

**Gardening for
Wellbeing
South
Yorkshire
Police
June 2022**



Overview of Communities Wellbeing Programme

Communicating the multiple wellbeing benefits of plants and gardening through impact evaluation, case studies & story-telling

Wellbeing Call to Action - national mass planting initiative with resources that can be adapted to community groups' needs

Wellbeing Grants Programme – funding for community groups delivering outstanding projects for people with different needs

Gardening for Wellbeing training, workshops and digital resources in development, appropriate to different settings

NHS Healing Gardens & Community Wellbeing Hubs – design and build greenspace projects with sustainable activity programme

Developing community networks, research partnerships and advocacy around the benefits of plants and gardens for wellbeing



Wellbeing Activity Programme



- Continued through the pandemic via zoom workshops to support NHS key workers and isolated/ vulnerable people, for example:
 - Christmas wreath making
 - Macramé pot holder/ houseplant surgeries
 - Botanical art sessions
- Full seasonal programme of activities and training have been developed – weekly gardening sessions for staff and

NHS Healing Gardens - Concept

- Flagship wellbeing project hub and spoke model radiating from healthcare settings in urban localities
- Supporting the wellbeing of NHS staff, patients, and local communities by co-creating an inclusive garden
- The garden as a catalyst for a wider activity programme with community partners – to create a strong legacy
- Galvanising and training volunteers and community networks to help develop and take care of the space
- Creating positive environmental impacts through new green infrastructure and wellbeing impacts through social connections
- Develop wider advocacy and influence on the role and wellbeing benefits of gardens in community healthcare settings, including new research partnerships



Our first Healing Garden at University Hospital Lewisham



A hopeful and transformational project centred around a garden

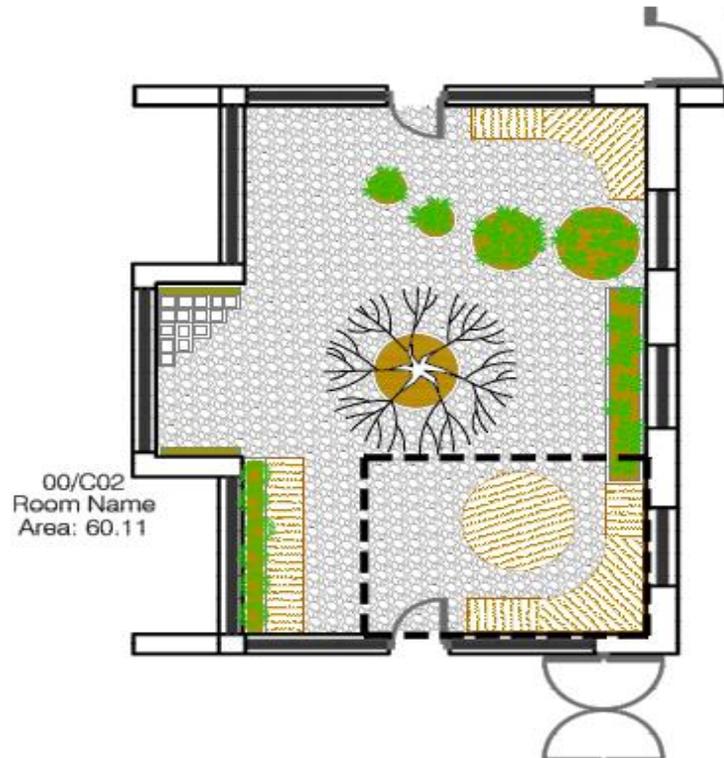
Wellbeing hubs include Community Development to ensure the project benefits local people

- Identify and map local communities e.g. socially isolated, minority ethnic communities, young people, families living nearby and refugee communities
- Make connections with local gardening groups and volunteering networks for skills sharing
- Create a 'green map' of nearby opportunities and green 'walking for health' routes
- Develop partnerships with statutory and voluntary organisations e.g. link workers for social prescribing
- Create an integrated activity programme that builds skills and knowledge whilst celebrating local heritage and culture
- Posing the question '**What matters to me?**' rather than 'What's the matter with me?'
- Ensuring the garden can be maintained by building skills and confidence amongst volunteers



NEF 5 ways to wellbeing

NHS Properties partnership gardens pilot in Manchester



Alexandra park Health Centre
Levenshulme Health Centre
Longsight Health Centre
Pendlebury Health Centre

“Would be great for staff moral and mental health”

“...an area of reflection and memories, but also a place where we can just get a cuppa and escape from work.”

