

Therapeutic Gardening in Moray

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REAP is a registered Scottish Charity no: SC037988 and is a Company registered in Edinburgh no: 316989

Introduction

This research has been funded by a grant from the Integrated Care Small Grants Fund, a tsiMORAY initiative funded through the Integrated Care Fund. The fund is for *“work with adults in Moray to support a focus on prevention, early intervention and care and support for people with complex and multiple conditions.”*

REAP, an environmental charity and social enterprise based in Keith, was awarded this grant to carry out community research into developing therapeutic garden spaces in Moray. REAP has been carrying out community gardening projects in Moray for 8 years, and was aware of an increasing demand for community gardening with a therapeutic theme. In our successful bid to the Fund we wanted to:

- Collate and gather the evidence for the benefits of therapeutic gardening and the current frameworks in Moray
- Map current therapeutic gardening activity in Moray and assess demand for it from organisations and individuals and any barriers to delivery
- Produce a report that can be used to apply for funding to develop therapeutic garden sites in Moray

Methodology

Desktop research into the benefits of therapeutic gardening, good practice in setting up, running and managing therapeutic gardens and good practice elsewhere was conducted. (See Bibliography, Appendix 5).

The health and planning framework in Moray is also outlined, drawing on the Moray 2023 plan, The Moray Community Planning Partnership documents, the Moray Health and Social Care Partnership documents and others.

For our primary research, a questionnaire (see Appendix 1) was devised to gain the views of organisations currently offering, or expressing an interest in offering or commissioning therapeutic gardening. A separate questionnaire was devised for individuals who may benefit from this activity (see Appendix 2). REAP distributed these to this target group with the help of key organisations, including local contacts for the Scottish Recovery Network, the Moray Well Being Hub and organisations contacted through the research.

To add another way for individuals to participate, REAP staff ran focus group sessions with some groups who were willing to participate. Based on the questions from our surveys, these sessions gave the opportunity for a more in-depth insight into some of the aspects of therapeutic gardening in Moray. The results from a survey of REAP’s gardening activity in Moray were also used.

REAP is very grateful to all individuals and groups who gave of their time to help with this research.

This report contains:

- What is Therapeutic Gardening – and what is it not?
- Desktop research into how therapeutic gardening works and its benefits to physical and mental health
- The social, economic and other benefits of therapeutic gardening
- The social and healthcare context in Moray, including the possible role of therapeutic gardening in meeting some of the issues in Moray
- Results from primary research questionnaires – organisations
- Results from primary research questionnaires – individuals
- Results from primary research questionnaires – focus groups
- Where therapeutic gardening is happening in Moray at the moment - Case studies
- Funding Therapeutic Gardening activity in Moray
- Summary of findings
- Appendix 1. Questionnaire to organisations
- Appendix 2. Questionnaire to individuals
- Appendix 3. Barriers and Recommendations – a review of research
- Appendix 4. Funding your therapeutic garden project
- Appendix 5. Bibliography



The Greenfingers team planting out in a community garden

What is Therapeutic Gardening?

Therapeutic Gardening or Social and Therapeutic Horticulture, is gardening activity that improves or supports physical and/or mental health for people with a defined need (rather than the general population).

It is well established across the UK and is delivered, supported and advocated by such national organisations as Thrive, Trellis, Mind, The Federation of City Farms and Gardens, and many smaller, local organisations. It may be considered to be a form of 'Green Care', a wider offering that includes other natural based therapies such as green exercise, care farming, animal assisted therapy, and nature conservatism.

A therapeutic garden may be on a permanent site, used by one or more individuals or groups privately, or shared with members of the public. Therapeutic gardening may happen regularly, year round, seasonally, or on an ad hoc basis as part of a broader service offering. It may be a temporary site or even, *"a few pots or windowsill boxes,"* (Trellis).

Therapeutic gardening is endlessly adaptive, so can be tailored to support individual needs. Good garden design, adapted tools and professional support can help remove barriers to gardening.

What is it not?

"Green Care is not a casual encounter with nature" (Bragg, 2016) but a tailored approach to supporting a specific group or individual with specific needs, as compared with public health activities for the general public. Therapeutic gardening is not a panacea, *"not always the best activity for a particular group or the best way to address a problem"* (Trellis).

As Trellis points out, therapeutic gardens are not necessarily sensory gardens or filled with wheelchair accessible beds, in fact they may not look any different to an ordinary garden.

How does it work?

Therapeutic gardening may deliver benefits in a range of ways – physically, mentally, socially and in terms of wellness. Bragg (2016) states the benefits come from a combination of factors that therapeutic gardening can offer:

- being in the natural environment (e.g. sense of calm and reduction in stress)
- the social context (e.g. part of a group, sense of belonging)
- having meaningful activities (e.g. learning new skills and feeling a sense of achievement, responsibility and confidence) (Bragg, 2016)

REAP evaluations of therapeutic gardening sessions with vulnerable groups also found that:

"Working on something that is achievable and can show an immediate result as well as something to look forward to"

Health benefits of therapeutic gardening

Therapeutic gardening integrates mental and physical health. This can be particularly important in chronic conditions where physical and mental illness may co-exist. For example, *“Around one in three people with heart failure and diabetes and one in five people with coronary heart disease and chronic pain will experience depression. Prolonged stress alters immunity, making illness more likely and recovery more difficult, especially for those who are already unwell”* (MHSCP, *Living Longer, Living Better in Moray*). Therapeutic gardening can also produce positive outcomes that are wider than clinical outcomes and is enjoyable so people keep attending, as compared with e.g. gyms or exercise classes.

Mental health benefits (Page 2008, MIND, Trellis 2013, Bragg & Atkins 2016)

- Focuses on skills and what is achievable, not disability, symptoms or deficits - some people find a ‘leave your diagnosis at the gate’ approach is useful
- Cognitive benefits, including improvement in dementia symptoms - reduced arousal, improved concentration, better ability to access memories
- Gardening is an inherently ‘hopeful’ activity and hopefulness can be an important part of recovering mental health, particularly in addiction
- Interacting with nature has been shown to engender feelings of peace, calm and security and improved general mental wellbeing, satisfaction and quality of life
- Exposure to sunlight is thought to have protective effects against some forms of depression and naturally occurring ‘happy’ soil bacteria, *Mycobacterium vaccae*, is thought to create serotonin (a mood enhancer) in the brain.

Physical health benefits (The King’s Fund, MIND, Thrive, Trellis)

- Well suited to a gradual build-up of stamina and strength and shown to be good at increasing activity levels in people who are reluctant to exercise
- Less intimidating than organised fitness classes or exercise groups – a supportive environment to take on activity at your own pace
- Suitable for those recovering from heart disease, stroke, surgery, life altering injuries
- Can be a form of rehabilitation and a way to improve mobility and prevent and tackle obesity
- Consuming foods grown in a therapeutic garden can widen dietary choices and contribute to health – similar effects are seen in schools growing projects
- Exposure to sunlight and Vitamin D metabolism is essential for bone health and may have protective effects against cardiovascular disease

Social benefits of therapeutic gardening (Community Food & Health Scotland, Page 2008, The King's Fund, Thrive)

Social benefits can be delivered both to the individual accessing the service and to the wider community in terms of social capital and increased volunteering.

- An interest in gardening is shared by people attending – irrespective of ability – engenders inclusion & working as a team to achieve an end goal
- Opportunities for contact between vulnerable and non-vulnerable members of society - being with others who are not like you - helps break down stigma and increases acceptance
- Successful outcomes and interaction between people on a gardening project can lead to other community activities being set up in the area
- Being with others who are like you and have shared experiences can provide support
- Vulnerable people can make valuable contributions to the wider community, have a say in how things are run, contribute to meetings and can be included in political processes and decision making
- Can provide a break from routine in care facilities: *“working with service users and their families/carers to create meaningful opportunities which are outcome focused and rewarding for those who attend”* (MHSCP, *Living Longer, Living Better in Moray*)

Economic benefits of therapeutic gardening

Economic benefits may be delivered by in a number of ways too. Mind, a leading mental health charity notes, *“Demand for health and social care services and medication can be reduced, while the costs of paying welfare benefits can also fall. As people attending ecotherapy projects find work they also make tax and national insurance contributions.”*

For some individuals, therapeutic gardening can provide many of the benefits of work – being part of a team, achieving, contributing to the wider community – without the pressures of employment. Where volunteers are paid expenses or a share of enterprise profits, these payments are also valued as a marker of the contribution they have made (Thrive).

Therapeutic gardening can be cost-effective as it produces positive life outcomes that are wider than clinical outcomes; it integrates health and social care, and is enjoyable - so people go back (Bragg 2016, The King's Fund).

Additional benefits (Page 2008, The King's Fund, Trellis 2013)

Therapeutic gardening can have a broad appeal - with a choice of activities and good design and tools, all ages and all abilities can take part.

- It is acceptable to women, and women-only sessions can be run if needed
- It is acceptable to men, and could help overcome barriers they may face in accessing wellbeing services. Older men in particular, can be a hard to reach group
- It can foster increased independence and self-confidence
- Can increase in work related skills and a sense of personal achievement from carrying out meaningful activity
- Feelings of wellbeing can be enhanced from being involved in activity that feels beneficial to the environment, particularly where sustainable practices are used e.g. involving organic growing, renewable energy on site etc.

