

Glasgow Food Growing Strategy Workshops February – May 2019 greenspace scotland report

1. Introduction

This report is the Glasgow City Council Food Growing Strategy Workshops project undertaken by greenspace scotland from November 2018 – May 2019.

1.1 Background

From February to May 2019 greenspace scotland hosted a series of informal workshops to inform the development of the Glasgow City Council's local food growing strategy. Glasgow City Council (GCC) wanted to engage with as many groups and individuals, from the ward areas, interested in community food growing as possible. To shape its Food Growing Strategy, create a vision for the future and identify how the Council, organisations and individuals can work together towards this.

The planning for the workshops began in November 2018 with stakeholder mapping, identification of workshop areas, specific themes to explore, programme planning and development of promotional materials.

The first of the eight workshops took place on 7 February and the last took place on 16 May. The workshops covered two or three ward areas each. Previous workshops had already been held in 2017 covering Southside Central/Pollokshields and Partick East/Victoria Park. At three of the workshops an additional theme such as social enterprise, outdoor learning and health was explored in relation to food growing.

City Area	Workshop No and Ward Area	Date	Theme
North East	1. Shettleston + Baillieston	7 Feb 2019	local
North West	2. Anderston/City/Yorkhill + Hillhead	28 Feb 2019	local
North East	3. Springburn/Robroyston + North East	14 March 19	Social enterprise
North West	4. Maryhill + Canal	28 March 19	local
South	5. Linn + Newlands/Auldburn + Langside	25 April 2019	local
North West	6. Garscadden/Scotstounhill + Drumchapel/ Anniesland	1 May 2019	Outdoor learning
North East	7. Calton + East Centre + Dennistoun	14 May 2019	Health
South	8. Greater Pollok + Cardonald + Govan	16 May 2019	local

1.2 Attendance

People could sign up to the event using Eventbrite and were initially invited to do so by emails from greenspace scotland and communications by Glasgow City Council. Social media was used to promote the workshops and a press release was issued by Glasgow City Council. There was coverage of the workshops on the Glasgow Live, Business Quarter and Sunday Post websites and in The Sun newspaper. The invitation was open and anyone could attend.

The total number of bookings was 383 and total attendees was 168 with the breakdown shown on the following table.

Workshop	No. sign up	Actual attendees	Where were the attendees from
1	40	27	9 community groups, 8 organisations, 6 individuals, 2 GCC councillors, 1 education provider and 1 community council.
2	50	27	4 community groups, 3 organisations, 18 individuals and 1 community council.
3	43	17	3 community groups, 2 organisations, 7 individuals (one individual was from the North Lanarkshire Council area) and representatives from a local church, housing association, nursery, Glasgow City Council (Education)
4	50	29	5 community groups, 4 organisations, 16 individuals and representatives from a housing association and Glasgow City Council.
5	50	20	6 community groups, 1 organisation, 11 individuals and 2 education representatives.
6	50	19	3 community groups, 2 organisations, 7 individuals and 7 representatives from education (Pikeman Family Learning Centre, West Dunbartonshire Council, Glasgow City Council).
7	50	12	2 organisations, 7 individuals and 3 representatives from Health (Westercraigs nursery school, NHSGGC).
8	50	17	5 organisations, 6 individuals, 3 students from Ibrox Primary School and 1 community council.

1.3 Event Format

Following a welcome and presentation of the background to the food growing strategy and its planned development the attendees took part in a short workshops to gather their knowledge and ideas. There was also a short presentation or talk from a local growing group or an expert on the theme in question.

At the beginning of each event vegan soup and bread was available and tea/coffee was available throughout. Catering was supplied by local social enterprise providers Moogety Food and Milk Café and in two instances the caterers at the venue. At the first three events Scottish company Vegware sponsored compostable plates, cups and cutlery.

At the end of the event food growing resources information sheets were available and we also developed three specific resources sheets for social enterprise, outdoor learning and growing and Health. GCC developed its own information sheet outlining how participants could find out more about the Open Space Strategy and Local Context Analysis. The resource information sheets can be found in Annex 1

There was an opportunity to feedback comments on the workshop format and content (from event 4 onwards) This feedback was gathered and collated by GCC.

1.4 Presentations from local growing groups

At the events that focused solely on the local areas the participants had a short presentation from a local growing group. The aim was part to illustrate and part to inspire other groups or individuals and show them what it is possible to achieve.

Workshop 1 - Andy McGovern and Max Johnson from Greenheart Growers gave a presentation on their community growing enterprise. Greenheart Growers are a social enterprise in Glasgow's East End growing salad, vegetables, herbs and cut flowers, and working with community groups to boost good food culture. They grow on land belonging to the Housing Association and work closely with Playbusters.