“Encouraging staff from different services/team to get to know each other”



RHS Wellbeing Garden Projects in Essex

- Tennyson House Surgery Live Well Garden Chelmsford
- A partnership with Chelmsford Voluntary Services
- Chelmsford VS employ the social prescribing link workers at local GP practices
- RHS provide practical support on creating gardens for social prescribing, using an asset-based approach, co-creation with clients and running weekly gardening sessions

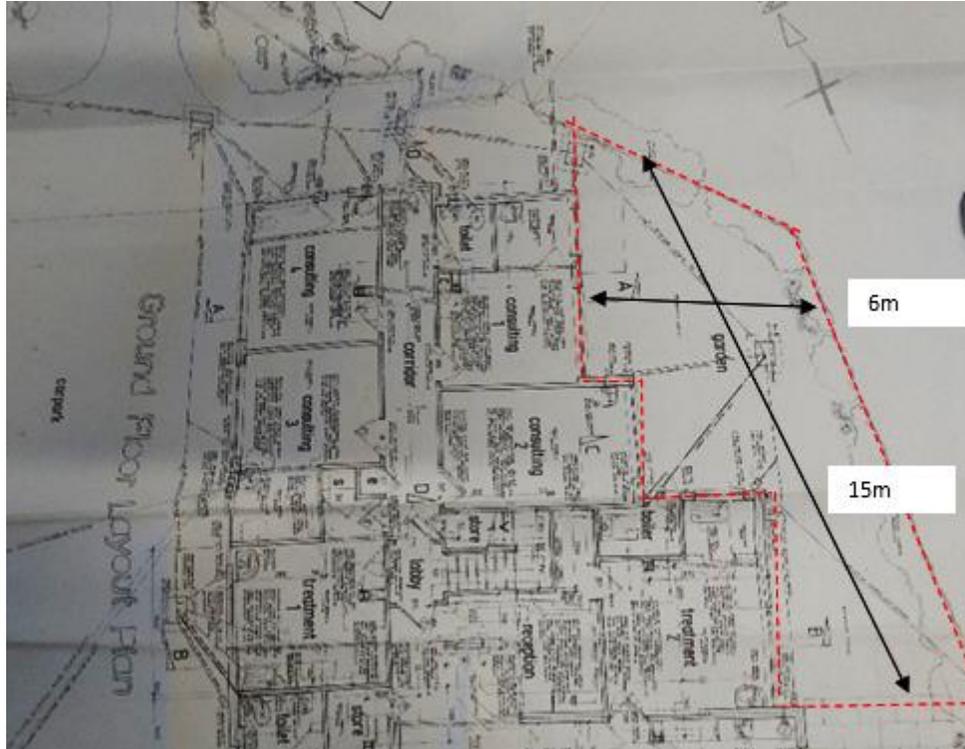


Tennyson House GP Surgery Live Well gardening group



Weekly Gardening Sessions run initially over zoom during lockdowns, but now in the garden. People who have been socially prescribed garden together, helping to build beds, sheds and planters, try new garden crafts, and chat together.

Writtle GP Surgery Garden



A second social prescribing garden is in development at Writtle GP surgery. RHS Garden Hyde Hall apprentices will help with the design and build of the garden with a focus on making it suitable for Dementia patients and their carers.