Social and Healthcare Context in Moray

Moray shares factors that affect health and social care with the rest of Scotland and the UK such as an ageing population, an increase in conditions such as dementia and depression and a rise in obesity and type 2 diabetes. However, some of these factors are more acute in Moray:

Moray Health and Social Care Partnership notes mental health is a growing issue in Moray: *"The economic cost of mental health problems in Scotland is estimated at £10.7 billion. For Moray this equates to around £172 million."* (Good Mental Health for All in Moray)

Issues highlighted by Moray Community Planning Partnership include:

- Increasing numbers with long term conditions and/or deteriorating conditions living at home
- Rapid increase in dementia – the Moray Council Dementia Strategy predicts a 50% increase in the incidence in dementia as the population ages and has identified dementia as a key priority in Moray, contributing to 11.2% of all years lived with disability, more than stroke, cardiovascular disorders or cancer.
- Loneliness/social isolation
- High prevalence of chronic disease

Drug and alcohol addiction is well documented in Scotland and although Moray has slightly lower figures (Moray 2023) addiction is still a significant issue.

The role of therapeutic gardening

Therapeutic gardening can be an effective means of increasing physical activity, including for those facing barriers to other forms of exercise and those reluctant to exercise. It focuses on skills and achievements, not limitations or diagnoses. Gardening can be tailored and adapted to suit individuals, selecting appropriate activities, in suitable settings, with adapted tools if necessary.

Therapeutic gardening can offer projects that give a sense of purpose, opportunities to develop nurturing skills and a way to get involved in the community for those interested and struggling with mental health issues (as outlined above)

The role of therapeutic gardening in dementia has been widely studied. Effects reported include *“reduced agitation and aggression and other symptoms, as well as qualitative reports of improvements in concentration and better connection with past memories, associated with access to natural light.”* (The King’s Fund)

REAP Evaluation participants working with clients with dementia also noted the benefits of repeat engagement:

“Clients now when they go out to sow seeds etc say “I know how to do that”. They also remembered skills they’d used before. Getting back out to the raised beds to pick lettuce etc keeps the engagement going”

The Moray Joint Commissioning Strategy’s vision is to *“promote a culture of choice, independence and quality with older people in Moray; where they are supported to share responsibility for leading healthy, fulfilling lives in active communities that value and respect them.”* (MHSCP, *Living Longer, Living Better in Moray*) Therapeutic gardening can help with this aim for our increasing numbers of older residents in Moray.

Health and social care delivery factors

Moray Health and Social Care partnership aim to provide a more tailored and person-centric approach. The focus is to be on prevention and anticipation rather than reaction, on self-management and on supporting independent living. Moray Community Planning Partnership wishes to *“widen access to a range of community based psychological and social supports”* and *“change the culture of seeking services to one of self-managed support.”* (Good Mental Health for All in Moray)

Self Directed Support is being made available to people entitled to community care services. This means they have more of a say in how care or support is delivered by procuring their own services, either handling their own care budget directly, or making decisions with the support of other agencies (Scottish National Strategy on Self Directed Support).

Therapeutic gardening could have role to play in these aims and in fulfilling the vision for good mental health in Moray. Collaboration in delivery of services is another key aim. The Moray 2023 plan has a vision that, *“Moray’s public services and third sector work in partnership to achieve the best possible outcomes for the community”*. Support for collaboration and co-production with the Third Sector can help people meet their needs (Moray Health Profile 2015). There are thriving projects run by both third sector and public sector organisations in Moray (see case studies).

Citizenship and volunteering

Moray Community Planning Partnership aims to have stronger, more resilient communities, active citizenship and increased volunteering, as well as *“greater engagement with the social economy to contribute to health improvements in Moray”*.

The social benefits of therapeutic gardening align well with this aspiration. The adaptive nature makes it suitable for a wide range of volunteers to offer a meaningful and rewarding experience. As well as seeing the fruits of their labours as they garden, their contribution can be acknowledged in other ways – award certificates, volunteer expenses, training and, in some cases, qualifications (Community Food & Health Scotland).

Economic aspirations

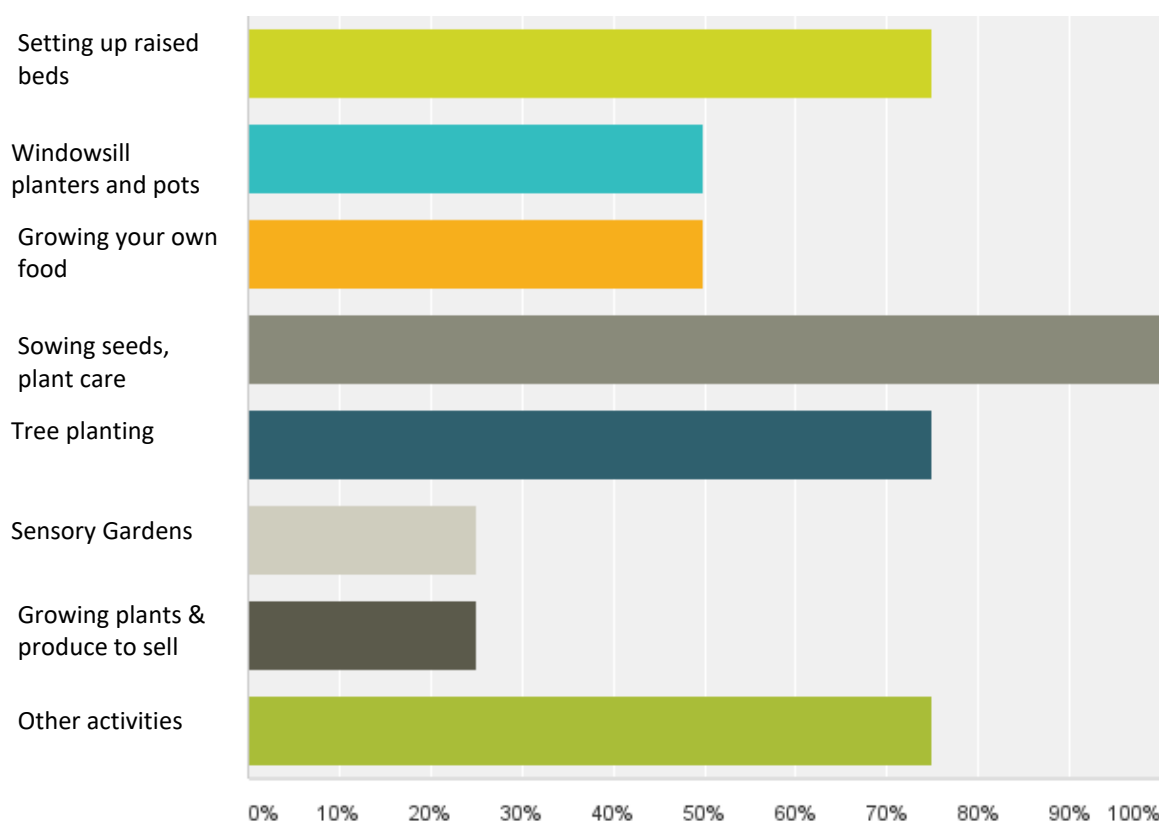
A *“growing, diverse and sustainable economy including training and educational opportunities”* is the top priority of the Moray 2023 plan. The training, upskilling and confidence-boosting aspects of therapeutic gardening can contribute towards these aims.

Rurality

Moray covers 2,238km² and has 57% of the population living in Elgin, Lossiemouth, Buckie, Forres and Keith (MHSCP, *Living Longer, Living Better in Moray*). Moray’s rurality is *“a known issue that can cause people difficulty in accessing services”* (Moray Health Profile 2015). The portability of small scale therapeutic gardening could be useful here, however for permanent sites transport is a key factor to consider in designing therapeutic gardening services. (Trellis, *How to Set Up a Therapeutic Gardening Project*).

Research Questionnaire results: Organisations

Eleven people from seven organisations took part in the survey. 4 of the respondents were in organisations already offering therapeutic gardening, while 7 respondents came from organisations where there was an interest in offering therapeutic gardening. The four organisations offering therapeutic gardening engaged in a variety of activities and sessions:



These organisations offered gardening activity in a variety of ways; the most popular being as part of a group and as a structured ongoing activity (all organisations).

Three organisations carried out activity at their own site, 2 offered sessions on an ad hoc basis and in several locations, and one organisation worked in one-to-one sessions. No organisations offered sessions in people's homes.

What are the benefits of therapeutic gardening and what activities may be required?

When asked to comment on the benefits of therapeutic gardening for the people these 4 organisations worked with, comments included:

".....People report that nurturing skills are enhanced, people get involved in long term activity with a purpose....community gardening skills help staff and clients"

“Clients grow in confidence, gain new skills, learn to work as a team, get fresh air and physical exercise, interact with people from all over the world”

“All trainees/clients have their own identified outcomes when they approach us.... Alongside the employment and training, people have gained structure to their lives, built upon their confidence, social contact and inclusion whilst working on their employabilitybeing part of a team and gaining peer support”

“....Working in the garden has the effect of giving participants an opportunity to work as part of a team, learn new skills, get some physical exercise, learn to take instructions effectively. An assumed, but unmeasured, outcome is that participant's time in the garden is also of therapeutic value. In this case I think that fresh air, exercise and contact with nature helps participants to relax, stay focused, and support their learning...”

