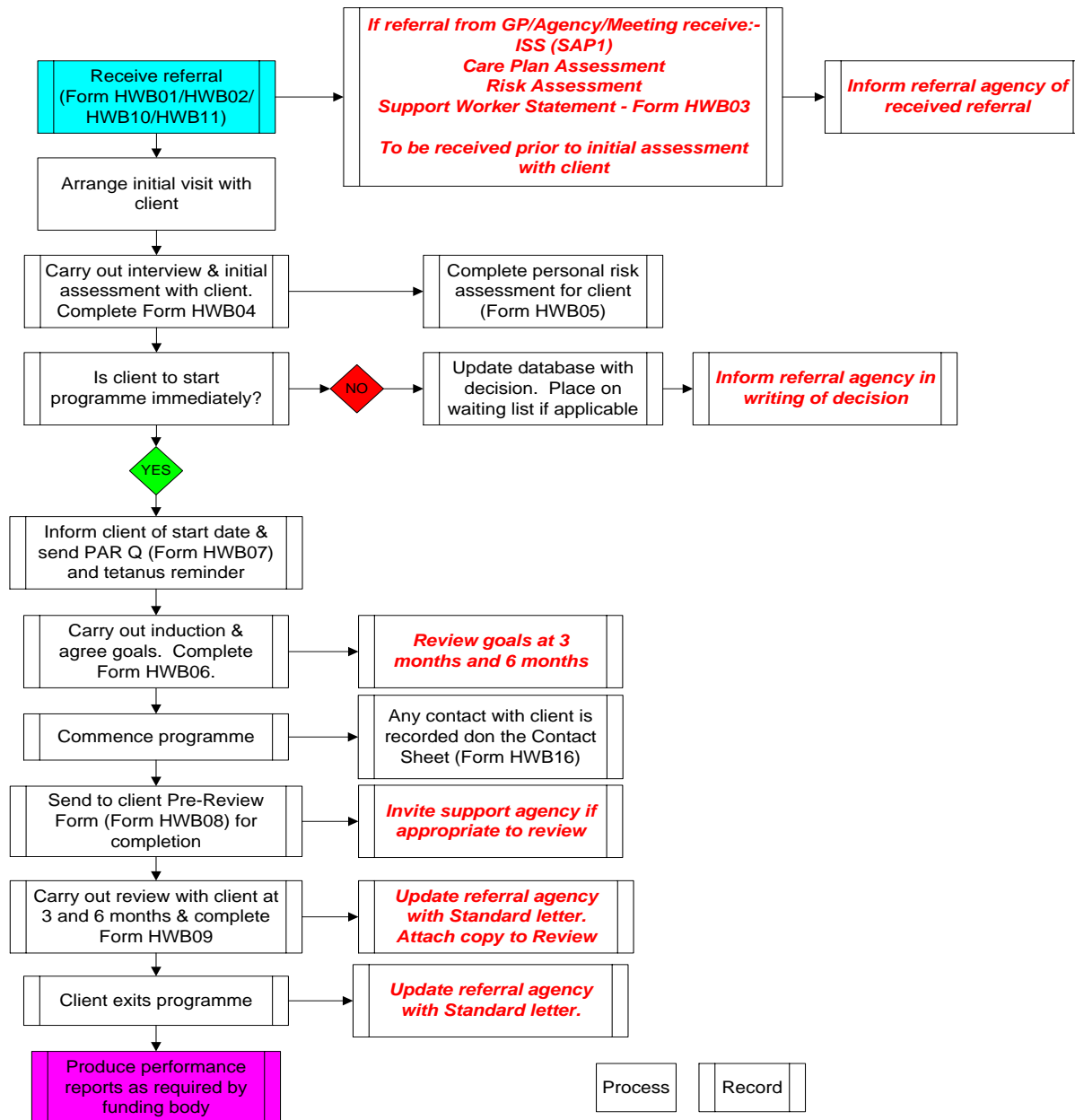
Offering a wide range of City and Guild industry recognised qualifications





Community outreach





Process	Record
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Gardeners in the therapeutic programme complete the following:

- Three and six monthly reviews, feedback and personal goal setting, with the Horticulture Therapist
- A short Warwick-Edinburgh Mental Well Being Scale, PAR Q Assessment
- Occasional interviews or questionnaires
- Structured Gardening for Health 'sessions' led by a Horticulture Therapist focus on shared tasks, group, and individual work. Some sessions are tailor-made for particular groups e.g. those recovering from a heart episode, those with long term conditions, or those over fifty. Other sessions are open to everyone.

People come to the gardens for many reasons, common goals include:

- Getting fitter and losing weight
- Getting out of the house and meeting people
- Improving health and mobility following an episode of poor health e.g. following a stroke
- Working on specific fine and gross motor and co-ordination skills
- Learning new skills
- Improving mental health through a meaningful activity
- Supporting recovery and maintenance



Case study

S, with a GP in Sandwell, has Multiple Sclerosis (MS) and was referred to Gardening from Home by an MS Clinical Specialist. The condition was affecting her overall feeling of well being and her mobility, making her vulnerable to falls. As a result, gardening, which she loved, was becoming harder and increasingly difficult to manage.

She lacked confidence to continue it, and worried about falling again.

S took part in the Gardening from Home programme, in her own garden, with the weekly support of an outreach worker. Together they set aims for the six weeks activities, including tasks like replanting raspberries, planting up hanging baskets, planning the garden year. S says, 'The sessions increased my confidence and it's been good to communicate with ordinary people and be accepted for who I am, not as only a disabled woman'.

This has meant that she could work independently again in her garden. After completing the sessions S felt an improvement in her outlook, in coping with problems, and stated she felt more relaxed, more useful and more optimistic about the future. She continues to visit the gardens and is working towards volunteering in the gardens.

“I was told I would never garden again, so I’ve been given the confidence to get back out there”





A's Story

'I have been coming to Salop Drive for 8 months now. I used to go to College to do Life Skills and learn about Independent Living. I come to Salop on a Tuesday and Thursday, and help get things done for the market garden, what needs doing, the digging and harvesting. Its really good, a lovely place to be, I would recommend it to anyone. You get fit and healthy and my muscles have got stronger, when you are digging you get bigger muscles and that's what I like. I have learnt more about healthy eating and I am starting to eat more healthily, like when I go home I have an orange or a piece of fruit now. I used to eat a lot of burgers but I've stopped now, I heard on T.V. how much fat is in them, and I'm not eating them again'

A has progressed into employment, and still supports Salop Drive as a volunteer.



'I have got arthritis, so it's not going to go away but, I find I can move smoother when I have been here. Whether it's the fresh air, or whether I have relaxed or what, but my movements are much smoother'

'It keeps me mobile, because I think if I had stayed at home not doing anything, probably I would feel worse than I am'

'I've improved greatly, so much so that I've got the desire now to carry on...and my next goal is to start dancing'

'I enjoy learning another skill and I like having the company...it's better than sitting in front of the telly'

'I like to pick out and put the plants in and see them grow, I enjoy the company and the fresh air, I live in a flat and I wanted to get out of the flat and do more'



 **BEWARE
POND**

What have we learnt?

- Community agriculture needs a supportive policy environment- local or regional and national
- With long term thinking it can embed benefits and principles into design of healthy urban environments
- Creates a democratic voice for food and health through community development



Growing Opportunities- Let's Grow!