SPRING	Take notice		
	<p style="text-align: center;">Wellbeing Walk</p> <p>Get outdoors and explore local green spaces</p> <p style="text-align: center;">Activity Planner Wellbeing Walk Generic Wellbeing Walk Wellbeing Calendar (RHS 2 week planner)</p>	<p style="text-align: center;">Sensory exploration of Spring</p> <p style="text-align: center;">What to notice?</p> <p style="text-align: center;">Spring Blossom spotter</p> <p>View from your room – What can you see ?</p> <p style="text-align: center;">RSPB Big Bird Count</p>	<p style="text-align: center;">Nature Journaling – Awakening Nat</p> <p>Consider the changing seasons and take notice of what you are looking forward to seeing</p> <p style="text-align: center;">Inspiration Images of nature based art and journal</p> <p style="text-align: center;">Make a journal from scratch (external resource)</p>
	Connect and Be Active		
	<p style="text-align: center;">Houseplants you can't kill</p> <p>Be creative and make a paper houseplant to live on your desk</p> <p style="text-align: center;">Make a paper house plant video</p>	<p style="text-align: center;">Make a jam jar terrarium</p> <p style="text-align: center;">Create a terrarium</p> <p style="text-align: center;">Terrarium inspiration and Skills Sheet</p> <p style="text-align: center;">RHS Make a Terrarium video</p>	<p style="text-align: center;">Houseplant Portrait</p> <p>Using any creative medium show us your houseplants personality or observe its behaviour</p> <p style="text-align: center;">RHS Libraries digital collections</p>
	<p style="text-align: center;">Jam Jar Flowers</p> <p>Sow seeds now to create posies later in the year</p> <p style="text-align: center;">CFSG Plants for Pollinators Guide RHS Advisory Growing Cut Flowers RHS Make a Simple Summer Posy video Growing Media Skills Sheet Seed Sowing Indoors Skills Sheet Planting aftercare Skills Sheet</p>	<p style="text-align: center;">Plant potatoes in a bag</p> <p>Plant tubers to harvest later in the year</p>	<p style="text-align: center;">Outdoor space to grow?</p> <p>Create an upcycled planter using waste materials or bought gravel boards</p> <p style="text-align: center;">RHS Grow at Home make a planter video Plant Personalities Skills Sheet</p>
	Keep Learning		
	<p style="text-align: center;">Learn more about Houseplants</p> <p>Take time to learn more about houseplants by watching our Houseplant 101 series</p> <p style="text-align: center;">Houseplant 101 video series</p> <p style="text-align: center;">RHS Advisory Houseplants (individual species videos) What's Wrong guidance</p>	<p style="text-align: center;">Learn more about how plants and nature positively impacts on wellbeing</p> <p style="text-align: center;">RHS Wellbeing website pages</p> <p style="text-align: center;">RHS Healing Garden Digital Collection</p>	<p style="text-align: center;">Learn more about edible flowers</p> <p style="text-align: center;">Tea</p>
	Give		
	<p style="text-align: center;">Grow Well – Sow your Calendula seeds</p> <p>We're encouraging communities to help us sow, grow and share as part of Grow Well in 2022. Start now by sowing your calendula seeds.</p> <p style="text-align: center;">Grow Well resources</p> <p style="text-align: center;">Seed sowing outdoors skills sheet</p>	<p style="text-align: center;">Grow Well – Share seeds</p> <p>Create an origami seed packet and message to give away to others and encourage them to grow too</p> <p style="text-align: center;">CFSG Origami Seed Packet</p>	<p style="text-align: center;">Grow Well – Share Plants</p> <p>Create an upcycled planter, pot on a seed share with others and encourage them to grow too</p> <p style="text-align: center;">Activity planner Recycled Bottle Plant Step by Step visual Bootle Planter Bee Friendly Flowers and planter CFSG RHS 10 Great Pollinator Plants video Seed sowing Skills Sheet Aftercare skills sheet</p>

SUMMER	Take notice		
	<p style="text-align: center;">Wellbeing Walk</p> <p>Get outdoors and explore local green spaces</p> <p style="text-align: center;">Activity Planner Wellbeing Walk Generic Wellbeing Walk Thrive Wellbeing Calendar</p>	<p style="text-align: center;">Sensory exploration of Summer – What to notice?</p> <p>Get outdoors to create a sunprint or ephemeral art which you can display at home</p> <p style="text-align: center;">Activity planner Cyanotypes/ Sunprints Step by Step visual</p> <p>View from your room – What can you see ?</p> <p style="text-align: center;">Natures Calendar (Woodland Trust)</p>	<p style="text-align: center;">Nature Journalling – rainbow of ideas pressed flowers</p> <p>Share your love of nature by creating a box to give to others</p> <p style="text-align: center;">Grow Wild nature journalling blog and v Botanical bookmark CFSG</p>
	Connect and Be Active		
	<p style="text-align: center;">Sow windowsill herbs</p> <p style="text-align: center;">Guess the herb CFSG RHS GYO Herbs webpage Experts share info about herbs video Seed sowing skills sheet Planting Aftercare Skills Sheet CFSG Tin Can Herbs</p>	<p style="text-align: center;">Plant peas for shoots to snack on</p> <p>Grow pea shoots in a recycled container</p> <p style="text-align: center;">CFSG Place 2 Be resource RHS 5 things to know about growing your own article</p>	<p style="text-align: center;">Botanical Portrait</p> <p>Using any creative medium show us which are looking at their best or are most interesting to you</p> <p style="text-align: center;">RHS Digital Collections – Worth a Thousand Words</p>
	<p style="text-align: center;">Edible Hanging Basket</p> <p>Baskets aren't just for flowers – plants yours up with something edible</p> <p style="text-align: center;">RHS Plant a Hanging basket video Grow Veg Growing tomatoes video RHS Advisory Tomatoes in containers</p>	<p style="text-align: center;">Take part in a Citizen Science campaign</p> <p>Various campaigns to take part in :</p> <p style="text-align: center;">Wildflower Hunt and No Mow May (Plantlife) Big Butterfly Count</p>	<p style="text-align: center;">Outdoor space to grow?</p> <p>Green your place – why not consider adding some plants to your paved areas?</p> <p style="text-align: center;">Plant personalities Skills Sheet Plants for a Purpose Skills Sheet Make a mini garden in paving</p> <p style="text-align: center;">Or creating a seasonal planter</p> <p style="text-align: center;">Choosing Container Plants Skills Sheet Choosing Plants Skills Sheet RHS Add colour using container video</p>
	Keep Learning		
	<p style="text-align: center;">Make a new plant</p> <p>Learn how to propagate your houseplant from a leaf or stem cutting</p> <p style="text-align: center;">Growing Media Skills Sheet Propagation Skills Sheet RHS Leaf cuttings video</p>	<p style="text-align: center;">Make a new plant</p> <p>Learn how to propagate herbs from stem cuttings or division</p> <p style="text-align: center;">Growing Media Skills Sheet Propagation Skills Sheet RHS Herbs for tea RHS Make a Sun Tea video</p>	<p style="text-align: center;">Be inspired</p> <p>Visit a local park, garden or growing project see what's growing</p> <p style="text-align: center;">RHS Communities Map RHS Partner Gardens map National Gardens Scheme Exploring Gardens Skills Sheet</p>
	Give		