All respondents were asked if they wanted to expand or begin offering more therapeutic gardening to their clients. 3 of the organisations already offering this said they would like to expand. 6 of the 7 groups not currently offering this said they would like to take part in this activity.

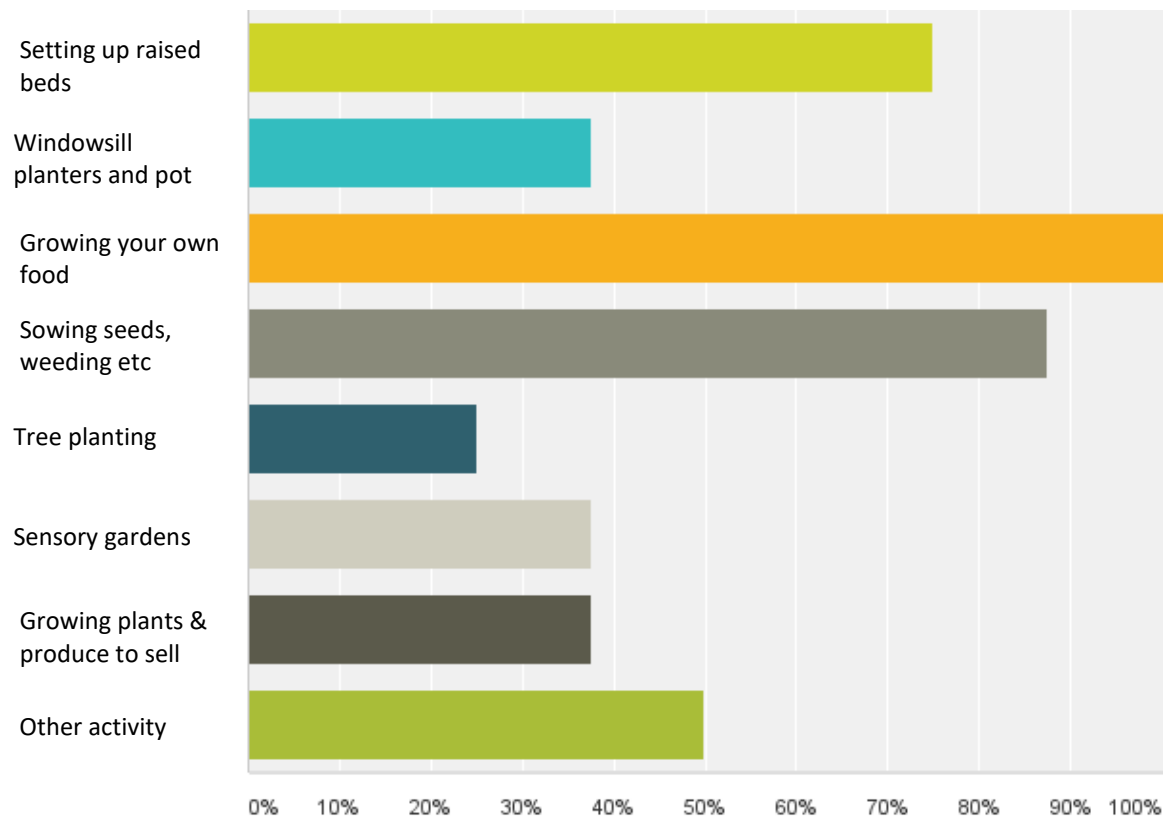
The most popular venues for this activity for all respondents who responded to this question (8 in total) were at the organisation's own location (6) and at a community garden (4). One organisation was interested in working at clients' homes, while one mentioned working at organisations' spaces working in partnership with their staff.

When asked when sessions would be best delivered, 8 organisations favoured a mixture of

- Available throughout the year
- Available seasonally
- One-off sessions and workshops
- As part of a wider offering of activities

When asked how they saw these sessions best being delivered, the same 8 organisations favoured volunteering opportunities most, but with other factors also important.

Type of activity most benefitting clients and participants



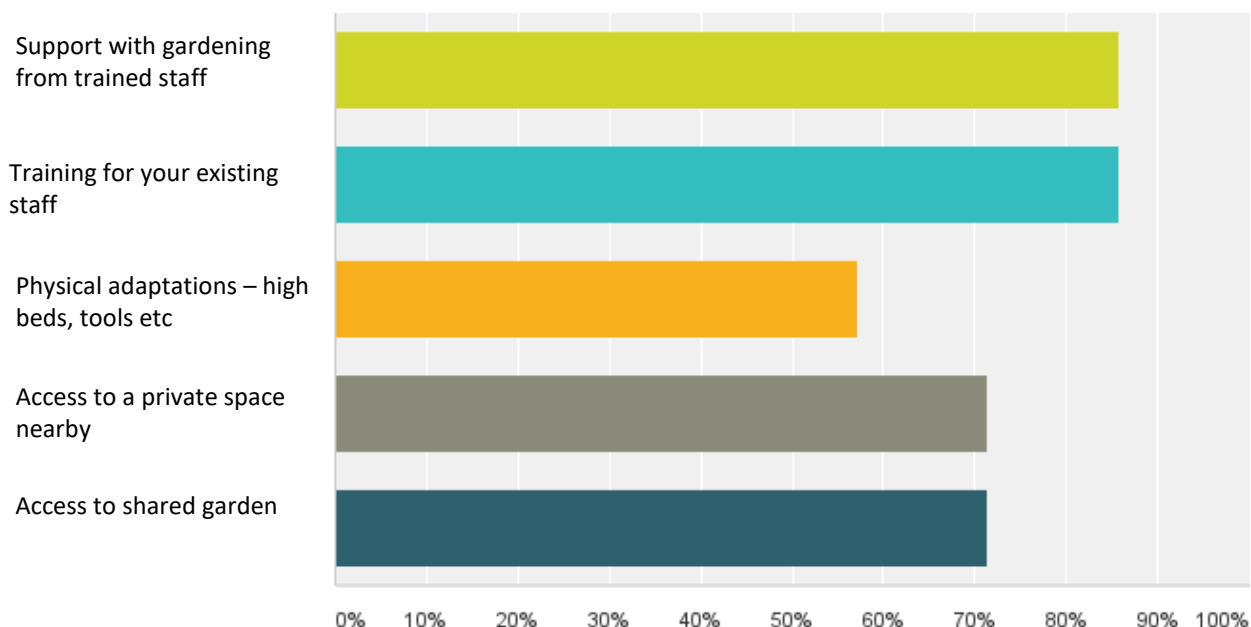
'Other' sessions included

- herb sessions with dementia patients
- Garden games and activities, sports and relaxation.
- We would like to offer a similar service to people recovering from mental health problems. This would again involve working as part of the wider garden team over a period of 12 weeks or so.

From the above, it can be seen that there is an interest in accessing and in some cases providing, a wide range of therapeutic gardening sessions from organisations in Moray. The expertise built up in existing organisations can help deliver benefits outlined in the first section of the report and address some of the issues identified.

Overcoming barriers and meeting needs

Respondents were then asked what was needed to help make therapeutic gardening sessions safe and accessible for participants.



Other needs mentioned were:

- hand washing facilities, toilets, warm areas, storage for tools and more growing space for our organisation to grow plants and seeds for our projects
- Accessible and regular transport
- Improved welfare facilities

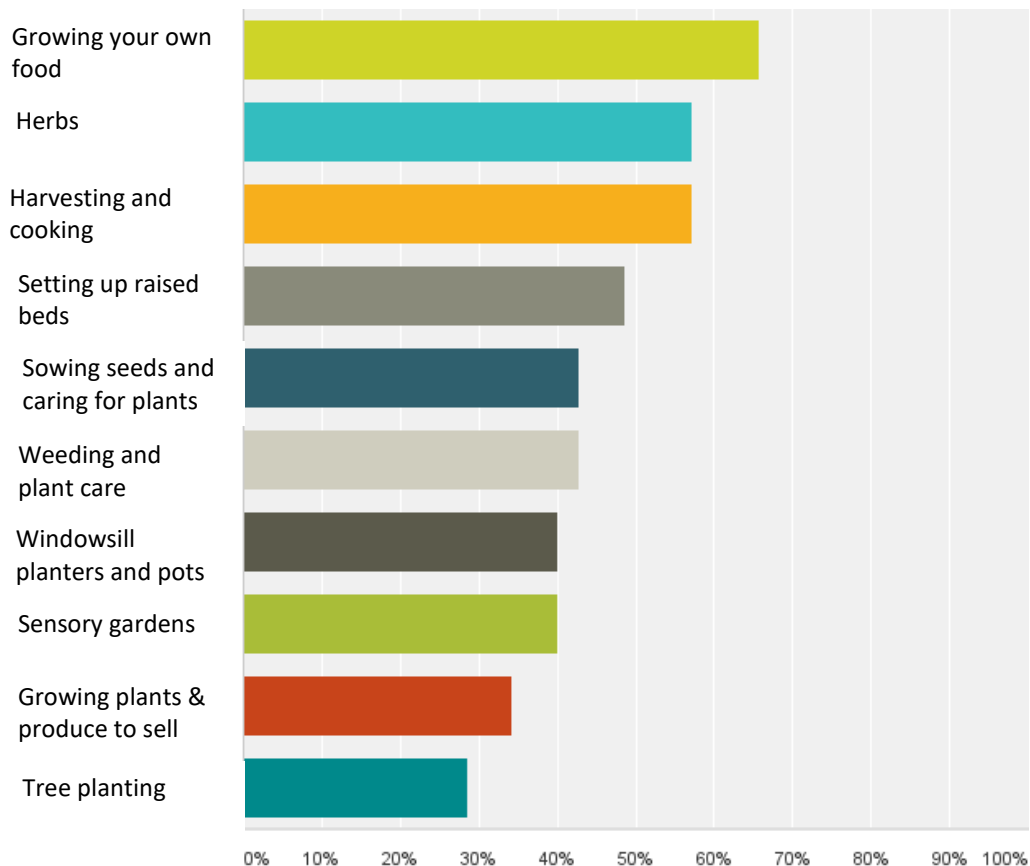
Some of these needs could be met by the organisations themselves, but others may well benefit from a collaborative approach, with organisations sharing knowledge, facilities and good practice. This could be a task for a steering group or perhaps as part of other Moray collaborations such as the tsiMoray forums or other partnerships.

