

Therapeutic Horticulture – a bumper year

New groups, new work, new research ... and old friends

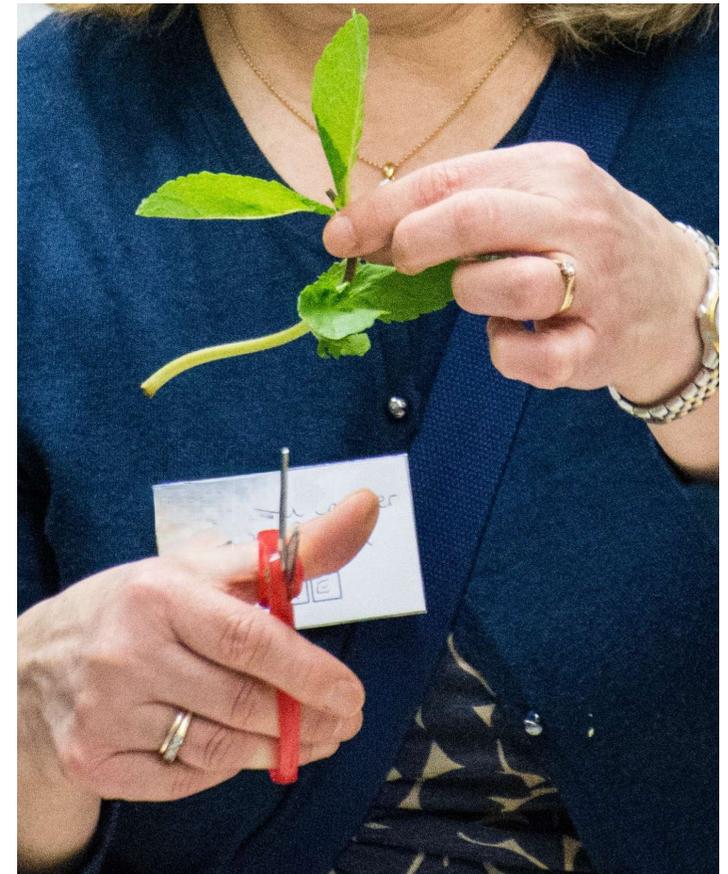


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PDA Practitioner Qualification!

- Approved by Scottish Qualifications Authority and SRUC, giving external validation and national recognition to the course.
- Professional Development Award in 'Developing Professional Practice in Therapeutic Horticulture' (SCQF level 7)
- Approval is culmination of many years of work.
- Eligible for grant support
- Working out details with partners, plan to open for enrolment 2026.
- Will meet requirements for Professional Register



Training, workshops, field visits

- Guidance on site for groups such as Murdostoun Brain Injury Unit
- Training, workshops and lectures for:
 - practitioner groups,
 - participants facing struggles including health difficulties and disabilities.
 - officers & prisoners, Dumfries prison.
 - People interested in becoming practitioners, e.g. for Working for Gardeners (WRAGs).
 - College students, Sweden & Scotland
- Demo workshops for staff with pupils with additional support needs, East Lothian



Training for WRAGS at
Redhall Walled Garden



New therapeutic programmes for various client groups





**Skinnergate Lifehouse Group,
Perth, summer 2025**



**Skinnergate Lifehouse Group,
Perth, Oct 2025**



Isla Court residents, Perth, summer 2025

School Group, East Lothian, spring
2025 ...



– the votes are in

... the votes are in.





Printing in a Japanese Garden for a group with additional support needs, Cowden, summer 2025

Research Evidence

- **Edinburgh University:** Masters students presenting their research to the network, beginning new studies & paper published in academic journal outlining our work with Birkhill in the Borders.
- **University of Essex:** New infographics shared, further study in the planning, Dr Carly Wood presented at the conference, visiting in Nov.
- **Research in other fields prompting new thinking and protocols:** Strength training may be more crucial than cardio for older adults – trumps; Veterans who've served in the field with hunting drones may react negatively to the sound of bees buzzing; Exercise (esp. lower limb) can reverse cognitive decline in early stages of dementia – how to incorporate in TH programmes?

Have you thought about trying social and therapeutic horticulture?



Social and Therapeutic Horticulture uses **gardening activities** to improve health. Evidence shows it could:



It can be used where depression and anxiety are linked to other health conditions or concerns (e.g. loneliness) and alongside other types of treatments. It can take place indoors and outdoors, and in both community and healthcare settings.

FIND OUT ABOUT GARDENS NEAR YOU BY:

Speaking to your **GP, Social Prescriber or Health Professional**

OR

searching for a **local provider and self-referral information** at

<https://gardening4health.co.uk>

<https://www.trellisscotland.org.uk/>

This poster was co-produced with lived experience experts and STH stakeholders.



