



# Plants and the community

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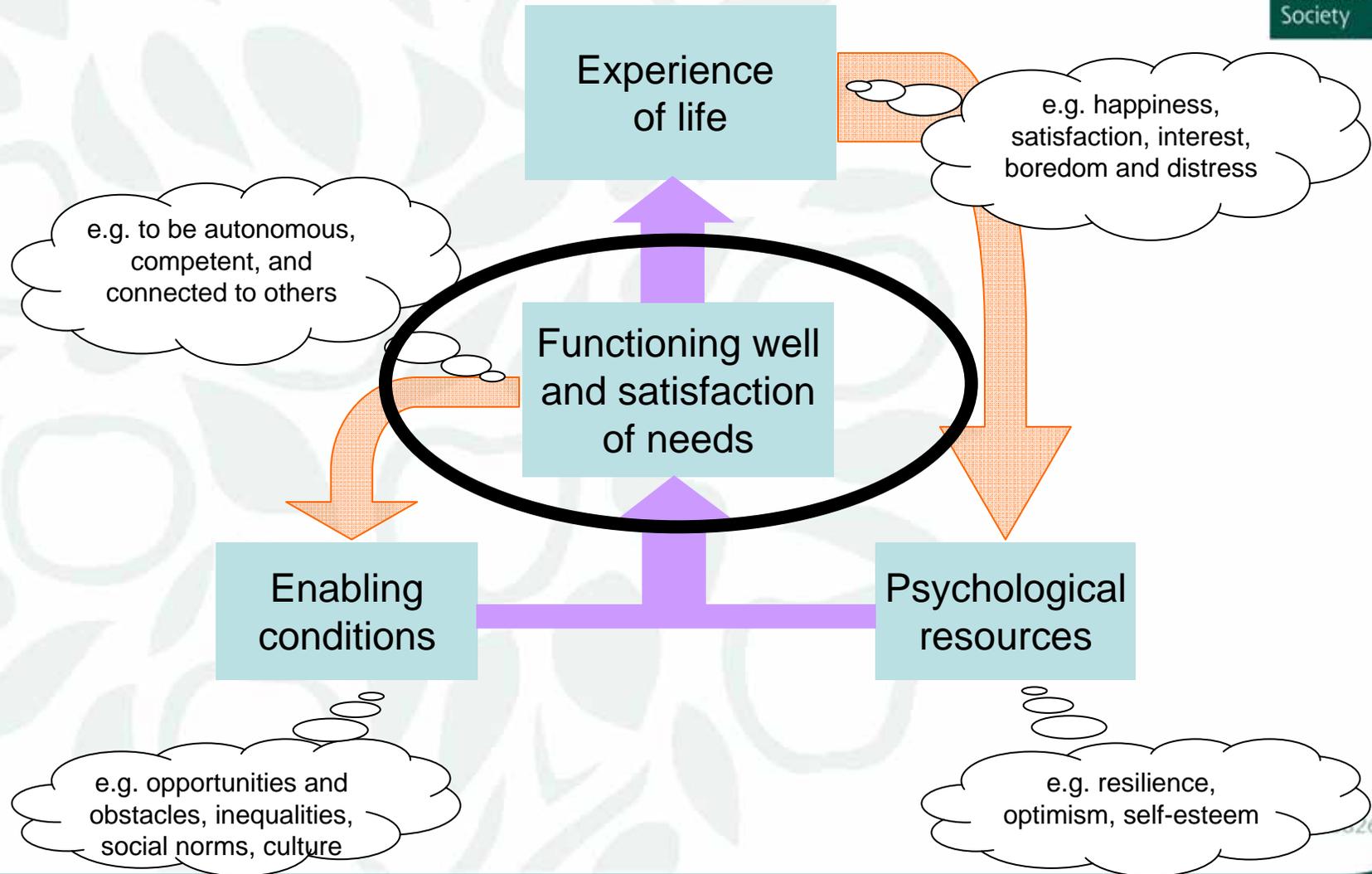
# Summary



- Well being – NEF model
- RHS Community Projects
- RHS Campaign for School Gardening
- Every Child Matters

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# A dynamic model of well-being



# Five ways to well-being



Commissioned by the Foresight Project – the brief was to “build on the findings of the outputs of the Mental Capacity and Wellbeing Project, and develop an evidence-based wellbeing equivalent of the health promotion dictum “five fruit and vegetables a day”.



