



PlantNetwork

Connecting gardens, sharing skills

**Health and Wellbeing in
Horticulture and Gardens**

Training Day

13th and 14th September 2018

The Eden Project

@plantnetwork

#greensgood

Programme

13th September 2018		Speakers
12.45 – 13.10	Registration in Classroom 4, Core Building	Core Building
13.15	Welcome Chris Bisson, Development and Laboratory Manager: Policy Team at the Eden Project and PlantNetwork Board member. Pam Smith, PlantNetwork Administrator	
13.30	Eden's Deep Roots & New Shoots project	Emma Tolley, Deep Roots New Shoots Project Manager, Eden Project
14.10	Gardens, Nature and Wellbeing, dirt in the fingernails	Colin Porter, The Landscape, Gardens and Health Network
14.50	Questions / discussions	
15.10	Coffee	
15.35	Discovering places that present opportunities. Clare Chivers, Associate Director, Workforce Transformation SW NHS & Iain Chorlton, GP and Vice-Chair of Cornwall Health & Wellbeing Board. Matthew Thompson, CEO 15 Cornwall	
16.25	Questions and discussion. How can PlantNetwork help our members understand and implement the Health and Wellbeing agendas.	
17.00	Close	
19.00 for 19.30	Meet to eat at Rashleigh Arms, Charlestown PL25 3NR Table booked for 19.30. Cost not included in training fee.	

14th September 2018		Speakers
8.00	Optional yoga session in Biome	
9.20	Welcome	PlantNetwork
9.30	Guided tour around Eden gardens including Eden's Health and Wellbeing Spaces	Heidi Morgan, Eden on Prescription Manager
11.30	Coffee	
12.00	'Healthscapes: From therapeutic orchards to the garden city'.	Dr Clare Hickman Chester University
12. 40	Social prescribing and nature based health intervention.	Rebecca Lovell, Research Fellow, Biodiversity and Health. European Centre for Environment and Human Health University of Exeter Medical School.
13.20	Lunch	
14.15	An introduction to Thrive	Damien Newman Training, Education and Consultancy Manager, Thrive
14.50	Questions to speakers Discussion/ workshop re PN support, ideas for future events and networking	
15.30	Close	

Speakers' biographies

Emma Tolley

Deep Roots New Shoots Project Manager, Eden Project
Emma trained as a primary school teacher, SEN teacher and Early Years Practitioner, with a keen interest in health and well-being. She plans, delivers and evaluates the impact of Eden's activities for grandparents and their young grandchildren, which provide rich learning experiences for under 5s, support and develop the role of grandparents as caregivers and utilise the time and talents of our volunteers aged 50 and over.

Colin Porter, Founder of Landscape, Gardens and Health Network

Colin trained at Kew in the early 1980's and has worked as a gardener, in one form or another, ever since. In 1989 he started work at RHS Rosemoor, first as foreman and then head gardener. After gaining a post graduate diploma in Landscape Design from Plymouth University he left Rosemoor to set up his own landscape design and build business in North Devon and has since then designed and built gardens large and small, mainly in the West Country.

In early 2008 he started work at North Devon Hospice to develop their 6 acre garden and in 2009 was

awarded Professional Gardener of the Year for his work with them. He has researched the Design of Hospice Gardens at Plymouth University, and completed his M.Res. (Landscape) in 2012.

With Angie Butterfield, he co-founded the Landscape Gardens and Health Network in 2013, which provides a forum for people interested in the value of contact with nature, whether this is research, projects, workshops or just practical ideas. This project had its first successful national conference last year at Penny Brohn in Bristol.

Colin is currently studying Fine Art at Petroc College, Barnstaple and had his first exhibition this year at the Plough Arts Centre, Torrington.

www.lghn.org.uk

Clare Chivers

Associate Director, Workforce Transformation, Health Education England

Clare qualified as a registered nurse in 1985 and having worked the NHS in Nottingham and London, she moved to the south west in 1994. During her career Clare developed an interest in education and held joint positions with further and higher education, achieving associate teacher status in 2002. In 2004 Clare was appointed as the NHS education lead for the South West Peninsula Strategic Health Authority and developed extensive experience in education

commissioning, education quality assurance and working with regulation and regulators.