From our desktop research on overcoming barriers to increasing therapeutic gardening (see Appendix 3), it can be seen that some of the 'needs' from the primary research reflect these findings. A lack of knowledge about what is available locally has been noted by several organisations in the field nationally, which makes it difficult for those who may want to commission therapeutic gardening, including health professionals, service users and their families. Online directories, direct promotion of the benefits of therapeutic gardening, forums (as above) and networking with other local groups can help address this.

Results from Questionnaires: Individuals

36 individuals from across Moray responded to this survey. Respondents were from contacts made with the help of key organisations, including local contacts for the Scottish Recovery Network, the Moray Well Being Hub and organisations contacted through the research. The aim was to target people who are interested in improving their mental and physical health and might be interested in therapeutic gardening as a tool to do this.

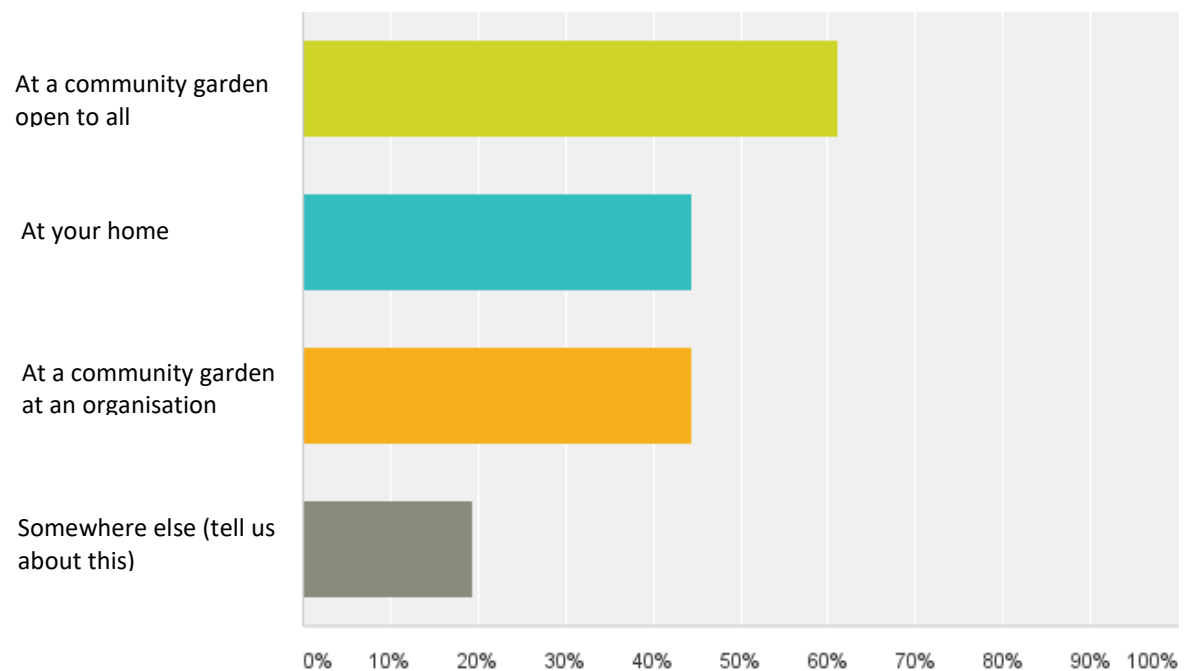
Q1: What kind of gardening activity would interest you? (Please tick all that apply)



Other comments included:

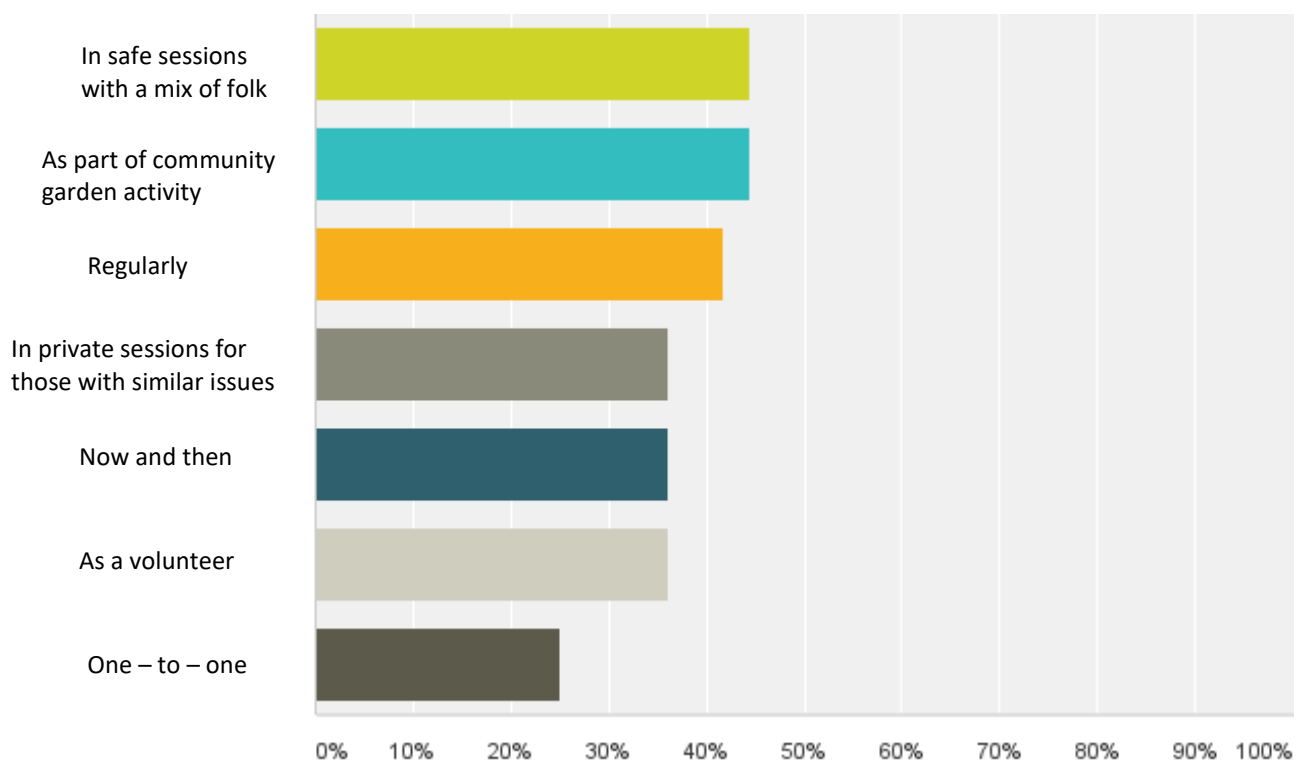
- Help in my garden
- Growing for the wellness of animals
- Mushroom & Fungi growing
- Looking after lawn.
- Making garden benches
- Friends of Craigellachie Bridge have planted up a rockery area at one end of the bridge and we have work days.....
- Currently at Castlehill veg... Forres

Q2: Where do you see this happening? (Please tick all that apply)



- With Wild Things from Findhorn
- Helping old people tidy garden, general garden tidying and maintenance.
- Covesea Road supported accommodation for young people who are homeless
- Craigellachie Bridge area, Craigellachie
- Shared spaces, parks etc, different parts of town.

