

Maritess Murdoch

A North Central London Gardening Group for care homes and other settings

Why

The project came about due to the pandemic:

- To prevent isolation and loneliness
- To increase awareness of the importance of access to outdoor spaces and gardens for residents and staff
- To highlight the importance of meaningful activities to the health and well-being of residents

Aim statement: To improve the physical and psychological wellbeing of staff and residents in 9 social care settings in North Central London through garden and gardening.



Our actions led to these improvements:

Final Outcomes

Improved mood has been reported for residents and staff engaged in activities.

Increase physical activity - Staff & residents have increased their activity due to the gardening tasks

Increased meaningful interaction between residents and staff

'It increases conversation points'

'The gardening club has brought the residents and staff together'.

Staff who did not know anything about garden and gardening are sharing their experiences and knowledge with their children and families.

Staff and residents who are keen gardeners are sharing their knowledge with other staff and residents.

What did we say we would do?

Initiatives:

- Virtual gardening sessions
- led by Sweet Tree Farm
- Farm visits to Sweet
- Tree farm in Barnet
- 1-1 personalised support
- Gardening packs and newsletters with monthly to do lists
- Virtual support sessions

Measures:

Qualitative – Interviews, observations, photos and emails

Quantitative – online surveys

What did we learn?

The activities

- Improved meaningful interactions
- Improved activity levels of staff and residents
- Increased usage of outdoor space for relaxation and enjoyment
- Empowered staff and residents to grow own produce and use in kitchens
- Built connections with other homes and the wider community
- Supported staff and resident to develop gardening skills and provided opportunity to pursue interests.