Clare was appointed as Health Dean in Health Education England for the South West in February 2015 and has a specialist interest in strategic workforce development related to service re-design in the changing healthcare setting. This interest has led to being appointed in October 2017 to the post of Associate Director, Workforce Transformation for Health Education England and she is the Co-Chair of 3 Local Workforce Action Boards supporting the STPs in Devon, Cornwall and Somerset. @ClareChivers

Matthew Thomson

CEO 15 Cornwall

Joining Fifteen Cornwall in April 2012, Matthew was previously Chief Executive of the London Community Resource Network. A Cornishman returning to his roots after 26 years away, Matthew has brought a wealth of experience from the social enterprise, community, environmental, charity sectors as well as the hospitality industry. Previous roles include Learning Director at the School for Social Entrepreneurs, Development Director at Time Bank and senior management at the National Lottery Charities Board (now BIG Lottery Fund).

Matthew has also held a range of non-executive directorships and advisory positions with several third sector private and public organisations and sits on the

Civil Society Advisory Board in the Department of Environment, Food and Rural Affairs, and in Cornwall on the Local Nature Partnership, Employment and Skills Board and Inclusion Management Group.

In his first 18 months Matthew has overseen the refurbishment of the Fifteen restaurant and the renewal of its parent charity's strategy and identity under the name Cornwall Food Foundation.

Dr Iain Chorlton

Chair Kernow Clinical Commissioning Group & Vice Chair of the Cornwall Health & Wellbeing Board

Iain grew up in Cornwall and has been a GP since 1997, working the majority of that time in the county. He is currently a partner at Tamar Valley Health, one of the largest practices in the Cornwall. He has a longstanding interest in commissioning, and has stepped into the role of Chair having been a Governing Body GP for the East of the county since the CCGs formation.

Iain and his family are foster carers and he dedicates his spare time to the Friends of Urambo and Mwanhala charity supporting projects in Tanzania.

Heidi Morgan

Eden on Prescription Manager

Originally trained as an Environmental Engineer, Heidi started her working life in the environmental sector. In 1998 she moved to Melbourne to work for VSO before taking up a position in Fiji in the South Pacific. It was during this placement as a researcher and campaigner that Heidi's interest in the environment, nature and its links to well-being started. Heidi has worked at the Eden project for the last 7 years on nature based programmes and since 2016 she has been the Eden on Prescription Manager, setting up and running programmes for patients referred to the Eden site from the Primary Health Care service. She is passionate about enabling people to see themselves as the creators of their own health and wellbeing and the importance that nature-based activities hold within this space.

Dr Clare Hickman

Senior Lecturer in History at the University of Chester

Clare works on the interconnections between designed landscape and health in the past. Her doctoral research on the history of hospital gardens was published by MUP in 2013 as *Therapeutic Landscapes: A History of English Hospital Gardens Since 1800*. She has also published on the design and use of botanic gardens in

late eighteenth-century Britain and Ireland, the role of gardens as part of the therapeutic regime of the nineteenth-century British asylum, cold bathing as a healthy activity in the eighteenth-century landscape garden and the role of medical practitioners in the Victorian parks movement. Her next monograph on late Georgian British medical practitioners and their gardens is under contract with Yale University Press and is based on research conducted as a Wellcome Trust Medical History & Humanities Fellow. She is also developing new avenues of research exploring the sensory nature of landscapes and the history of rural walking for health and wellbeing, and is interested in collaboratively working with others, particularly those based outside of academic institutions.

blog drclarehickman.wordpress.com

Sense of Place project

one <https://naturesenseswellbeing.wordpress.com/2018/02/15/the-journey-begins/>

Dr Becca Lovell

Lecturer in Biodiversity and Health at the European Centre for Environment and Human Health at the University of Exeter Medical School.

Becca focuses on synthesising and translating evidence of the links between nature and health for policy and practice and has undertaken related work for the World Health Organisation, CBD, GO Science, Defra, Natural England and the Forestry Commission. She is interested in the multiple roles of the natural

environment in determining population health, ‘what works’ in environmental health interventions and the delivery of ‘green prescriptions’. Becca is currently working on how a better understanding of the social and health values of natural environments could inform decision making. <https://beyondgreenspace.net/>