Q3: Who with and how often do you see this happening? (Please tick all that apply)



Respondents were then asked to say what their ideal garden would look like



Features mentioned	numbers
Wheelchair/disabled access	4
kids	2
raised beds	3
flowers	3
seating areas	11
vegetables	9
toilets	5
safe/people friendly	3
organic	1
communal eating area/BBQ	6
trees/orchard	5
herbs	4
sensory	3
fire pit	1
covered area	2
fruit	2
accessible to all	2
wildlife	3
water feature	1
magic/artistic/ events	3

6 respondents mentioned specific sites for therapeutic garden activity across Moray, including at Craigellachie, Forres, Rothiemay and Elgin. These were existing groups who want to expand therapeutic gardening activity – with help, this could take place soon. 2 respondents mentioned sharing or offering gardens for activity. 2 respondents mentioned using growing to raise awareness of food, volunteering and incentives and awards for green spaces. 1 respondent mentioned that they are interested in gardening forums and networking.

Focus groups

REAP staff went to meet 3 groups who had an interest in therapeutic gardening and were willing to help us by discussing the questions and issues arising from their perspective.

An interactive focus group session was held with each group. This allowed the discussions to develop beyond the responses gathered in the questionnaires, sometimes with a focus on a particular growing area that the group identified.



REAP staff member with participants from Moray Mental Health group and their feedback sheet

Q1. What kind of gardening activity would interest you?

15	Setting up raised beds/ gardens	7	Herbs
6	Windowsill planters and pots	9	Tree planting
6	Growing your own food	7	Harvesting and cooking
5	Sowing seeds and caring for plants	5	Sensory gardens
2	Weeding and plant care	5	Growing plants and produce to sell
Other activities (please tell us about them) we need all of these – choice is important			

These results were slightly different to the results from the questionnaire results, with more of an interest in tree planting, setting up raised beds and gardens and slightly less on growing your own food. However, the comment reflects a feeling across all the discussions, that each group will have its own priorities and interests, and that the wider variety of sessions available, the better for choice.

2 of the groups responded to the discussion about where, how and who they saw sessions being delivered.

There was an even split for 'where' between 'at your home', 'at a community garden' and 'in an organisation's grounds'. And while the most popular venue was as part of general community garden activity, the element of choice again seems to be reflected in the results below.

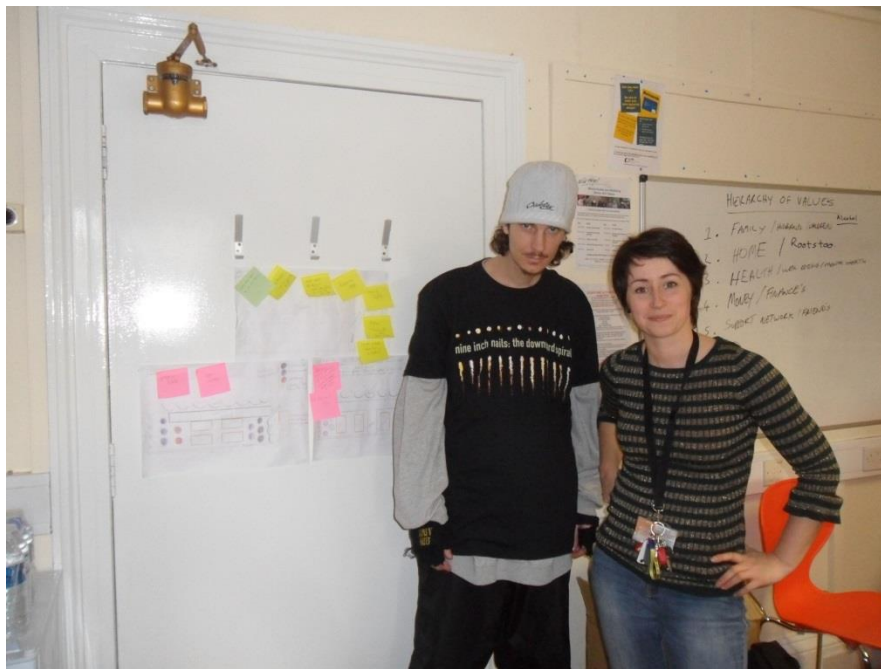
2	In private sessions for those with similar issues	2	One-to-one
3	In safe sessions with a mixture of folk	3	Regularly
7	As part of general community garden activity	4	Now and then
4	As volunteers		

The Quarriers group took part in this focus group as part of ongoing meetings about a new space they are working on next to their base in Elgin High Street. The session was an ideal chance to see what people want, with a specific piece of land in mind – quite a practical focus.

- Sunny spot
- We can keep an eye on it from our window
- We can learn from working in this garden to do stuff at home
- Could hold sessions outside
- The area is not too busy – not too many folk passing
- It's sheltered mostly – not too much wind

- We do get some dogs and cats
- Good access – an open area
- Need a bench
- Good that it's near our building for toilets, hand washing, kitchen and warmth
- Fruit trees and bushes could be good

These concerns reflect some of the findings from the desktop research and from the questionnaire results. These practical considerations will go on to inform the setting up of the therapeutic garden space – a neat practical application for this research.



Planning out the new garden space at High Street, Elgin

Other comments came from the discussions with all three groups, and reflect the need for non-judgemental spaces, a 'no labels' approach and a wide variety of choices for participants:

- Gardening activity needs to be led by others – well-trained community gardeners
- People need to be treated as equals without hierarchy – mutuality
- Need to use existing skills of participants
- Share tasks, take turns
- Need to make sure sessions are based on people's strengths, not the 'issues' they may have
- Stressing common issues
- Make it a social event!
- Good way to get community integration – mix all different ages and anyone can use the spaces

- When we originally asked people what they wanted from the Well-Being Hub, aside from a café, people also wanted to have a garden to grow in and harvest the produce.
- A garden for all
- Sensory space
- Safe space to relax in
- Needs to be inclusive – no labels
- Open to the public
- Access for all ages/ age groups
- Spaces for wildflowers

The picture emerging from this consultation work shows that, while some adaptations are needed for specific groups, there is a clear message that when people come along to therapeutic gardening activity, they want to focus on what they can do (ie not on barriers) and experience inclusion – and fun! - so that they want to return.

Case studies in Moray

So where is this beneficial work taking place at present in Moray? This research highlights some of the excellent therapeutic gardening projects taking place in Moray at present. Each project helps illustrate some of the issues, frameworks and benefits of therapeutic gardening outlined above.

Loch Park

Loch Park is a day care centre run by a care company, Living Ambitions. The centre is set in lovely scenery at Loch Park, a mile long loch 1 mile from Drummur, Keith. There are placements for people from around the local area with a learning disability or physical disability who want to learn new skills. These include gardening skills and looking after hens for egg production, tree planting, rural skills and woodcraft. Loch Park Centre is also open to the public, with activities such as canoeing, archery and fishing.

The garden at Loch Park Centre has a polytunnel, some outside growing space, an area for chickens and a great outdoor space on the banks of the loch. Loch Park has a total of 44 people attending each week to do a variety of activities, making a total of 68 placements.

The gardening activities and training involve:

- learning how to sow seeds
- raise plug plants for flowers
- making and moving compost

- weeding and watering and other plant care
- woodland activities and crafts

A variety of vegetable plants are grown in the polytunnel and sold at a discounted price to people attending, letting participants see the journey of the food from seed to plate. *“It’s great physical exercise and people taking part are very enthusiastic and enjoy the work outside”*, says Janice Dougan, Team Leader.



In the polytunnel at Loch Park

REAP (Rural Environmental Action Project)

REAP is a Moray environmental charity and social enterprise based in Keith since 1997. Current work themes are community gardening of fruit and vegetables and energy advice to tackle fuel poverty. Funded community gardening projects have seen a rise in therapeutic gardening sessions – with vulnerable groups including young people, those on low incomes, people with dementia, with physical disabilities and those recovering from domestic abuse. *“People working with vulnerable groups see the people they work with flourishing at our fun, easy sessions. Getting outside, nurturing and caring for plants and working together on a joint project help take people out of themselves”*, said Ann Davidson, REAP Project Manager

Sessions are delivered in partnership with other organisations, with specialist staff working with REAP community gardener staff. They are tailored to the needs of the people attending, to work round childcare and carers, physical limitations and other issues. They are often held at the venue of the hosting organisation and are often private, with small numbers.

Sessions over the last year have included:

- Planting and ongoing care of herbs with those with dementia, with indoor herb sachet making for those unable to get outside
- Setting up community gardens to grow your own fruit and vegetables at organisations working with young people.
- Sowing and planting indoors and making windowsill planters with women and families who've experienced domestic abuse
- Setting up higher raised beds with wheelchair access for those with mobility issues
- Composting and wormeries set up in schools and organisations to enable people to engage with recycling food waste and making free compost
- Planting fruit trees and bushes with young people out of mainstream education
- Growing edibles, harvesting them and using them to make healthy soups and smoothies with children from lower income families



Sowing seeds and planting out in a bespoke raised bed at Gurness Centre in Elgin

REAP work hard to access ongoing funding to continue this well-regarded and popular food growing work.

Greenfingers

Greenfingers is a horticultural enterprise based at Cooper Park Nurseries, Elgin, funded within Employment Support Services (ESS), Health and Social Care Moray. Greenfingers was set up with European funding 15-20 years ago and now runs with three full time staff, 3 volunteers and a Service Coordinator, working with 10 trainees per day. They offer

facilitated learning, support and work experience, using the therapeutic properties of horticulture and green spaces to support adults who have a learning disability, are on the autistic spectrum and/ or in recovery from a mental health problem. Trainees can be signposted through ESS or their social worker.