Five ways  
to wellbeing

# Connect...

Connect with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

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Five ways  
to wellbeing

## Be active...

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and one that suits your level of mobility and fitness.

179/SC038262

Five ways  
to wellbeing

# Take notice...

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

379/SC038262

Five ways  
to wellbeing

## Keep learning...

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

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Five ways  
to wellbeing

Give...

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

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# Five ways to well-being



Full report available at:

[www.neweconomics.org](http://www.neweconomics.org)

Postcards are also available to order from web-site



# Britain in Bloom



- One of the largest horticultural campaigns in Europe working to a greener and cleaner Britain through community action
- Categories include horticultural achievement, environmental responsibility and community participation
- Communities or groups join the regional campaign from where they are nominated to be national finalists

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# Neighbourhood Awards



- A unique initiative for small resident led groups to start ‘greening –up’ their local area
- Non-competitive, groups are provided with advice and feedback from experts

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# Gardening as a powerful force for change



- Central Estate Dukinfield
- 'At one time no one knew each other to say good morning, but now we really get together and have become great friends and it is all because of In Bloom'.  
Bernise Dunn



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# Gardening to health



## Breckfield North Community Centre, Liverpool

- The centre is used for clinics for heart disease, walking back to health etc
- Derelict land at the rear of the centre was turned into a garden for centre users
- *We try to give people a sense of pride and get them involved. It makes you feel fantastic to be part of something like this that is giving so much back, and we want everyone to feel that way about their community."*



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## Get your school gardening!

Register with the RHS Campaign for School Gardening to access advice, lesson plans and curriculum support to help get your school growing plants and gardening. You can plot your progress on a benchmarking scheme of good practice and receive awards as you attain each level.

Try the interactive games on the Students' site and meet the Eco Kid and Plant Doctor.







#crumbtrail - Microsoft Internet Explorer provided by The Royal Horticultural Society

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Address <http://www.rhs.org.uk/schoolgardening/studentshome/default.aspx#crumbtrail> Go Links >>

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home / students home



The illustration depicts a girl with braids, wearing a colorful hat and a patterned dress, sitting on a log. She is holding a net. The garden scene includes a pond with a frog, a wooden bridge, a tree with a woodpecker, a birdhouse, a bee, and various plants like irises and mushrooms. Three navigation buttons are overlaid on the scene: a green button labeled "to classroom", a yellow button labeled "Help", and an orange arrow button labeled "to garden".

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The RHS, the UK's leading gardening charity

# Every Child Matters



- A shared programme of change to improve outcomes for all children and young people. Be healthy, stay safe, enjoy and achieve, make a positive contribution, achieve economic well being.
- Children's Plan, 2007. 10 year strategy with a vision to make England the best place in the world for children to grow up.

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# Be healthy

- Physical activity
- Emotional well-being
- Food growing
- Healthy eating
- Creativity
- Solitude



# Stay safe



- Special spaces
- Exploration
- Social skills
- Learning styles



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# Enjoy and achieve



- Life skills
- Hands-on
- Sensory experience
- Relationships



# Make a positive contribution

- Team work
- Problem solving
- School clubs



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# Achieve economic well-being



- Business skills
- Career choices
- Thinking skills



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# Gardening as a life skill



- Above all teaching children how to grow and care for plants empowers them and enables them to make a difference in their communities now and in the future.

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**Campaign for  
School Gardening**



## RHS Campaign for School Gardening:

aims to get 80 percent of all primary schools to provide hands-on learning opportunities of growing plants by 2012.

[www.rhs.org.uk/schoolgardening](http://www.rhs.org.uk/schoolgardening)

