



RHS Community Projects

Alice Cornwell – Community Development
Officer, South East London





Community Outreach Advisors



Scotland



North & North East England



South & East England



Scotland

- The team work in different areas of Scotland.
- Working with local charities, support networks, schools to enable development of gardening skills, improving knowledge, improving local biodiversity and support good mental health
- Wellbeing comfort packs -deliver a seasonal programme of horticultural activities, between March and December 2022, supporting vulnerable or socially isolated residents.
- 220 residents in Glasgow have engaged with the project to date.

North & North East England

- NHS Property Pilots, garden design, build and skill development
- Youth Work , through week long session
- Young people in care, co created garden build
- The Comfrey Project – Garden development support refugees
- Skills4Word Project – Support young people with a variety of learning needs.



East England

- Social prescribing activities in GP Surgery Gardens
- Community Gardens From in RHS Garden Hyde Hall
- Family Centres
- Linking to colleges & careers advice
- Colchester Hospital Healing Garden development
- RHS Garden Hyde Hall Wellbeing days



South England

- Kingston Hospital Planter Project
- Surrey Minority Ethnic Forum
- Stamp out stress days
- RHS Garden Wisley
- Design and Builds





University Hospital Lewisham NHS Healing Gardens



Approached by a number of NHS hospital staff expressing the need for green space for respite



First RHS Healing Garden opened in June in Lewisham, South East London



Three year programme to develop staffs and the communities horticulture skills and improve their wellbeing.

Staff Consultation

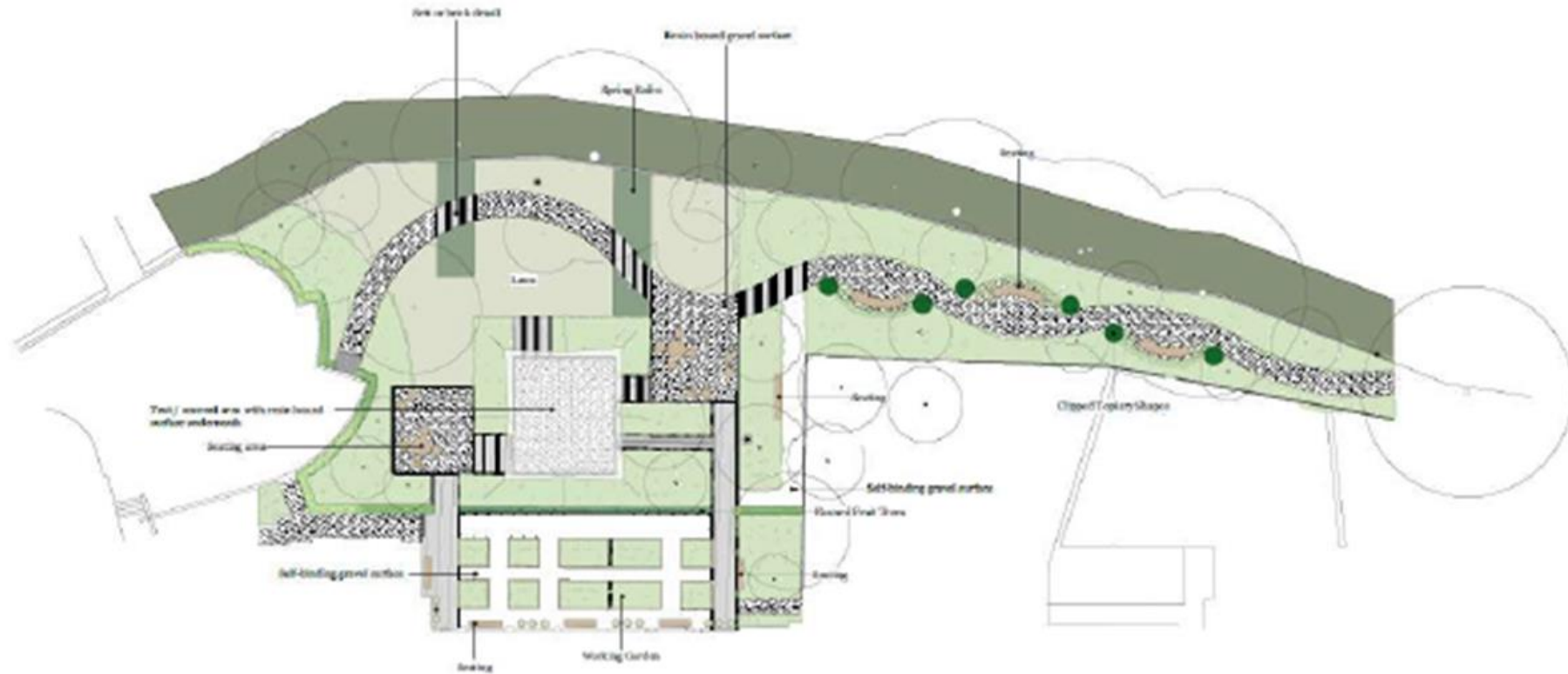
Design Adam Frost and RHS staff ran a consultation with 15 hospital staff members.

The main themes that came out of the session:

- Rest and relaxation
- Reflection
- Accessibility
- Private areas
- Views
- Communal areas
- Naturalistic



The Design



Programme Planning



Engage staff prior to the build to gain excitement, through workshops



Connect with local community gardens



Connect with local charities to gain interest in gardening & how we can support with wellbeing



Talk to staff to hear about what they want to learn/ do, helping to plan the programme



Engagement

Prior to the garden build, I ran a number of sessions:

- Winter wreath making
- Macramé & Houseplants
- Butterfly Conservation & ID
- Nature based creative drawing
- Seed giveaways
- Windowsill herb kit giveaway
- Young Lewisham Project Sessions



The Opening



Workshops



- Monthly wellbeing workshops
- Weekly gardening club
- Social media
- Wellbeing day at RHS Garden Wisley
- Bringing the RHS Science team to communities

Local Community Outreach



- Embedding the gardening into the community
- Community Volunteers
- Helping to engage community groups to their own gardens
- Spreading the love of gardening
- Helping with food poverty through food growing
- Connecting community groups

“

“I have visited the UHL Garden and it is a vast improvement on my wellbeing. It is so lovely to have somewhere calming to have a break instead of sitting at my desk”

UHL Paediatric PA





Thank you very much!

Any questions?