Scan the QR code to access the poster online



Therapeutic Horticulture: social
prescribing secret weapon



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trellis
gardening for wellbeing

Benefits everyone, no matter who or where

Growing food



Gardening's possible anywhere: HMP Barlinnie, green brought to concrete landscape, hospices, high secure units, Aberdeen Royal Infirmary roof garden, indoor gardening in Hong Kong's apartment blocks,

East Lothian



Orkney

Inver-city Glasgow



Benefits of therapeutic gardening

Mental Health:

Depression, anxiety & stress reduction, & better sleep.

Physical activity:

helps cardiovascular health, diabetes & back pain, (sustainable).

Social benefits –
reduces isolation, increased life satisfaction.

General health/risks –
lowers BP, heart rate, pain, inflammation.

Diet: pride/curiosity = trying new foods. Gut microbiome.

Brain health –
calming, memory benefits, less agitation/aggression in dementia.

Improved learning & emotional regulation. Boosts immunity, Vit D, mood. May help reduce childhood myopia.



Development Forum 8th April 2025



Professional development work



Raising the profile of TH

FM John
Swinney visited
us at Scone
Palace

Communication
with Scottish
govt: therapeutic
horticulture
'perfectly aligned
with policy'

Interviews in 2
podcasts with
international
listener base

Articles in UK &
international
journals &
publications

National NHS
event, June:
promoting TH &
its part in
improving health
in Scotland.

Presentations
for British
Society for
Lifestyle
Medicine,
Dementia Arts,



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Green Care | Volume 11 | Issue 1 | 2024

Green paths through the twilight Nature education for young and old | The Universal Language of Horses | International Green Care Activities

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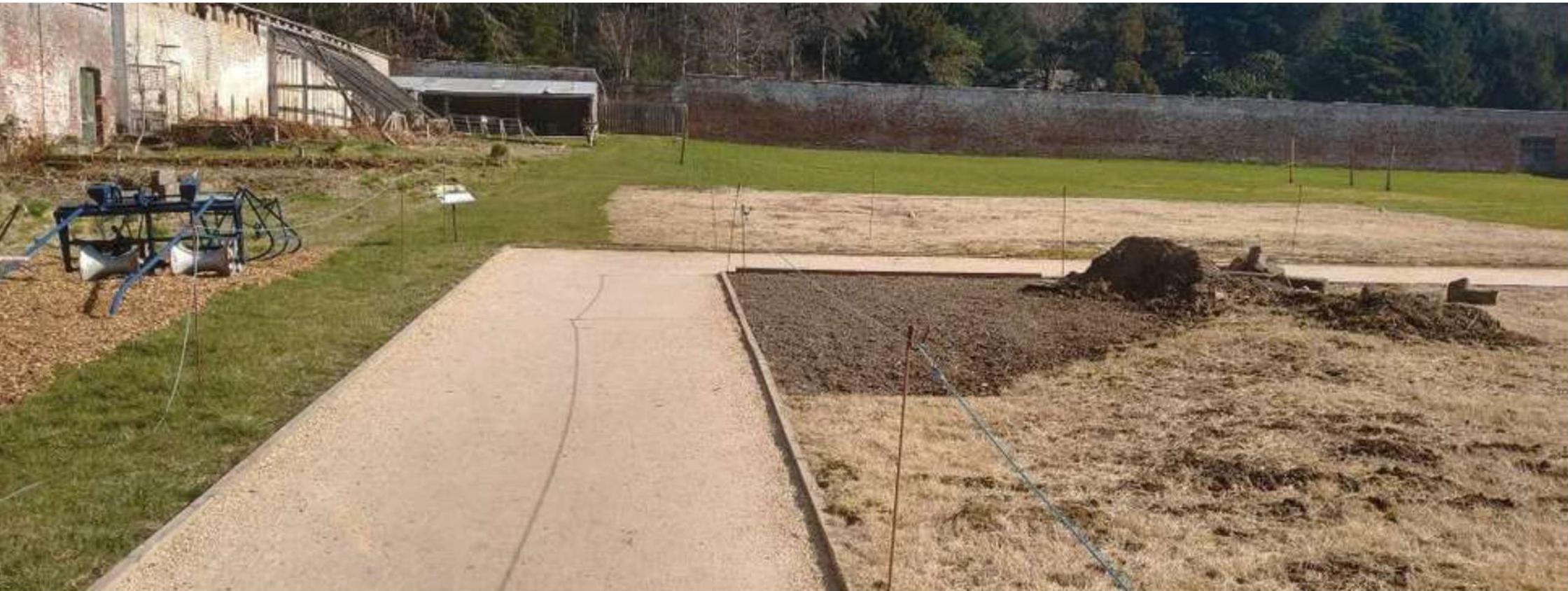
CapitalVienna





The Gathering, tabletop gardening activities for voluntary sector delegates

Development Potential



Jim McColl,
much missed patron



Jim lighting up the day, Scottish Prison Service

Don't be a Stranger!



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