Work at Greenfingers is available at sessions on 5 days a week and includes:

- sowing, potting on plants etc in their industrial sized polytunnels
- community based garden maintenance and planting out of displays, for instance at Lossiemouth, Jack and Jill's Nursery and Dr Gray's sensory garden
- talks to the community about their gardening work
- woodland based bushcraft and conservation work with the Forestry Commission
- plant sales



Some of the Greenfingers team in the polytunnels at their base in Elgin

"We see people really building up confidence and social and employability skills with us" said Menita Roberts, Training Services Co-ordinator. "Our trainees can aim to go on to gain sustainable work placements, paid work, employment, volunteering or further education".

Greenfingers have a popular annual open day where a wide variety of the plants they've grown are for sale, including summer bedding, vegetable plants and perennials. All work carried out and the variety of tasks is included in the Greenfingers training programmes, giving work experience and learning opportunities in different environments.

Findhorn Bay Care Farm

A newer project in Moray is the Findhorn Bay Care Farm run by the Findhorn Foundation, Kinloss and based at the Cullerne organic gardens there. Starting in April 2015, the project provides 2 sessions on a Tuesday, with up to 12 participants at any one time. Participants have either a learning disability or Autism (or both).

Each morning participants work in the polytunnel with seasonal growing tasks such as sowing seeds, planting, weeding, harvesting, clearing land etc. Afternoon sessions are activity based, changing with the seasons, and outside as much as possible and include: dancing, music sessions, clay sessions in an earthlodge (with an open fire), forestry conservation work, fire building and outdoor bread-making.



Findhorn Care Farm participants

“It has been fantastic for our community to receive the gifts that people with a learning disability bring. The environment here is a perfect platform for clients to share who they are with those around them”, says Edward Fittsell, Project Manager.

Self-Directed-Support budgets have enabled this service to start, promoted through Moray Council Social Workers. The Care Farm project are aware of some potential clients that are still to move to an SDS budget to be able to attend, and will look to promote the project directly to potential clients, too.



Harvesting produce in the Findhorn polytunnel

Youth Empowerment Programme

The Findhorn Foundation has also run this programme in partnership with Action for Children. This first began in 2011, with two, three-month programmes running each year with up to 12 participants on each. Around 70 young people aged 16-24 and out of education, training and employment have taken part. They often have come from disrupted backgrounds, and can display a variety of challenging behaviours as a result of the difficulties they have experienced whilst growing up.

Participants attend two afternoons and one full day each week for twelve weeks. There is also a six-day residential trip. Participants are exposed to a variety of new experiences and learning situations, including, but not limited to:

- Learn about emotional intelligence
- A clear and structured programme with regular times of attendance
- Work experience
- Gardening tasks
- Outdoor survival skills
- Trapeze, Pantomime

Action for Children also provide support during and after the programme to provide continuity for participants.

Other good practice in Moray

Moray has a wealth of therapeutic organisations and a strong third sector that use the rich variety of environments here to provide great outdoor experiences for the people they work with. Some of these organisations and companies include therapeutic gardening (as above)

and others have developed their garden spaces to provide a therapeutic experience for clients, staff and their wider communities.

These include:

The Moray Resource Centre's garden space in Elgin includes flower beds, some fruit and vegetable beds and bushes and trees. Volunteers work with people attending the day centre there to maintain the garden and grow some produce.

The Phoenix centre in Buckie has a large garden space and uses both the garden space and a small amount of produce from the land for those attending the day centre there.

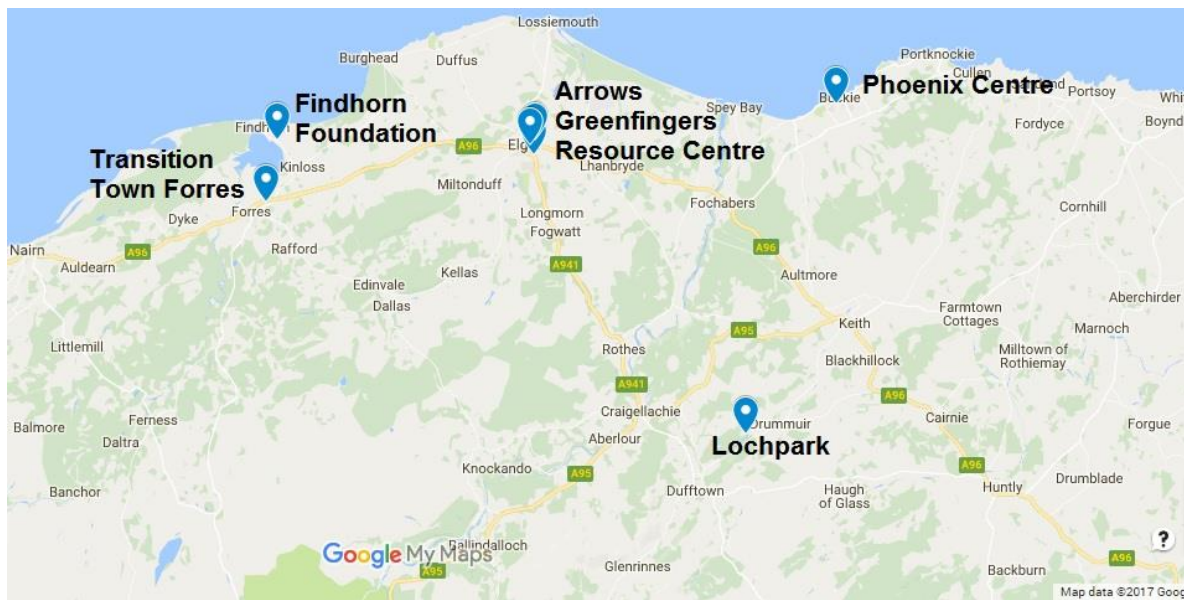
In Cooper Park in Elgin, a collaboration with the Moray Council has seen accessible raised beds planted up with fruit, vegetables and herbs, with community weeding days, visits from a wide range of groups and leaflets showing what to harvest and when available in the nearby library.

Many schools in Moray, mostly primary schools, have developed some of their outdoor spaces to grow fruit and vegetables and provide outdoor gardening experiences. This can be particularly useful for those children who work better in an outdoor, practical setting, but also benefit those from the school's wider community, including parents and staff. Examples include Findochty Primary, Craigellachie Primary, Rothes Primary and West End Primary – and many others. With a busy curriculum, shortage of gardening expertise and staff time very precious, schools often appreciate outside help to make their plans for their outside growing spaces become a reality. Key people at the school help make this become reality, including parents, janitorial staff and volunteers as well as teachers.



Findochty Primary School and friends getting involved in their outdoor growing space

Transition Town Forres have vegetable, herb and fruit planters outside their Well-Being Centre. The produce is harvested by attendees on their cooking courses to use in the recipes they cook. These courses are aimed at those on a low income or those with health issues.



A Map of some of the Therapeutic gardening sites in Moray

Funding Therapeutic Gardening activity in Moray

An excellent starting place for anyone setting up a therapeutic garden is the Trellis booklet: *“How to set up a Therapeutic Gardening Project”*, which details (in Chapter 7: *Attracting and Generating Money*) what the framework for funding can be. There is more information on funding in Appendix 4, too. The case studies section above gives a picture of how some therapeutic gardening projects are funded at present. Loch Park, Green fingers and the Findhorn Care Fund for example, rely on funded placements for trainees with specific support needs or physical and mental conditions which attract placement funding. Staff costs and line management support may be provided either through the local authority or through an umbrella organisation’s funds.

To extend and develop this work would mean that the funding for these placements would need to be extended to say, those with mental health issues or in recovery. This does not happen at present, but may be an opportunity for the future through the Self Directed Support system, as people able to access their own funding take charge of their own care.

Our desktop research on overcoming barriers (see Appendix 3) identifies some ways to address funding barriers, drawing on information from the King's Fund, Mind and others. Collecting robust cost-effectiveness and cost benefit analysis data and research to identify gaps locally could help agencies, GP practices and healthcare workers in Moray develop 'green prescribing' to help people access the benefits of community growing (and health walks, volunteering etc). Local government can play a role in working with organisations to identify green spaces for growing.

At REAP for example, and the Findhorn young people's project, project work and staffing is paid for through bids to a variety of funders such as the Climate Challenge Fund, Children in Need, BIG lottery etc. Depending on the funder, costs for sessional garden work, materials, tools and plants, volunteer expenses and core costs may be sought.

