

Examples of NHS and health-based gardens

Lambeth GP Food Co-operative

Since 2013, this group has been bringing together local residents, patients and NHS staff to create flourishing gardens within GP practices. The aim is to support people with long-term conditions, who are socially isolated or lonely by improving their health and wellbeing through gardening, community and growing healthy and sustainable food for sale to NHS providers. Sites also include King's College Hospital and a roof garden at St Thomas' Hospital.

Contact: Ed Rosen, Director, gpfoodcoop@gmail.com / 07908 834203

Yorkshire Ambulance Service NHS Trust

Paramedic Glen Watson and colleagues turned disused land at Batemoor Ambulance Station in Sheffield into a wildlife garden with wildflower meadow. Supported by local businesses, Mr Watson took inspiration from Kew's Grow Wild initiative to transform the space using native plants. A seating area provides room for YAS staff to relax. The garden featured on BBC Gardener's World in 2017.

Contact: yas.pressoffice@nhs.net / 0845 120 0048

Horatio's Garden

Horatio's Garden is a charity set up to create and care for beautiful gardens at the UK's regional spinal injury centres. It was set up in memory of Horatio Chapple, a teenage volunteer who'd hoped to open a garden at the Duke of Cornwall Spinal Treatment Centre, in Salisbury. The [Salisbury garden](#) was the first to open, and a third garden at Stoke Mandeville opened in 2018. A fourth garden is in development, created by Bunny Guinness, at the Midland Centre for Spinal Injuries in Oswestry. The gardens offer sanctuary and provide rehabilitation and outdoor activity space for therapy, relaxation, and social events, including tea parties.

Contact: info@horatiosgarden.org.uk / 01722 326834

University Hospitals Birmingham NHS Foundation Trust

Supported by an army of local and national partners, UHB has inspired an ambitious project to transform unused hospital land for garden and food production. When complete, almost

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four acres of land will have been turned over for use by patients, the public and staff with wildlife and wildflower meadow, a sustainable orchard, bee keeping and woodland walks.

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NAViGO Health and Social Care CIC

Horticulture forms part of the therapy and rehabilitation programmes at this Community Interest Company which provides mental health services in North East Lincolnshire. NAViGO also owns Grimsby Garden Centre and runs the Floral Hall and Café at Grimsby's People's Park. Both operate as not-for-profit social enterprises, engaging with the general public and service users 7 days a week. These are managed by the CIC's education and training service Tukes, to promote social inclusion and provide training and work experience and for people who might otherwise struggle to work or learn the skills needed for independent living. NAViGO's grounds and gardens are also maintained by Tukes members, working alongside the CIC's staff.

Contact: Jo Keen, General Manager, j.keen@nhs.net / (01472) 238438

Belfast City Hospital

Acclaimed garden designer Andy Sturgeon and his team breathed life into plans for Belfast Health and Social Care Trust's new 80-bed mental health hospital. Working with the architects, they devised and created a network of gardens across the three- hectare site which not only link areas of the hospital but which also offer outdoor therapy space and respite for staff, visitors and patients. An undisturbed, sheltered garden, overlooked by bedrooms with window seating, provides a safe-haven for urban wildlife as well as relaxation and interest for people recovering from mental illness.

Contact:

Orchard Garden, Royal Bournemouth Hospital

More than two years of local fundraising including bequests from former patients led to the completion of this award-winning garden for cancer patients in 2017. What was a plain courtyard is now a therapeutic garden next to the Chemotherapy Suite and pathology department and is linked to the hospital lake and new waterside seating area via a sensory garden walkway. A further courtyard area has recently been transformed into the Petal Garden, a space designed for patients with dementia to enjoy.

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Contact: Dr Helen McCarthy, via the press office, communications@rbch.nhs.uk / 01202 704905

Norfolk and Norwich University Hospitals NHS Foundation Trust

The Chapel Garden opened at the Norfolk and Norwich University Hospital in 2013. The garden was funded through a charitable donation and the design, build and opening of the garden was organised by the Hospital Arts Project. The garden, which is an extension to the Chapel, provides a quiet, tranquil place in the heart of the hospital where patients, visitors and staff can take time out to relax and reflect.

Contact: communications@nnuh.nhs.uk /01603 289822

Ninewells Hospital Dundee

Ninewells Community Garden lies in the beautiful arboretum of Ninewells Hospital in Dundee. The garden has been designed to provide visitors with an accessible, sheltered sanctuary. The community garden is a volunteer-led project and is managed by its trustees who share a passion for gardening and believe in the therapeutic benefits to promote physical and mental wellbeing.

Contact: Sarah Griffiths, Garden Facilitator, facilitator@ninewellsgarden.org.uk /0754 074 6075

Barnet, Enfield and Haringey Mental Health NHS Trust

Chase Farm Hospital has renovated two areas into specialist therapeutic gardens for patients. One of the gardens supports dementia patients, while the other supports stroke and rehabilitation patients. Based on a Japanese design, the gardens are compact but tranquil sanctuary within the hospital, and are also open to staff and visitors.

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