

GUIDANCE FOR SHARING AND USE OF SOCIAL AND THERAPEUTIC HORTICULTURE INFOGRAPHICS



To raise awareness of the evidence supporting the use of Social and Therapeutic Horticulture (STH) in mental healthcare across potential service users, health practitioners, policymakers, and commissioners, three infographics were developed. Following webinars with a range of STH stakeholders, the following guidelines have been developed to support their use and dissemination.

INFOGRAPHIC FOR POTENTIAL SERVICE USERS

The aim of the service user infographic is to raise awareness of the benefits of STH and to encourage potential service users to consider STH as an additional option to prevent and treat mental ill-health including depression and anxiety.

The suggested places to display and share the infographic are:

- Health and social care settings including GP surgeries, hospital wards, outpatient clinics, physiotherapy and occupational therapy clinics and walk-in health centres.
- Charity offices and project sites, for example mental health charities such as MIND, charities delivering STH interventions, charities focused on physical, mental or social health concerns across different populations (e.g. Age UK).
- Workplaces for example on webpages, via employee benefit schemes and in lunch/break/communal spaces.
- Community spaces including community centres, local council and neighbourhood offices, churches, libraries, food banks, supermarkets, parks, visitor centres and on public transport.
- Community groups including mother and toddler groups, and via men's shed networks.
- Educational settings including schools, colleges, and universities.
- Social media broadly and on relevant group pages.
- Electronic and paper newsletters for relevant groups and organisations.



INFOGRAPHIC FOR HEALTH PROFESSIONALS

The aim of this infographic is to encourage health professionals to find out more about STH and to consider offering it as a treatment option for their patients.

The suggested individuals and organisations to share this infographic with are:

- Health care providers including GPs, social prescribers, occupational therapists, clinical psychologists, psychotherapists, counsellors, community nurses, social workers, community mental health teams and health and wellbeing coaches.
- Local Councils.
- Education providers including university lecturers and students on relevant training programmes such as medicine, health and social care, and nursing.



To support use and engagement with the infographics they could be:

- Discussed at staff training events, networking events and meetings.
- Included in staff newsletters.
- Shared via key organisations such as the National Academy of Social Prescribing, Trellis, Thrive and The Association of Mental Health Providers.
- Shared via relevant social media groups and health-focused roadshows and events.

INFOGRAPHIC FOR POLICYMAKERS AND COMMISSIONERS

The aim of this infographic is to encourage policymakers and commissioners to support the use of STH in healthcare through a range of actions including investment, prioritisation of services, integration of STH into mental health policy and commissioning guidelines and training for health professionals.

This infographic should be shared with:

- Members of parliament, local and regional councillors and all-party parliamentary groups.
- National champions including political champions and celebrities.
- Integrated care systems.



To support use and engagement with the infographics they should be:

- Shared via key organisations (highlighted above) and national champions including political champions and celebrities.
- Supported by videos and stories of patients' experiences.
- Supported by visits to STH interventions to see how they work and how they benefit members (where possible).