Providing a therapeutic garden session, area, workshop or course tailored to the needs of the group worked with, is a job for organisations which are properly managed, with robust policies and procedures, relevant insurance, admin and staff support and training and a sound knowledge of community development principles. It is often good to work in partnership with organisations who work with people with therapeutic needs. Specialist staff who have the long-term relationships with their clients are then working with community gardeners to enhance and develop their relationships through the therapeutic gardening activity. This was pointed out by an organisation working with young people, saying that they needed: *"Ongoing advice and guidance for our (garden) project for when the staff team lack the knowledge to make the project a success"*(REAP feedback survey of therapeutic gardening)

Other initiatives in Moray

Recovery Cafe and the Scottish Recovery Network

Moray is one of two areas in Scotland selected to work with the Scottish Recovery Network in a new initiative called "Making Recovery Real". This has included organising a number of large scale Recovery Café events held in Elgin held over the last two years with over 80 people being involved in each event. This was followed up by a Recovery Roadshow with 12 conversation café events in 8 venues across Moray, with new people getting involved all the time. Several new themes have evolved from this work including:

Ecotherapy theme based conference

Ecotherapy is a name given to a wide range of activities that aim to improve people's mental and physical wellbeing through doing outdoor activities in nature. It can cover a wide range of activities that take place outdoors from gardening and horticultural activities to exploring the natural environment including woodlands and wilderness areas. This obviously includes therapeutic gardening activity.

The Scottish Recovery Network is working in partnership with other interested organisations to hold a major national event/conference in Moray to address a number of key themes relevant to eco-therapy and mental health and well-being to:

- provide the people who plan, commission and fund health and social care services with evidence that ecotherapy services can help people look after their mental wellbeing
- support people who may be at risk of developing a mental health problem
- help the recovery of people with existing mental health problems.

This conference is planned for mid-2017.

Moray Well-Being Hub

Working from a proposed centre in Elgin, the Moray Well Being Hub is an initiative growing out of the Recovery Café Events. The Hub offers training in maintaining good mental health, an opportunity to go on from the training to become a mental health champion and a connection into all the groups working to improve mental well-being in Moray. Currently just under 70 Mental health champions have been trained. One of the themes identified to take forward from ongoing evaluation is therapeutic spaces development.

Summary of findings

Therapeutic gardening is using plants or gardening in a specific, tailored way to deliver mental, physical, social, and other benefits to people with defined needs. Therapeutic gardening is endlessly adaptive: a garden can be a permanent site or portable, suited to regular, seasonal or ad hoc use.

Therapeutic gardening activity is happening in Moray and there is an appetite for more, from individuals and from organisations. To help activity increase, there is a need for ongoing advice and support to staff in organisations where growing knowledge is lacking. There is also a need to find ways to plan, manage, fund and maintain growing spaces where therapeutic gardening can take place.

Thanks to organisations such as Trellis, there is a healthy network of therapeutic gardens in Scotland, a database of research findings, and detailed advice and support for assessing need, planning, setting up, running, reviewing and developing therapeutic gardening projects. (See Bibliography, Appendix 5).

Therapeutic gardening can be a cost effective health intervention to help address some of the key issues facing Moray, e.g. increasing mental ill health, increasing dementia, obesity,

lack of physical activity and growing social isolation. For some, the skills and self-confidence learned have the potential to lead to employment or self-employment.

It fits well with the aspirations to make health care person centred, to increase the capacity of Moray's communities to take care of their own health, including for older people, those accessing day care and volunteers. Organisations in Moray are already delivering some excellent projects and outcomes in this field, and would like to offer more.

National bodies have advised that more needs to be done to promote the specific benefits of therapeutic gardening. There is a need to raise awareness of what is available locally to potential clients and health and social care professionals - social or community prescribing may help with this, with simple prescribing pathways and guidance. Providers of therapeutic gardening should also be supported to design and deliver robust evaluation of the impacts and outcomes of their services.

Appendix 1: Questionnaire for organisations offering or interested in therapeutic gardening

REAP are conducting a survey into Therapeutic Gardening activity in Moray. We need your response to make this a comprehensive piece of work. Can you help? The survey takes about 3-5 minutes. Click the button below to start the survey. Thank you for your participation!

1. Name of organisation
2. Name of project
3. Date project established
4. Where does your project take place?
5. Who do you work with? Please tick all that apply
open to all, children, young people, adults, older people, intergenerational, people with mental issues, people with addiction issues, people with physical disability, people with learning disability, people on a low income, other
6. Do you already offer therapeutic gardening? Yes /No
If yes – what type of activities do you offer?
Setting up raised beds/gardens
Windowsill planters and pots
Growing your own food, including harvesting and cooking
Sowing seeds, weeding, plant care
Tree planting
Sensory gardens
Growing plants and produce to sell
Other

Tell us more about how your therapeutic gardening is delivered? (Please tick all that apply)

- Delivered to a group
- On a one-to-one basis
- As a structured, recurring activity
- As part of a wider offering or on an ad hoc basis
- At your site
- At several locations
- At clients' homes

How do you feel therapeutic gardening helps your work with your clients? e.g. What are the aims of therapeutic gardening for your organisation? What outcomes do you see? What changes do you see your clients?

If no, would you like to offer therapeutic gardening to your clients or members of your group?

7. Would you like to expand or offer more therapeutic gardening services? Yes/No

8. Where would you like to see future therapeutic gardening happening? (Please tick all that apply)
- At your site
 - At clients' homes
 - At a community garden
 - Other
9. When do you see it happening?
- Available throughout the year, one off sessions and workshops, as part of a wider offering of activities, a mix of the above
10. How do you see it happening? (Please tick all that could apply)
- In private session with your clients or group members
 - In safe facilitated sessions with a wider group of people
 - As part of general community garden activities
 - As a volunteering opportunity for your clients or groups
11. What types of therapeutic gardening activities would your clients or group members like to do?
- Setting up raised beds/gardens
 - Windowsill planters and pots
 - Growing your own food, including harvesting and cooking
 - Sowing seeds, weeding, plant care
 - Tree planting
 - Sensory gardens
 - Growing plants and produce to sell
 - Other
12. What would they need to help them do this?
- Support with gardening skills and planning from trained staff
 - Training for your existing staff
 - Physical access requirements such as high raised beds or specialist or adapted tools
 - Access to a private space to grow in near your venue
 - Access to shared garden space/allotments
13. What other facilities would your clients or group members need or like to see? (e.g. toilets, somewhere nearby to eat, any other facilities)

Any further comments or suggestions?

Thank you for taking the time to do this survey. If you're happy for REAP to contact you with any follow-up questions or for more information, please leave your name and contact details below.

Appendix 2: Questionnaire for individuals



Therapeutic gardening survey

REAP are researching therapeutic gardening in Moray, funded by the Integrated Care Fund.

Therapeutic gardening means gardening and growing sessions that do people good. We'd like to find out:

- What's going on where- and what could be developed further
- What those who might benefit from therapeutic gardening projects want

Is this something you are interested in? Can you help us by filling in this questionnaire?

Q1. What kind of gardening activity would interest you? (Please tick all that apply)

<input type="checkbox"/>	Setting up raised beds/ gardens	<input type="checkbox"/>	Herbs
<input type="checkbox"/>	Windowsill planters and pots	<input type="checkbox"/>	Tree planting
<input type="checkbox"/>	Growing your own food	<input type="checkbox"/>	Harvesting and cooking
<input type="checkbox"/>	Sowing seeds and caring for plants	<input type="checkbox"/>	Sensory gardens
<input type="checkbox"/>	Weeding and plant care	<input type="checkbox"/>	Growing plants and produce to sell
<input type="checkbox"/> Other activities (please tell us about them)			

Q2. How do you see this happening? (Please tick all that apply)

Where?

<input type="checkbox"/>	At your home
<input type="checkbox"/>	At a community garden open to all
<input type="checkbox"/>	At a community garden in an organisation's grounds
<input type="checkbox"/>	Somewhere else (tell us a bit more)

How? Who with and how often?(Please tick all that apply)

<input type="checkbox"/>	In private sessions for those with similar issues	<input type="checkbox"/>	One-to-one
<input type="checkbox"/>	In safe sessions with a mixture of folk	<input type="checkbox"/>	Regularly
<input type="checkbox"/>	As part of general community garden activity	<input type="checkbox"/>	Now and then
<input type="checkbox"/>	As volunteers	<input type="checkbox"/>	

Q3. Please tell us about the kinds of things you would like to see in your ideal gardening place.

What would your dream gardening space look like?

E.g. what kinds of plants to grow? Seating/ eating space? Toilets nearby? Special tools?

Q4. Do you have any other comments?

If you'd like any more information please leave your details below.

Name: Telephone / e-mail:

Appendix 3: Barriers to Using Therapeutic Gardening and Recommendations

This outlines findings and recommendations from the literature review and desktop research conducted for this report. In spite of the growing recognition of the value of therapeutic gardening and an increasing interest in prescribing it, there are several barriers to using, prescribing or commissioning it. Several national organisations including Mind, Natural England and The King's Fund have made recommendations to overcome these barriers.

Barrier: Lack of clarity about what Green Care / Social and Therapeutic Horticulture is

There can be confusion about therapeutic gardening – tailored services for those with defined needs – and wider public health offerings for the general public. The fact that this type of support is flexible and can be tailored needs to be made clear, as well as the fact it is 'not a casual experience with nature' (Bragg, 2016).

Recommendation: Streamline Communications

- Differentiate Green Care from other types of activities
- Raise awareness of the specifics of therapeutic gardening to the health and social care profession, commissioners and policy makers (Thrive).
- Draw on the relatively strong evidence for therapeutic gardening when disseminating information (Bragg & Atkins 2016) and utilise good practice in service design, delivery and evaluation of outcomes.
- This is important to allow commissioners to act based on clear rationale to deliver improved outcomes, backed up by robust evidence (MHSCP, *Living Longer, Living Better in Moray*).