Damien Newman, Thrive Training, Education, and Consultancy Manager

Damien delivers and manages the sharing of Thrive’s experience and expertise in Social and Therapeutic Horticulture through short courses, higher education, bespoke training and consultancy. He has worked for Thrive for over 7 years delivering upwards of 300 courses on the subject, additionally presenting at various national and international conferences and having articles on the subject published in both specialist and general publications. Having accredited one of the few higher education curricular in the field of nature based health and care interventions he is one of a handful of people across the world who lecture and provide higher education in this field. He has taught in the field of Health and Social Care for over 12 years following and during 12 years of working in mental health services where he first realised the value of horticulture as a therapeutic tool for people with ill health and disabilities. He believes and works toward nature, gardens and horticulture being appropriately utilised across society for the health benefits it is evidenced to provide. www.thrive.org.uk

In 2007, for the first time in the history of humanity, more than half the world's population was living in cities. Urban populations are expected to increase by 1.5 billion over the next 20 years, while the number of "megacities" will double. By 2015 the UN predicts that there will be 358 "million cities" with one million or more people and 27 "mega-cities" of ten million or more. Much of this growth will happen in developing countries.

United Nations World Urbanisation Prospect (2007)

The Garden Cities Movement

Inspired by the utopian novel 'Looking Backward' and Henry George's work 'Progress and Poverty' Ebenezer Howard published the book 'To-morrow: a Peaceful Path to Real Reform' in 1898 (reissued in 1902 as Garden Cities of To-morrow). His idealised garden city would house 32,000 people on a site of 6,000 acres (2,400 ha), planned on a concentric pattern with open spaces, public parks and six radial boulevards, 120 ft (37 m) wide, extending from the centre. The garden city would be self-sufficient and when it reached full population, another garden city would be developed nearby. Howard envisaged a cluster of several garden cities as satellites of a central city of 58,000 people, linked by road and rail.

Goodall, B (1987), Dictionary of Human Geography, London: Penguin.

Reports and Research

Gardens and Health report

In 2015 the National Gardens Scheme commissioned The King's Fund to write an independent report on the benefits of gardens and gardening on health.

The report had three aims:

- to collate and summarise the evidence on the impact of gardens on wellbeing across the life-course, from childhood through family life and into older age
- to demonstrate the important place gardening interventions have in the wider health and care system with a focus on four specific areas: social prescribing; community gardens; dementia care; end-of-life care
- to make the case for the further integration of gardens and health into mainstream health policy and practice.

Results

The research identified that there is strong evidence of association, linking access to, living nearby or being exposed to green space with a wide array of indicators of physical and mental health and for many population groups.

- Health problems. For example, a study in the Netherlands showed that every 10 per cent increase in exposure to green space translated into an improvement in health equivalent to being five years younger (de Vries et al 2003), with similar benefits found by studies in Canada (Villeneuve et al 2012) and Japan (Takano 2002).

Green space has been linked with reduced levels of obesity in children and young people in America (Liu et al 2007). There is also strong evidence that access to open spaces and sports facilities is associated with higher levels of physical activity (Lee and Maheswaran 2011; Coombes et al 2010) and reductions in a number of long-term conditions such as heart disease, cancer and musculoskeletal conditions (Department of Health 2012).

- Self-rated health and mental health. Further, the proportion of green and open space is linked to self-reported levels of health and mental health (Barton and Pretty 2010) for all ages and socio-economic groups (Maas 2006), through improving companionship, a sense of identity and belonging (Pinder et al 2009) and happiness (White et al 2013).

- The effects of other drivers of inequalities in health. Living in areas with green spaces is associated with significantly less income-related health inequality, weakening the effect of deprivation on health (Mitchell

and Popham 2008). In greener areas, all-cause mortality rates are only 43 per cent higher for deprived groups, compared with rates that are 93 per cent higher in less green areas.

- Access in deprived areas. Children in deprived areas are nine times less likely to have access to green space and places to play (National Children’s Bureau 2013).

The full report is available to download from www.kingsfund.org.uk/publications/gardens-and-health

The Kings Fund also runs a programme ‘**Enhancing the Healing Environment**’ (EHE) which has helped many staff become engaged in providing better patient care through improved spaces, and this Guide seeks to build on some of the lessons which have been learnt.

The Kings Fund: Volunteering in general practice

Sets out four approaches to supporting volunteering in general practice: use of volunteers to enable general practice to carry out its activities; organisations using volunteer support that were located within general practice premises; social prescribing; and community-centred general practices.

Download from

<https://www.kingsfund.org.uk/publications/volunteering-general-practice>

Greenspace design for health and wellbeing NHS Forest – growing forests for health

This report sets out best practice, backed up by case studies, and provides a valuable guide to the design of accessible outdoor healing environments. It is equally applicable to new-build sites and refurbishments. It is relevant to the full range of healthcare settings, from the smallest health centre to the largest general hospital. It is also relevant to non-NHS settings such as schools, nursing homes and indeed everywhere where the promotion of health and well-being is important.

