

Gardening4Health Newsletter

Episode 1 Spring 2024

Welcome

Welcome to this, the first Newsletter from Gardening4Health. This is being published to celebrate the anticipated launch of Gardening4Health as charity. I hope the content will be of interest. Please do share this with your colleagues and on your networks. The more people we have signing up for this, the more impact we can make.

Also please feed back if there are areas you feel need to be covered in the future.

The NGS Little Yellow Book of Gardens and Health



You may well be familiar with the Yellow Book of Open Gardens raising money for the National Garden Scheme. The National Garden Scheme was founded to raise money initially for the Community Nursing services provided through the Queen's Nursing Institute, so community health has always been at their core.

This year sees the publication of their fourth **Little** Yellow Book of Gardens and Health. Free to access online, it's not so little now, and packed with information about the benefits of Gardening and Health, and well worth a read. It also highlights the benefits of sharing gardens by opening to the public, as well as their value for biodiversity and wildlife. Click below to access a copy

<https://bit.ly/NGSLittleYellowBook2024>

World Therapeutic Horticulture Day



World Therapeutic Horticulture Day, celebrated on May 18th annually, is dedicated to highlighting the numerous therapeutic benefits of horticulture and gardening, such as improved mental and physical health, as well as the positive impact it can have on the environment.

Here's an excerpt from the Trellis press release:

It will be a day of awareness, education, and celebration, featuring events and initiatives across the globe, with lots of activities happening all around the world in the week leading up to the 18th May. The goal is to highlight the numerous benefits that therapeutic horticulture can bring to individuals and communities, including stress and pain reduction, improved mood, increased physical activity, and a sense of connection to nature. The day will also spotlight the work of the incredible, skilled practitioners in the field, helping people through gardening from Melbourne to Lagos, and Iceland to the Caribbean.

Fiona Thackeray, Chief Executive of Trellis says 'Trellis invites everyone to join this global movement by participating in local events, sharing experiences on social media using the hashtag #WTHD24, and spreading awareness about the positive impact of therapeutic horticulture on our mental and physical health.'

For more information on World Therapeutic Horticulture Day, please visit www.trellisscotland.org.uk. Use the Hashtags #worldtherapeutichorticultureday, #wthd #gardeningforhealth and the logo [here](#) to share what great work you are doing in STH on May 18th.

<https://www.trellisscotland.org.uk/content/world-therapeutic-horticulture-day-1>

The Gardening with Disabilities Trust



A big shout out for this amazing, but little-known charity.

It exists to distribute funds so that people with a disability can adapt their gardens and thus make gardening possible.

So many people feel imprisoned by their health problems. This Trust aims to change their lives, enhance their well-being, and help them defy their disability.

The charity is entirely staffed by volunteers. Based in Kent, they award grants to individuals and groups across the UK, and support people with all kinds of mental and physical challenges.

Most grants are for small-ish amounts - for things like raised beds, planting tables, accessibility ramps, and adapted tools. Sometimes polytunnels, sometimes seeds or bulbs. All to get the garden going again.

Worth spreading the word to all and sundry; be they Garden Designers, Gardeners, Landscapers, or indeed, people not in any way connected to the Industry.

@gardeningwithdisabilitiestrust

<https://www.gardeningwithdisabilitiestrust.org.uk/>



16th International People and Plant Symposium



 Date: 10th – 12th July	 Location and Venue: Crowne Plaza, Reading, Berkshire, UK
 Price: £325. Early bird price of £295 available until end of April. Optional tour of gardens, £85 additional charge.	

The 16th International People Plant Symposium takes place in Reading, UK from 10th to 12th July 2024.

Intended for anyone with an interest in horticulture for health; social and therapeutic horticulturists, the green care sector, medical professionals, academics and researchers. This year will feature keynote addresses by a stellar line-up, including Sam Alford, Rachel Bragg, Olivia Chapple, Anna Baker Creswell, and Sue Stuart Smith.

There will be opportunities to engage with a diverse range of perspectives on horticulture's role in promoting health and well-being, both locally and globally, as well as a tour of local gardens for health and well-being.

For more information and booking – follow the link below

<https://www.thrive.org.uk/get-involved/events/international-people-plant-symposium-2024>

RHS Chelsea Flower Show – The Freedom From Torture Garden

The Chelsea Flower Show is often associated with glitz and glamour, as the nation's top Designers and Landscapers compete for coveted medals. But the last three years have seen the subtext behind, and the conversations around these gardens shift towards the charity sector. This is largely due to Project Giving Back; a Philanthropic venture by two anonymous donors who are sponsoring up to 15 of the show gardens each year. Their strapline is Gardens for Good Causes, and this could never be truer than in one of this year's Sanctuary Gardens – for the organisation Freedom from Torture.



The garden will be a space of sanctuary and healing for survivors of torture, where they can engage in therapy one-to-one, with family, or in a group. Designed with survivors, the garden will also provide a space to grow Freedom from Torture's horticultural therapy programme,

The garden was designed by a collaboration between six-time RHS Gold Medal winner John Warland, and award-winning designer Emma O'Connell. After its showcase at the RHS Chelsea Flower Show 2024, the garden will be relocated to the Freedom from Torture centre in London, where it will be used by survivors and their families on their journey to recovery.

It's really heartening to see Therapeutic Horticulture on centre stage at Chelsea.

<https://www.givingback.org.uk/our-gardens/freedom-from-torture-garden-growing-with-hope>

<https://www.freedomfromtorture.org/sanctuary-for-survivors-garden-chelsea-flower-show#:~:text=We're%20delighted%20to%20be,family%2C%20or%20in%20a%20group.>

The Generous Gardener Plant Sale – Friday 17th May



If you're in Wessex, you might want to visit this Specialist Plant Sal. Held three times a year at Charlton Farm, near Malmesbury . Buy interesting and unusual plants from selected nurseries, who are experts in their fields and can offer plenty of growing advice. There will also be stands selling other garden related goods.

The entry fee to the sale includes admission to the garden and homemade refreshments. Entry also includes a donation to The Simon Rivett-Carnac Trust which raises funds for horticultural therapy charity projects. More information about the work of the trust can be found at

<https://therivtrust.org.uk/>

<https://thegenerousgardener.co.uk/>

If you can't make it on this occasion, the next sale is scheduled for Friday 6th September 2024.

Gardening4Health – The Future

This week the Trustees met as a group for the first time, and are submitting our application for Charity Status.

Broadly speaking this charity will have two stated aims. The first is to build on the Web-based directory of Therapy Gardens across England, Northern Ireland and Wales, and create a space and facility for those involved to network with each other, share learning and best practice. This will happen through newsletters and conferences.



Mission Vision Values

To give people living with mental and physical health problems a **Therapy Garden**, within easy reach, that delivers the very best social and therapeutic horticulture.

To provide a **platform** for a network of UK Therapy Gardens that provides funding, support, shared learning, training and community events. Our framework and methods will initially be modelled in Tonbridge and Paddock Wood, then rolled out across the UK.

- 🌱 Respect
- 🌱 Empowerment
- 🌱 Collaboration
- 🌱 Inclusivity
- 🌱 Trust
- 🌱 Healing
- 🌱 Growth

The second is to act as a vehicle for fundraising to support these gardens. This might be on a garden-by-garden basis, such as the Tonbridge Garden Therapy project which has recently had its NHS funding withdrawn, but also has the scope for working in collaborative bids across the network of gardens to access the larger sums that are increasingly being made available for the STH sector.

It's a really exciting time for us, as we work to help take Social and Therapeutic Horticulture on its next steps in the UK.