

Health and Wellbeing Group Grant Form (for small grants)

1. **Name of applicant:** Susan Gooding Charity Administrator
2. **Organisation applying:** Friends of Salisbury Medical Practice Charity No. 1172839
3. **Contact details of applicant:** susan.gooding1@nhs.net
4. **Total Cost of your project (provide a simple breakdown of costs):**

Staff costs	£3000
Apprentice	£1500
Admin, overheads,	£200
First aid training, health and safety	£140
Evaluation: 4 hours of evaluators time	£60
Garden shed 8x6 feet plus heavy duty lock	£325
Tools	£500
Total:	£5725

5. **How much are you applying for from the Health and Wellbeing Group Fund?**

£325 for the garden shed.

6. **What is the title of your project?**

Gardening for Health

7. **Please give a paragraph (or 2) description as to what your project is for/what its aims and objectives are.**

It is known that gardens are intimately connected to health and wellbeing. Gardening can have wide effects on various forms of health, from physical health (due to the labour and effort involved), mental health and wellbeing (possibly through relaxation, reflection and stress reduction) to resilience and recovery from illness and palliative care. These effects can accrue directly or indirectly and to individuals and the wider population. The aim of the project is to provide an opportunity to access, develop, maintain and utilise the garden surrounding Salisbury Medical Practice (SMP). The Cathedral Locality Practices have a Social Prescribing Programme. The act of gardening can be 'prescribed' for patients within the Cathedral Locality Practices as part of social prescriptions.

8. **Please tell us when your project will take place**

The project will take place in the grounds of Salisbury Medical Practice. It is envisaged that there will be two supported / facilitated sessions a week. This may increase over time.

9. Does the project meet a local need? (for which post codes?)

People living in SP2 and SP1 will be able to access the project. The project will be promoted through the social prescribing programme, the Support Cafes held in Fisherton House, the Cathedral Locality Older Peoples team and our networks.

10. How well does the project meet the priorities of the Joint Strategic Needs Assessment:

Loneliness – Gardening interventions are usually social; engaging with others in a meaningful activity. Being outside gardening is a great mood booster.

Social isolation – Taking part in an activity with others can help to reduce feelings of social isolation.

Dementia – A study published in the Journal of Alzheimer's Disease suggested that the risk of Alzheimer's disease can be cut by 50% and simultaneously improve brain volume as a result of various physical activities including gardening. A memory café for people living with dementia is held at Fisherton House SMP and attendees will be encouraged to participate in the garden if they are able and would like to.

Carers – Staying fit doesn't have to mean having expensive gym memberships. Gardening is a great form of all-round exercise (including strength, endurance and flexibility), as well as being effective at combating depression, stress and anxiety. It is so important for carers to feel as fit and able as they possibly can be. As well as the carer the person who they care for will benefit from the sense of calm gardening brings to the carer. A carers' café is held at Fisherton House SMP and attendees will be encouraged to participate in the garden with or without the person they care for if they are able and would like to. As the garden develops carers will be able to benefit from sitting in the garden in good weather.

Avoidable admissions to hospital – Gardening keeps you active and reduces stress levels that mean it can help prevent heart disease, diabetes and other associated lifestyle diseases. It is an all-round exercise for improving strength, endurance and flexibility and can reduce the risk of high blood pressure, heart disease, diabetes, obesity and other medical conditions.

Avoidable admissions to hospital due to falls – Evidence suggests (Chen and Janke's 2012 research) that gardening improved gait and balance both risk factors for falls.

11. How will older people and their carers be involved in the project?

The project will be promoted through local networks, campaigns, health cafes (including the Memory Café, Carers Café, Friends after Bereavement Café) and contacts with SMP. It will also be promoted widely through the work of the SMP Older People Team Cathedral Locality. All people will be made welcome.

12. How accessible is the project for all (disabled access, low income, vulnerable, socially isolated etc.)

Participation in the project will be free.

13. How will the project safeguard the welfare of vulnerable people?

The Social Prescribing Leader has had a DBS check and indeed all staff working with patients and clients have a DBS check as per normal HR practice. SMP has policies for safeguarding adults, children and vulnerable adults. The project supervisors are expected to follow policies for confidentiality, chaperoning, equality and diversity.

14. How will you monitor and evaluate the project?

The project will be evaluated using quantitative data i.e. the numbers of people attending. Qualitative data in the form of individuals' narratives will also be collected anonymously.
A report will be written and shared at the end of the project period.