Barrier: Lack of Coherent Offerings and Language

There are many providers of ecotherapy and therapeutic gardening, using different activities to deliver outcomes and different language to talk about it. This can cause confusion for potential commissioners of ecotherapy, service users and their families. Different models may be used to deliver benefits and differing levels of quality exist, which may be hard to assess.

There can also be confusion about the difference between therapeutic gardening – tailored interventions and activities for those with defined needs – and other public health interventions aimed at the wider population. (Bragg, 2016) This can lead to communication and prescribing difficulties.

Recommendations

- Therapeutic gardening providers (and indeed providers of all types of Green Care activities) should be clear on what it is they are providing and target appropriate commissioners for service users with defined needs, versus for public health interventions. (Bragg, 2016)
- It has been suggested the term such as 'Green Care' be used as a broad term to describe the sector, although there has been no preference for what the exact wording should be (Bragg & Atkins 2016).
- Major Green Care providers form an umbrella body to represent the interests of the sector and work together to support larger studies of therapeutic gardening and scale up offerings to healthcare commissioners.

Barrier: Lack of knowledge about what is available locally

There is an interest in commissioning and prescribing of Green Care (Bragg, 2016) and other new cost-effective interventions for mental and physical health and increasing awareness of the role of nature in good mental health (Bragg & Atkins 2016). However, health professionals, service users and their families are not always aware of what is available locally or what could be developed. Moray Community Planning Partnership notes, *"Many third sector activities make a significant contribution to mental health but are not necessarily identified as being 'mental health' services."* (Good Mental Health for All in Moray)

If service users see or hear about a service but do not realise they can access it i.e. it is for them, it can breed resentment.

Recommendations:

- Register on online directories and with local information hubs and promote services to service users, their families and/or carers.
- Promote services and evidence about the benefits of Green Care to commissioners, GPs and other health and social care professionals and providers. Make prescribing easy by integrating social prescribing models (using community-based, non-medical interventions) into care pathways. (MIND)
- Develop guidelines for prescribing for practitioners including occupational therapists and Community mental health teams. (Thrive)
- Identify and target groups who may benefit and are not currently using Green Care.

At present therapeutic gardening is predominantly used by those with mental health problems and learning difficulties. Other vulnerable groups can be enabled to access therapeutic gardening projects where appropriate (Thrive). This could include those who are reluctant to access other types of services e.g. older men, women, black and ethnic minority

groups, those at risk of developing mental health problems, young people in care, those reluctant to exercise or facing barriers to exercising.

Barriers: Funding/Economic barriers

Different organisations are delivering therapeutic gardening in Moray. Depending on the organisational structure, different funding streams may be accessed. All projects, however run, need to provide robust evidence of cost-effectiveness and outcomes, and this needs to be widely circulated.

Recommendations:

- Collect robust information on cost-effectiveness or cost benefit analysis of services
- Measure impacts and ensure they are circulated and understood. This can be done with the support of health and social care commissioners and professionals to ensure services are high quality and effective (MIND).
- Identify and fill gaps in evidence through research
- Commissioners are advised to take advantage of the pooling of joint health and social care budgets to deliver joint outcome, and to consider the social value of procurement decisions, taking into account community health and economic outcomes as well as outcomes for service users (MIND).
- Support people to purchase Green Care where appropriate, e.g. through Self Directed Support.

The King's Fund recommend that decision making locally and nationally is informed by Green Care provision e.g. Planning taking into account the need for green spaces, and national policy across departments being aligned to support Green Care provision. They are also encouraged to identify gaps in evidence and make it easier to support gardening and its positive health impacts. (The King's Fund)

The King's Fund also recommend that local government *"work with partners to ensure the sustainability and therefore continued health benefits of high-quality public gardens through, for example: innovative funding models, helping to create access to private gardens with others, developing access to allotments, supporting reciprocal gardening schemes"*

They also suggested excess or unused public sector land be developed for community gardening schemes where appropriate and where there is demand. In Moray, some of this work has already taken place, for example in Cooper Park in Elgin (see 'Other good practice in Moray' in the report)

Appendix 4 – Funding and Support Information

Starting to think about funding

Trellis covers how to think about funding and advice on and writing good funding applications in *How to Set Up a Therapeutic Gardening Project*

<http://www.trellisscotland.org.uk/files/factsheets/Trellis%20Start-up%20Guide.pdf>

The guide poses some useful questions such as, “could you carry out your work with less money?” and “Where are you now and where do you want to be?” and “What are the most crucial priorities?”

Trellis have found that for many projects, a small amount of income can be generated e.g. from selling plants or produce, but that most therapeutic gardening projects are not wholly self-funding.

Organisation Structure

Structure and whether or not the project has charitable status can also affect what type of funding and fund-raising or income generation a project can carry out. Projects may be e.g. companies limited by guarantee, or Community Interest Companies, or Scottish Charitable Incorporated Organisations, all of which limit the liability of board members or trustees.

Local third sector interfaces such as tsiMORAY (www.tsimoray.org.uk) can give advice on pros and cons of different structures and you can also find out more information from the Scottish Council of Voluntary Organisations (www.scvo.org.uk). Business Gateway may also be able to help.

Funding searches

Third sector interfaces like tsiMORAY can also give help with funding searches and support to fill in applications. Many funders also encourage contact to discuss your project before putting pen to paper. www.fundingscotland.com is a searchable directory maintained by SCVO, free to register and use.

<http://www.slcvo.org.uk/Community-Toolkit/ctoolkit?PageName=toolkit-home.htm> Skye & Lochalsh set up an online toolkit which includes Find a Funder.

The Institute of Fundraising Scotland may be another useful source of information. They are a membership body for fundraisers but also provide practical advice on fundraising <http://www.institute-of-fundraising.org.uk/groups/national-scotland/>

Funders, Charitable Trusts and foundations

There are funders who will support projects for groups with particular needs or particular types of groups including physical disabilities and illness, mental health, older, people, young people, black and ethnic minorities, women, veterans etc. Funding may be available to transform a space that could be matched with funding to provide workers or support volunteers. Funding is also available for initiatives that have come from the community. Big Lottery Scotland has a range of large and small streams across a range of topics

<https://www.biglotteryfund.org.uk/funding/scotland-portfolio>

Examples of other potential funders of therapeutic gardening as at February 2017 include People’s Postcode Trust, Edina Trust, The Finnis Scott Foundation, Wooden Spoon – for sensory gardens for children, One Family Foundation – Community Awards, Tesco Bags of Help, The Mushroom Trust,

People's Health Trust and Foundation Scotland Express Grants. Funds open and close and change priorities so it is useful to check regularly and subscribe to funding newsletters if you can.

Local windfarms in Moray also have community funds open for applications. Some of these include: Hill of Towie (RES), Edintore (Vento Ludens) -both community funds administered by REAP www.reapscotland.org.uk ; Berry Burn Wind farm (Statkraft) www.berryburnwindfarm.co.uk ; Rothes windfarm; Beatrice Offshore Windfarm (SSE)

Organisations such as Thrive offer a paid for consultancy service including support applying for funding. Thrive also has a briefing sheet on funding for English organisations, but it also has some relevant information for Scottish projects.

<http://www.thrive.org.uk/Files/Documents/2%20-%20Funding%202012.pdf>

Commissioning

Bodies such as Health and Social Care Partnerships, other health or social care providers, Scottish Government, local authorities, or other charitable organisations may wish to commission work or invite your organisation to tender to provide a service to help meet their targets and workplans. Business Gateway can provide support on tendering for public contracts.

Self-Directed Support

Community Care services users can now have greater flexibility in managing and designing a support package that meets their needs. If therapeutic gardening is an element of this support, service users can procure their own services, either managing their own budgets, or with help from the local authority to manage budgets and payments, or with help from the local authority to pick a supplier for the kind of support required.

See http://www.moray.gov.uk/moray_standard/page_77505.html for more details.

Your own fundraising

Small organisations tend not to have time to plan and deliver fundraising activities but you may be able to recruit supporters to form a 'Friends of' group to fundraise for the project. You may also ask groups such as the Rotary and Round Table for help, or even set up individual giving, either on your website if you have one or through direct debits. If the supporter is a tax payer, you can claim Gift Aid too. <https://www.gov.uk/claim-gift-aid/overview>

Businesses/Sponsorship/Corporate Giving

Many large retailers, banks and other businesses support projects with staff volunteer time or corporate giving schemes where a staff member can nominate an organisation or through their own funding streams.

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Scottish Government National Strategy on Self Directed Support

<http://www.gov.scot/Resource/Doc/329971/0106962.pdf>

The King's Fund

https://www.kingsfund.org.uk/sites/files/kf/field/field_publication_file/Gardens_and_health.pdf

Mind <http://www.mind.org.uk/media/336359/Feel-better-outside-feel-better-inside-report.pdf>

The Moray Council Joint Dementia Strategy <http://www.moray.gov.uk/downloads/file89045.pdf>

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