

DESIGNING AND USING THERAPEUTIC GARDENS

Monday 24th October 2016

9.00am – 4.30pm

Start in Salford Wellbeing Centre, 62 Broad Street, Salford, M6 5BZ

Fee: £45 – includes lunch and refreshments. Book online at <http://bit.ly/TherapyGdn>

Aims/Objectives of the workshop

1. Develop and share expertise on designing and using therapeutic gardens in care and community settings.
2. Help establish a local/regional network of those working in Social and Therapeutic Horticulture.

Itinerary

- 9.00am Registration and refreshments
- 9.30am DESIGNING AND USING THERAPEUTIC GARDENS– Mark Rendell, Director of Step Change Design Ltd and co-author of '*Why don't we go into the Garden*' – *The Care Culture Map and Handbook*
- This session is an accredited CPD short course (see below for details)
- 11.00am Coffee Break
- 12.30pm Lunch and tour of the therapeutic garden at 'Start'
- 1.30pm Facilitated Networking session for Social and Therapeutic Horticulture projects and workers discussing the following topics
- Update on evaluation tools – sharing current practice: Sue Jeffries Horticulture Co-ordinator from 'Start – Inspiring Minds' which supports adult mental health and wellbeing.
 - Staff development and training – Simon Read, from 'Sowing Success' – consultancy and therapeutic horticulture services for young people.
 - Way forward for future networking and CPD in the North West
- 3.30pm Tea break and informal networking opportunity
- 4.30pm End

Morning Session - “Why don't we go into the garden?”

For carers and workers in care and community settings to identify the reasons why the outside spaces are not used to their full potential and to explore ways to create a more active and meaningful outside space for patients and residents, particularly those living with dementia.

Presented by: Mark Rendell

About the Workshop Leader

Mark Rendell is a garden designer at Step Change Design Ltd with his colleague Debbie Carroll. They have more than 20 years of professional garden design and horticultural experience between them, with particular expertise in designing spaces for health and social care settings. In 2013 they designed and self-funded a large-scale research project with the participation of 17 care homes across England and Wales into why gardens in care settings, particularly for residents living with dementia, are not more actively used, even when they follow the latest design guidance. They went on to identify the pivotal role of care home culture in the engagement of the outside space and then produced a set of comprehensive and insightful findings in the form of an innovative and interactive diagnostic tool for the care sector, called *The Map*, which they will present at this workshop.

The Workshop will:

1. Present a summary of the garden designers' research journey to find the answer to their original question, “*Why aren't care home gardens used more?*”
2. Explore the role and influence of the care home's cultural practice (including Health and Safety) in aiding or inhibiting more active and meaningful engagement with the outside space.
3. List the **Top Ten Key Findings** from the research for the Care Sector
4. Introduce the new diagnostic tool, **The Map**, and show how this aims to help care homes identify their current and anticipated needs for their outside spaces and then to achieve value for money in their involvement with a garden designer or outside specialist
5. Produce a handy and easy-to-use **Checklist** that aims to reduce gimmicks in the garden, infantilising approaches with residents and the risk of turning the outside space into a fixed and unadaptable space.
6. Review the relationship between garden designers (and other outside specialists) and staff to ensure they deliver what you need and what you will use.

The Workshop is for staff at all levels who:

- ✓ want to engage their patients / residents more meaningfully with the outside space
- ✓ want to understand why an existing garden may not be used as much as may be expected
- ✓ are tasked with revitalising and upgrading the outside space within a tight budget
- ✓ are engaged with architects or designers to improve the outside space
- ✓ are keen to understand latest good practice in creating actively used outside spaces.

Target Audience:

This session will appeal to staff at all levels, including Social and Therapeutic Horticulturalists, Community gardeners, Carers, Nurses, Activity Co-ordinators, Managers, Owners and Strategic Leaders, Board Members and Operators with responsibility for developing their outside spaces and encouraging their residents to use their outside space more actively and meaningfully.

What to bring: Notepaper and pen

What will be provided:

A Certificate of Attendance, A Handout summarising the Top Ten Key Findings for the Care Sector (as published in NAPA Living Life magazine, Autumn 2014), a copy of the Checklist and information about the garden designers' services through their organisation, Step change design ltd.

While this session may touch on specific elements and aspects of current design guidance for dementia, it will primarily focus on the findings from the major research study carried out by the garden designers. An article on the research findings published in the Journal for Dementia Care, March 2015.

