

PROJECT : GREEN SPACES

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WHAT?

There was a neglected bit of space outside the back of the surgery and wanted to brighten it up with plants and greenery.

WHY?

We felt that a) it would be nice if staff had some space to be outside in breaks and b) it would be good to have a social green project that patients and staff could take part in to improve mental wellbeing and increase social cohesion.

Potential for protecting practice from air pollution from adjacent busy road.

tap into enthusiasm from practice staff

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HOW?

We identified the space.

Support from the local MIND organisation who funded a link worker to help planning.

Donations of tools etc from staff and patients

Some money from the partners to buy whatever else we needed. The cleaning company helped with removing stuff we had cleared.

Meet with the patient participation group and advertised the group in the waiting room, the local pharmacy and social media.

On the first week staff who were interested were given time off work to get involved

WHO?

Partners, Patient Participation Group, local MIND, surgery staff, interested people!

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WHAT WENT WELL?

We designated one member of the admin staff to do the risk assessment and be part of the project weekly. They felt it really useful for their own wellbeing. Lots of people came, and staff did a huge amount and loved it.

EVEN BETTER IF?

One of the PPG members was quite a negative presence and brought the tone of the project down a bit. We are trying to gently manage her...

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RESOURCES

Therapeutic Gardening -
<https://gardening4health.co.uk/>

Doing what we do, but a bit greener

Dr Matt Sawyer



See Sustainability