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Garden Organic

Action Planning Workshop – Manchester – 26 February 2018
How can we best deliver health and wellbeing through food growing/healthy eating in Greater Manchester?
Benefits of gardening and food growing for health and wellbeing

- Access to fresh healthy food - improved diet
- Learning and connecting with food production & healthy eating
- Increased levels of physical activity
- Promote mental wellbeing through meaningful, worthwhile and enjoyable activity
- Support recovery, rehabilitation and coping with physical and mental health challenges
- Reduce anxiety, stress and stress related illness
- Improved social interaction and cohesion, sense of connection and belonging
- Improve quality of life for people with dementia
- Make the lives of people struggling with substance misuse more meaningful, provide purpose and a feeling of being needed
Benefits for health and wellbeing – the evidence
Benefits for health and wellbeing – the evidence
Models of partnership working
Growing Health – Recipe for Success

Key factors for success

• The service provided
• Routes to commissioning
• Working in partnership
• Evaluating outcomes and impact
• Other
Models of community growing partnerships to deliver health and wellbeing

• Why partnerships?

- Sharing knowledge and experience
- Provide a joined-up service and work to common standards
- Provide a commissionable service at scale
- Increase capacity; number of service users, range of services and geographical coverage
- Provide commissioning bodies with a single point of access
- Speak with one voice
Case study:

- **Network** of community gardens; over 70 spaces.
- People of all ages and abilities involved in supervised horticultural activities.
- Specialists gardens with green care services for people with additional needs, mental health issues, vulnerable or disadvantaged groups.
- Healthy weight services commissioned by Public Health
- Dementia friendly food project commissioned by B&H CCG
Case study:

- Uses the natural environment to improve the health and wellbeing of individuals and communities across Merseyside and North Cheshire.
- A **consortium** of providers support people to become healthier and access the outdoor environment.
- Providing a commissionable service at scale, working to common standards.
- Members of the consortium include landowners, delivery organisations, policy and academic partners and strategic partners co-ordinating activity and investing in the long term development of the Natural Health Service.
Product Sheet

Horticultural Therapy

Horticultural Therapy is a client-centred treatment that utilises horticulture activities to meet the specific therapeutic or rehabilitative goals of its participants. The focus is on re-creating social, cognitive, physical and/or psychological functioning and enhancing general health and wellbeing.

Activities encourage people with to work alongside our staff and volunteers, encouraging new friendships and gaining horticultural skills. Activities are based within local communities, and the plants grown from these activities are planted out on sites for local events, housing associations, community groups and other organisations – helping to improve the environment by supplying locally sourced plants to the local community areas.

Target Client Groups and outcomes

<table>
<thead>
<tr>
<th>Client Group</th>
<th>Outcomes</th>
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<tbody>
<tr>
<td>Children</td>
<td>Effective as supplemental therapy for children with behavioural disorders</td>
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<tr>
<td>Older People</td>
<td>Increased engagement from people with dementia</td>
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<tr>
<td>People with disability</td>
<td>Physical and mental wellbeing and sensory stimulation</td>
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<tr>
<td>Local Community</td>
<td>Creating a move into employment</td>
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<tr>
<td>Society isolated</td>
<td>Reducing social isolation</td>
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<tr>
<td>People with mild to moderate mental health issues</td>
<td>Improved mental capital, mental wellbeing, emotional wellbeing,</td>
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<tr>
<td>People with mobility issues</td>
<td>Improved fitness &amp; mobility</td>
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</tbody>
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Evidence

There are a number of published studies linking horticultural therapy projects to mental health outcomes:

Eco-therapy: The green agenda for mental health
This survey report from MDU includes a review of the evidence

Fostering as a therapeutic intervention in mental health

An evaluation of the gardening horticulture project for ex-military personnel
With PTSD and other combat related mental health problems

Case Study Links

For video information see
Growing Health Service
For case study details see
Growing Health Service
For further information see
Growing Health Service

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