**Garden Project at the Caversham Group Practice- the listening space**

**What is the idea**

* Developing the garden space attached to the practice to be used for patient groups, staff use and possible community events

**Inspiration and references**

* See Kings Fund report ‘Gardens and Health’ [www.kingsfund.org.uk/publications/gardens-and-health](http://www.kingsfund.org.uk/publications/gardens-and-health) – this outlines the case for the importance of gardening in fostering wellbeing and collects evidence for garden/ horticultural therapy projects and their link to better health outcomes “the sheer weight of evidence – qualitative and quantitative – on how gardening and access to gardens affect our health and wellbeing is overwhelming” David Buck, Senior Fellow, Public Health and Inequalities,
* Garden space at Kentish Town Health Centre
* There are various garden related projects linked to primary care organisations e.g. Bromley by Bow Centre <http://www.bbbc.org.uk/about-us>, Sydenam Garden . <https://www.sydenhamgarden.org.uk/about-us>, Lambeth GP Food cooperative [www.lgpfc.co.uk](http://www.lgpfc.co.uk)

**Where is the space**

* The internal courtyard between the Caversham Group Practice and the Peckwater Centre

**What has happened so far**

* Initial fundraising and work with gardeners from ‘Of Butterflies and Bees’ and Transition Kentish town to develop the infrastructure and put in initial planting to make space useable for garden based activities and groups.

**What next**

* We hope to pilot a couple of small groups one of which will be run by a patient volunteer (and professional gardener)
* Opening event ?May 2017

**How can the PPG be involved**

* Work in collaboration with the practice to develop the project further.
* Help with running the project- e.g. ongoing fundraising, involvement in groups, help with community events.