<https://scotland.forestry.gov.uk/images/FCPG019.pdf>

Natural Fit

In 2007 the Royal Society for the Protection of Birds appointed GP Dr William Bird as a Strategic Health Advisor to look at the evidence linking wildlife-rich areas and green space with mental health. Past generations have intuitively understood this relationship, perhaps better than we do, yet the evidence needed to quantify the health value of the natural environment is still evolving.

Natural Fit outlines the benefits for the NHS and society from physical activity. Regular moderate physical activity reduces the risk of heart disease, diabetes, strokes, cancers, disability, osteoporosis, depression, anxiety and sleep problems. It is also a vital component in preventing and reducing obesity.

Available to download along with subsequent reports including investigating the links between the natural environment, biodiversity and mental health.

www.rspb.org.uk

Dr William Bird

Dr William Bird MBE set up Intelligent Health in February 2010 with the vision of making a lasting difference to people's health and wellbeing by supporting them to become more active.

The Intelligent Health website contains case studies, evidence and online learning resources relating to the health benefits of physical activity.

www.intelligenthealth.co.uk/

“Our bodies are meant to be active and we’re designed to be connected to nature. We’re hunter-gatherers and our bodies currently exist in an alien environment of being indoors all the time and living under artificial lights and so on. Owing to this, our bodies respond with

chronic inflammation which leads to cancer and long-term illness’.

Dr William Bird MBE
@drwilliambird

A search on Dr William Bird will identify a number of his presentations and reports including a presentation with a number of statistics on current health issues and impacts of lack of activity.

<https://www.lrsport.org/uploads/dr-william-birds-presentation-12.pdf>

Can spending time in parks, woodlands and beaches improve our mental health?

The University of Exeter are investigating whether spending time in green and blue spaces, such as parks and beaches, can have a positive effect on our long-term wellbeing and mental health.

Mental health and wellbeing problems are a growing public concern. One in four people experience a mental health condition such as anxiety and depression at some time in their lives. Mental health problems cost the UK economy over £100 billion a year.

A growing body of evidence indicates that exposure to green and blue spaces may benefit mental health and wellbeing. Now, the NIHR's Public Health Research programme, is investing in a collaboration

who will explore whether green and blue spaces, such as parks and beaches, can have a positive effect on our long-term wellbeing and mental health.

The collaboration is led by experts from Swansea University, and involves the University of Exeter, Cardiff University and the Barcelona Institute for Global Health. This new funding will enable researchers to take a large-scale population approach, considering the majority of Wales' environment and population, and changes over time.

The team of academics will work with partners from Natural Resources Wales, Keep Wales Tidy, Sports Wales, City and County of Swansea, and Welsh Government. Researchers will gather health and environment data and link them in a databank based at Swansea University (saildatabank.com). The Secure Anonymised Information Linkage databank (SAIL), is a world-class system that brings data together in a secure, trusted and confidential way. The team will consider how abundance and accessibility of different types of green and blue spaces relate to mental health and wellbeing benefits for different people.

Researchers will look at data for 1.7 million people in Wales to explore how people change their use of health services, such as their general practitioner, as their local environment changes. Because the effects of green and blue spaces take time to change health, the team will use historical data with statistical methods to assess the effects over the past decade.

Dr Ben Wheeler, leading the University of Exeter team involved in the project, said "This approach, using a

‘natural experiment’, and working across a collaboration of organisations, will allow us to produce very robust and useful evidence. This will help us to understand the potential ‘win-win’ of actions to improve and protect of both the environment and public health.”

Dr Sarah Rodgers, Associate Professor at Swansea University Medical School, is leading the team. She said: “The 24,000 people who annually respond to the National Survey for Wales tell us how often they visit green or blue spaces, where they went, what they did, and report on their wellbeing. We will test whether people who more frequently visit green and blue spaces report better wellbeing. We will be able to explore, for example, if people report better wellbeing in greener areas because they visit green and blue spaces more often and engage in more physical activity compared to those living in less green areas.”

Find out more about the University of Exeter research and opportunities to get involved at <https://beyondgreenspace.net/>

A Sense of Place

Exploring nature & wellbeing through the non-visual senses

A project funded by an AHRC / EPSRC Immersive Experiences development grant.

