



Plants and the community

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RHS Reg No: 222879/SC038262

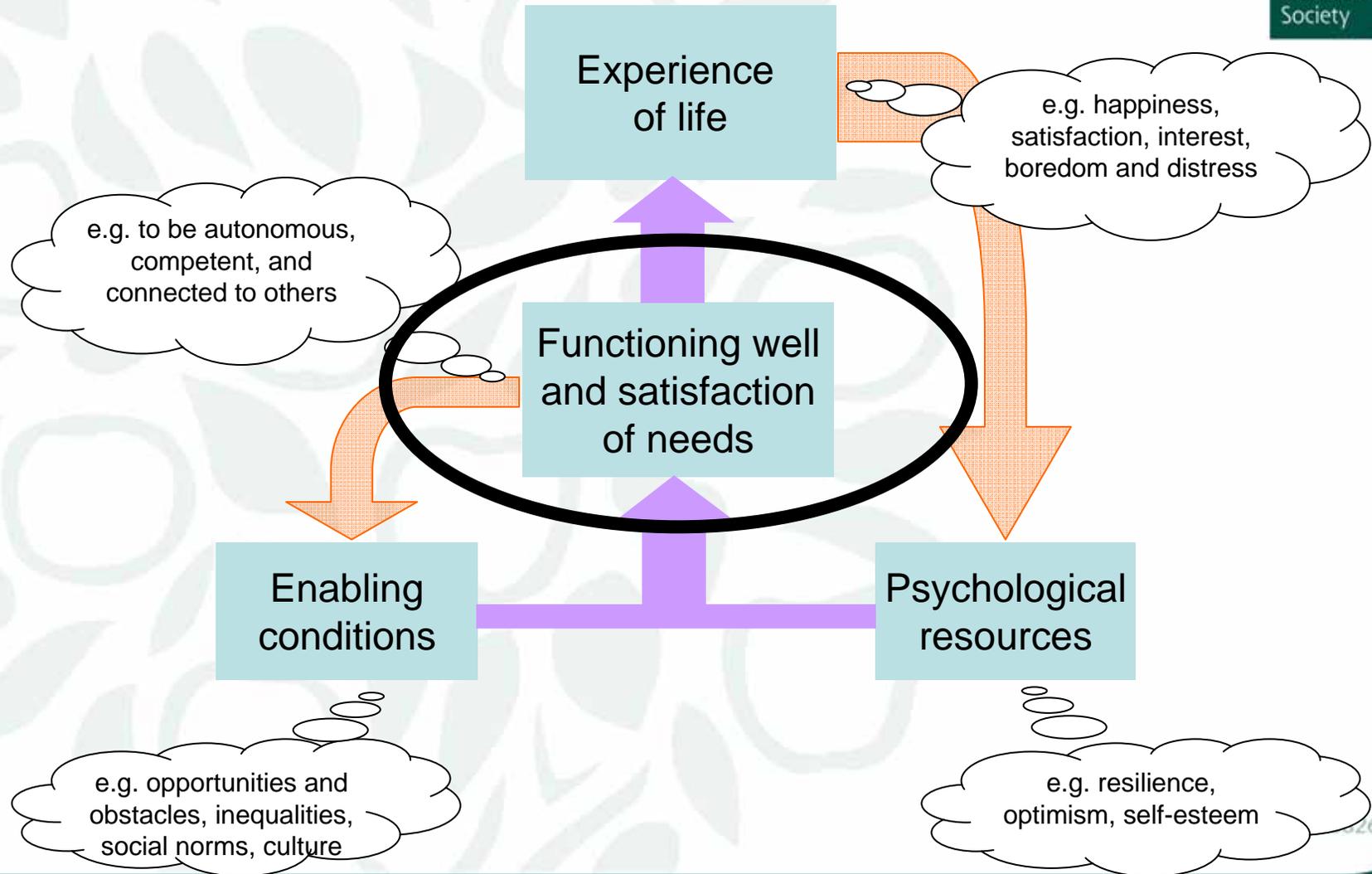
Summary



- 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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Horticultural
Society

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.

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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.

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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.

Five ways to well-being



Full report available at:

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."*

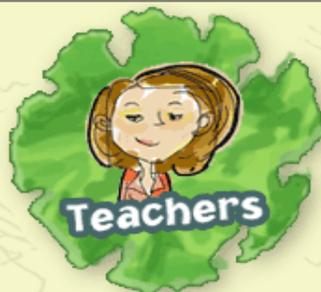


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Get your school gardening!

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.





RHS - Campaign for School Gardening - The School Garden - Microsoft Internet Explorer provided by The Royal Horticultural Socie

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Benchmark Scheme
User name: jackychave
1. Planning your garden
2. Getting started
3. Growing and diversifying
4. Sharing best practice
5. Celebrating

Planning your garden

The School Garden
How far have your school garden and/or gardening activities been developed to date?



1. We are already growing some plants inside the classroom.
yes ✓ **no**

2. We are conducting an audit of our school grounds.
yes ✓ **no**

3. We are planning to do a risk assessment for our growing activities.
yes ✓ **no**

search

Resources

Starting a school garden
A useful guide to creating your school garden
[download](#)  

Audit of the school grounds
A checklist to help you plan your school garden. To be completed in conjunction with the 'starting a school garden resource'.
[download](#)  

Generic risk assessment
An example risk assessment for use in school gardening activities
[download](#)  

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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 butterfly, 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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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

