

## CSGNT THERAPEUTIC GARDENING PROJECT – GARDENING FOR BETTER MENTAL HEALTH

### Join us

We would like to invite you to support a therapeutic garden project within the grounds of the Richmond Fellowship facility at Kirkintilloch. The project aims to create a safe and accessible greenspace where social and therapeutic horticulture activities can be delivered. These activities use the garden as a safe and secure place to develop social and practical skills that will allow the residents to become more independent. Having a space to practice therapeutic horticulture will help the residents at the Richmond fellowship, as well as their relatives and carers, to improve their physical and mental health, as well as their communication skills and confidence – providing a massive benefit to their quality of life.

### What we want to do

We are working in partnership with leading social care provider and charity The Richmond Fellowship Scotland (TRFS) to design and build 8 therapeutic gardens, to benefit their residents who have complex and enduring mental health issues. The gardens will be created at various locations across Central Scotland, where TRFS provide support services. Over the last year we have secured £144,000 from grant support towards this project. We now have funding for on- site work at some sites in addition to a therapeutic gardener 3-year post who will support all 8 gardens once established. However, we still need help to be able to deliver these projects locally.



One of these gardens will be based at the TRFS supported facility at Kirkintilloch. We would like to invite your company to support this project. Ideas which have been expressed through the consultation event include:

- a sheltered, shared space which will allow the residents to rest, relax and socialise with each other as well as visitors in a peaceful environment
- communal area for arts and crafts, to play games, and have BBQs
- raised wooden beds to allow residents of all abilities easy access to planting
- gardening space – to grow flowers, fruit and vegetables
- greenhouse/polytunnel/cold frame
- composting
- gardening for wildlife i.e. nectar rich plants, insect homes, green corridors, bird feeders
- as well as general greening of areas with hanging baskets, climbing plants and perennial flowers, fruit bushes and shrubs for easy upkeep.

The improvements will be carried out by paid contractors however, the residents will be involved with growing, planting and maintaining the site. We have also secured revenue funding to employ a gardener to work with residents and staff at each garden, to ensure ongoing therapeutic services, training and support on-site.



### Who will benefit?

Gardening has been shown to bring about positive changes in the wellbeing of participants. Social and therapeutic horticulture is the process of using plants and gardens to improve physical and mental health, as well as communication and thinking skills. It uses the garden as a safe and secure place to develop someone's ability to mix socially, make friends and learn practical skills that will help them to be more independent. Therefore, residents of the Richmond Fellowship programme (as well as their carers and relatives) will benefit from this project, which will create a greenspace where they can relax and enjoy nature, socialise, learn new skills, improve confidence and have fun!

The project will also help make up the wider Central Scotland Green Network (CSGN), which aims to transform Central Scotland into a place where the environment adds value to the economy and where people's lives are enriched by its quality.

The CSGN vision is of a high-quality 'green network' that will meet environmental needs, combat social deprivation, and add economic value to improve lives, promoting economic success and allowing nature to flourish.

### How can you help?

We would like to invite your company to support this project. The therapeutic gardening project based in Kirkintilloch will cost approximately £20,000. Would your business like to join us in ensuring a successful project on the ground by contributing money, expertise or materials? If you are interested in supporting us with this project, please contact Gillian Barrie by telephone on 01501 824793 or email [gillian.barrie@csgnt.org.uk](mailto:gillian.barrie@csgnt.org.uk)



You can also forward a downloadable copy of this leaflet to your colleagues.

The link to download is: [www.csgnt.org.uk/trfs](http://www.csgnt.org.uk/trfs)

### What this means for you

This project will enhance the setting of these residential services, enriching the quality of life for residents and improving their mental and physical health and wellbeing. Your support could help to make this a reality for the residents at Kirkintilloch. We will be pleased to discuss acknowledging your support for this project that will detail the nature of your support through e.g. site signage, local press and publicity. You will also be invited to the garden opening and formal launch of the project, which we hope will take place in late Summer 2017. You may also be interested in staff volunteering opportunities at the site. Please note that any financial or in-kind support may be able to be equally matched with a grant, meaning your contribution could go even further.

Thank you.