AUTUMN	Take notice		
	Wellbeing Walk Get outdoors and explore local green spaces Wellbeing Walk Activity Planner Generic Wellbeing Walk	Sensory exploration of Autumn What to notice? Collect and identify a range of fallen leaves. Create a leafy masterpiece; rainbow of leaves or leafy creatures View from your room – What can you see ?	Nature Journalling Create a natural portrait or ephemeral art with found objects; bark and leaf rubbing Natural Portraits CFSG
	Connect and Be Active		
	Grow, Bake, Give Create delicious cakes using healthy vegetables and share with others Grow Bake Give recipe leaflet	Make a Bird Feeder CFSG Pine Cone Bird Feeder Resource RHS Make a Birdseed Cake video	Seed bombs Activity Planner Seed bombs
	Make a Macrame plant hanger The Garden Mag – Make a Macrame Hanger	Mini micro greens Sow edible seeds and take part in a germination race CFSG Germination Race RHS Advisory Microgreens GrowVeg Microgreens video	Outdoor space to grow? Create a seasonal planter for Autumn with Plants for a Purpose Skills Sheet RHS Planting an Autumn Colour container Planting a Container Skills Sheet
	Keep Learning		
	Arrange a Plantastic Show Bring in your plants to show. See who has the biggest and best display or crop and learn tips on growing from your peers Harvesting skills sheet	Learn more about edible growing Watch our Get Set Grow series to learn about the range of crops you can grow at home RHS Get Set Grow videos	Be inspired Visit a local park, garden or growing project see what's growing RHS Communities map RHS Partner Gardens map National Gardens Scheme Exploring Gardens Skills Sheet
	Give		
	Grow Well – Plant beautiful blooms Select and plant seasonal bulbs for an outdoor display to look forward to next Spring Bulb Planting Skills Sheet	Grow Well – Share Your Passion What has been your favourite wellbeing activity this year? Teach someone else about the benefits to you and encourage them to have a go.	Grow Well – Share Plants Create an upcycled planter, pot or seedling some bulbs to share with others and encourage them to grow too

WINTER	Take Notice		
	Wellbeing Walk Get outdoors and explore local green spaces Activity Planner Wellbeing Walk Generic Wellbeing Walk	Signs of Winter – Naked trees and fragrant flowers Woodland Trust – Twig ID resource and Tree ID app	Nature Journalling – Scent and memory RHS Make a lavender bag
	Connect and Be Active		
	Plastic free growing Create a kokedama using seasonal flower or foliage plants Activity Planner Kokedama	Create a Wreath Forage materials to use in this creative project Step by Step instructions with images for willow (Lettie word doc) or cardboard (CFSG web) RHS Advisory (web) Ste by Step Video – Lettie (needs trimming down to remove refernces to Park Barn project)	Outdoor space to grow? Consider small ways to improve your space for wildlife WAG booklet series (hedgehogs, bees, butterflies, beetles, ponds, worms) Wildlife Gardening Skills Sheet
	Make a Bug Hotel Create a home for wildlife in your garden or community space CFSG Bug hotel (small and large) CFSG Homes for Hedgehogs	Make a mini wormery Learn about home composting and the importance of worms in the garden WAG Worms CFSG Mini wormery	Outdoor space to grow? Consider installing a water butt to capture water to use on your plants RHS Mains to Rain guidance and video
	Keep Learning		
	What is that bug? Learn more about the plants and animals you might see in your local green space and use this app to track what you see Inaturalist.org	Learn more about home composting Get hints and tips to set up a composting system at work or home RHS Grow at Home video RHS Advisory Home Composting	Planet Friendly Gardening Discover steps you can take to garden more sustainably RHS Planet Firendly Gardenign Campaign
	Give		
	Grow Well – Share your experiences Why not arrange a green skills share coffee morning with friends or colleagues – share one thing that has gone well and one thing that didn't go as expected and share your experiences	Grow Well – Share seeds Create an origami seed packet and message to give away to others and encourage them to grow next Spring	Grow Well – Share Plants Create a decorative seasonal display such as kokedama or foliage tin can to share with others and encourage them to grow too Foliage Tin Can image