<https://naturesenseswellbeing.wordpress.com/2018/02/15/the-journey-begins/>

Social prescribing schemes to receive funding from the Health and Wellbeing fund 2018 Department of Health and Social Care. Guidance:

<https://www.gov.uk/government/publications/social-prescribing-schemes-to-be-funded-by-the-health-and-wellbeing-fund-2018/social-prescribing-schemes-to-receive-funding-from-the-health-and-wellbeing-fund-2018>

Facing the facts, Shaping the future. A draft health and care workforce strategy for England to 2027

Health Education England.

<https://www.hee.nhs.uk/our-work/workforce-strategy>

Organisations and Projects

Eden Health and Wellbeing Project

The Eden Project, an educational charity, connects us with each other and the living world, exploring how we can work towards a better future.

Eden are making use of their site and the skills in their team to support and treat people with a range of conditions from mental ill health to diabetes, through social prescribing.

We believe that being in and around the natural environment, and giving people social shared experiences, provides us with the basis to improve our health and wellbeing. That's why we're running several 'social prescribing' projects.

Early signs are that the 'prescriptions' really are working: a study of this pilot (part of a wider programme run by St Austell Healthcare) has shown that over 12 weeks 94% of participants have experienced an increase in wellbeing, and the GP surgery has seen a 40% drop in associated visits.

What is social prescribing?

Social prescribing enables GPs to refer patients with medical, social, emotional or practical needs to a range of local, non-clinical services such as exercise

programmes, social clubs and nature-based activities – in the same way they would prescribe a drug, or refer a patient to a hospital.

Whatever the activity, they can give people new life opportunities, help them form new relationships, be creative and increase their activity levels. Social prescribing also empowers people to take responsibility for their own health and wellbeing, and gives them a choice about their treatment – finding activities that work for them.

Given that in 2016 approximately two-thirds of the Department of Health budget was being spent on secondary care services, such as mental health services, and treating conditions such as Type 2 Diabetes, cardiovascular disease and chronic obstructive pulmonary disease (COPD), social prescribing makes economic sense too.

Social prescribing groups include walking groups, lunch club and horticultural therapy.

More information at

www.edenproject.com/eden-story/our-ethos/eden-on-prescription

The Natural Health Service

The Natural Health Service uses the natural environment to improve the health and wellbeing of individuals, families and communities across Merseyside and North Cheshire.

They see the natural environment – our parks, woodlands and other green spaces – as a health asset; places that can contribute to the prevention and treatment of physical and mental health conditions.

Their evidence based products use the natural environment as the basis for their delivery and effectiveness and are available to the NHS, local authorities and other commissioners as part of an holistic approach to health and social care.

The Natural Health Service report provides key facts for health commissioners document includes a number of useful references, case studies and evidence regarding the effectiveness of access to green space.

www.naturalhealthservice.org

Fields in Trust

Field in Trust champions and supports our parks and green spaces by protecting them for people to enjoy in perpetuity. Because once lost, they are lost forever.

Parks and green spaces are proven to help people stay physically and mentally well; places where we can all move, breathe, run and play. They are an important tool to drive social cohesion, combat loneliness and build community spirit.

These parks and green spaces are under threat from financial and development pressures and it is up to all of us to stem this cycle of disappearance and decline.

Fields in Trust works in partnership with landowners including local authorities, voluntary organisations and private landowners to protect land through a Deed of Dedication (or Minute of Agreement in Scotland) – a binding legal commitment with the landowner – which allows it to be protected in perpetuity for current and future generations to enjoy.

Across the UK Fields in Trust currently protects 2,735 parks and green spaces. They offer a postcode search facility to find out about your nearest protected green space.

<http://www.fieldsintrust.org>

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Royal Horticultural Society

RHS Feel Good Garden at Chelsea 2018, designed by Matt Keightley, is to be relocated to Camden and Islington NHS Foundation Trust.

RHS runs a number of Health and Wellbeing related projects

www.rhs.org.uk

Living through Landscapes

The Living through Landscapes project aims to support settings to improve the use of their outside space through a 'dementia friendly' consultation and engagement process, landscape changes, and training and support to care settings.

The project supports people with dementia by transforming outdoor spaces at 30 care homes across the UK. The project is led by national charity Learning through Landscapes and was made possible by a £1.3 million grant from the Big Lottery Fund.

Despite the fact that most dementia care settings have an outside space, our initial consultations suggest that they are used rarely if at all, many service providers feel they are unsafe and many lack confidence and feel they

lack the resources to encourage better use of their space. According to the Alzheimer's Society:

- there are around 800,000 people in the UK with dementia
- one third of them live in a care home
- one in three people over 65 will develop dementia, and two-thirds of people with dementia are women
- 80 per cent of people living in care homes have a form of dementia or severe memory problems

The number of people with dementia is likely to increase year on year in line with increasing life expectancy and population ageing. www.dementiagarden.org.uk

Thrive

Thrive uses gardening to bring about positive changes in the lives of people living with disabilities or ill health, or who are isolated, disadvantaged or vulnerable.

This is known as social and therapeutic horticulture - the process of working with plants to improve physical and psychological health, and communication and thinking skills.

Thrive provides courses, accreditation and online learning opportunities.

www.thrive.org.uk

Landscape Gardens and Health Network

An online resource for anyone interested in the role of gardens and designed space for health. It features current research and events that show the therapeutic value of gardens and green space. Landscape is taken in its broadest sense, embracing the natural and designed environment, highlighting its many relationships to human health and wellbeing.

www.lghn.org.uk

The Therapeutic Landscapes Network

A knowledge base and gathering space about healing gardens, restorative landscapes, and other green spaces that promote health and well-being. We are an international, multidisciplinary community of designers, health and human service providers, scholars, and gardeners. Though our focus is broad, our primary emphasis is on evidence-based design in healthcare settings.

Their website lists a number of relevant books, case studies and evidence-based research.

<http://www.healinglandscapes.org/>

Gardens and Health Week

Launched by the National Gardens Scheme in 2017 The Gardens and Health Week is dedicated to promoting the positive impact gardens can have on physical and mental health.

In 2018 the Gardens and Health Week took place from 18th – 24th August.

www.ngs.org.uk

Forest bathing

Forest bathing is the healing way of Shinrin-yoku. Shinrin-yoku is a term that means "taking in the **forest** atmosphere" or "**forest bathing**." It was developed in Japan during the 1980s and has become a cornerstone of preventive health care and healing in Japanese medicine.

Japanese research has found that forest walks, compared with urban walks, yield a 12.4 percent decrease in the stress hormone cortisol, a seven percent decrease in sympathetic nerve activity, a 1.4 percent decrease in blood pressure, and a 5.8 percent decrease in heart rate. On subjective tests, study participants also report better moods and lower anxiety. Japanese researchers also found that hiking in the forest – and even a one-day trip to a suburban park –

boosts natural killer immune cells and anti-cancer proteins.

Miyazaki Y1, Lee J, Park BJ, Tsunetsugu Y, Matsunaga K. 2011: Preventive medical effects of nature therapy, Japanese Journal of Hygiene

In 2009, Japanese scientists published a small study that found inhaling these tree-derived compounds, known as phytoncides, reduced concentrations of stress hormones in men and women and enhanced the activity of white-blood cells known as natural killer cells .Download the research paper www.ncbi.nlm.nih.gov/pubmed/?term=Li+2009+phytoncides

Perennial

Perennial are the UK's only charity dedicated to helping people who work in horticulture when times get tough.

They provide free and confidential advice, support and financial assistance to people of all ages working in, or retired from horticulture.

Contact them for confidential support. They are welcome partners, volunteers and fundraising.

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

Twitter

@plantnetwork

@perennialGRBS

@edenscience @edenproject

@thrivecharity

@talklandscape (Landscape Institute)

@LTL_outdoors (Learning/Living Through Landscapes)

@dr_hick (Clare Hickman)

@NGSOpenGardens

@LG&Hnetwork (landscape, gardens and health network)

@CIHort (Chartered Institute of Horticulture)

@clarechivers

@NHSEngland

@FieldsinTrust

NOTES

The wilderness is a place of rest - not in the sense of being motionless, for the lure, after all, is to move, to round the next bend. The rest comes in the isolation from distractions, in the slowing of the daily centrifugal forces that keep us off balance.

Botanist David Douglas, 1799

I am told that when confronted by a lunatic or one who under the influence of some great grief or shock contemplates suicide, you should take that man out-of-doors and walk him about: Nature will do the rest.

*Apsley Cherry-Garrard
The Worst Journey in the World
published 1922*

“For one’s health it is necessary to work in the garden and see the flowers growing.” Vincent Van Goch

What are you going to do after this event?