<https://en-gb.facebook.com/greenheartgrowers/>

Workshop 2 - Carol Brannan from Centurion Way Growers gave a presentation highlighting the development, achievements and challenges faced by their Yorkhill based community garden. The garden has been through a time of less activity the last couple of years, but with support from GCC it has now turned a corner and a new group of local residents have become involved.

Workshop 3 - Nina Harris from Roots of Ruchill gave a presentation on the community garden. Roots of Ruchill was originally initiated by Maryhill Housing Association with a dedicated worker supporting the community. This support has reduced and although there are active plot holders there have been challenges getting the more local community actively engaged with the garden. Community events have been successful at generating more knowledge and interest in the garden. <https://en-gb.facebook.com/LittleRootsofRuchill/>

Workshop 4 was the first workshop where a theme in relation to food growing was explored as well as the local context. The theme was social enterprise and food growing and it was one of the workshop choices during the evening. **Abi Mordin from Glasgow Community Food Network** set the social enterprise context by a presentation highlighting the work of the Glasgow Community Food Network and the recent Roots to Market report.

<https://glasgowfood.net/>

Workshop 5 - Derek Livesey and Ian McCracken from Merrylee Plotolders

Association give a presentation. The allotment site is in Newlands in the South side of Glasgow with a total of 97 members who work a mixture of 42 full sized plots 48 half plots and 8 raised beds which are smaller and easier to work. <http://merryleeplotolders.btck.co.uk/>

Workshop 6 had a theme of food growing and outdoor learning. **Liz Stewart from the Royal Horticultural Society** set the outdoor learning context by a presentation highlighting the work of the RHS and their outdoor learning support and campaigns for schools and community groups. <https://schoolgardening.rhs.org.uk/about-us>

Workshop 7 - the theme of food growing and health was explored as well as the local context. **Emma Iller from Urban Roots** Glasgow set the growing and health context by a presentation highlighting the benefits of growing for health including some exemplary projects. Working with local people Urban Roots has transformed numerous derelict or unused green spaces into thriving, blossoming community gardens where herbs and vegetables, fruit and flowers can be grown. <https://www.urbanroots.org.uk/>

Workshop 8 - Fiona Young, headteacher of Ibrox Primary School and Nursery and pupils Sorcha, John and Tyler give a presentation describing the schools' three growing projects and the challenges and benefits to Ibrox Primary they provide. It was great to hear how the pupils are involved in the food growing activities and how proud they are of their achievements. <https://twitter.com/ibroxPS>

2. Reflection on the event organisation

The events were designed to be informal and welcoming. Although GCC was looking for information from the participants it was also important that the participants left with a feeling of having gained something from the evening.

2.1 Feedback

The workshops were generally received well and the exit poll feedback positive. People enjoyed the networking opportunity as well as finding out about what others were doing in terms of local food growing. Many connections between people who wanted to get involved but didn't know how to and others who had opportunities to offer were made.

A few participants mentioned that they thought there would have been an opportunity to learn how to grow your own and others would have liked to have known that they were identify potential growing spaces beforehand.

Luckily, we were able to signpost people who were looking for practical skills to organisations that provide these. Also, everyone was encouraged to let GCC know about any potential growing sites they identified after the event by making use of the online site nomination form.

Here are some of the things, participants noted "worked well":

Conversation & starting info

Good to be able to mark out spaces for growing

Round table discussions

Mix of people very interesting

Presentation's from Ibrox Primary was fab

2.3 Catering

We served soup to make participants feel welcome and thank them for giving up their time to attend the events. By serving vegan soup we made sure to cater for all dietary needs. The social enterprise caterers did well, and it was good to be able to support local small businesses where the venues allowed it. There were a few instances where the soup was not ready at 6pm as per our instructions, but we adapted the programme to suit.

2.4 Booking system and "no shows"

We used Eventbrite in order to know numbers for the events, but unfortunately most the events "sold out" very quickly and the number of people who signed up did not reflect the number who came on the night. There was usually a 40-50% drop off. However, we had expected that we would get 20-30 individuals at each event and for the most part that was what happened. For some it was undoubtedly a challenge that they had signed up in January/February for an event that would take place in April/May and possibly forgot.

We did send out delegate instructions the week before the event as a reminder, but still people could have had other commitments. From event four we specifically asked for people to let us know if they could no longer make it to avoid food waste and allow someone else to go in their place (all events had a waiting list).

For the last two events – 14 and 16 May – the weather was so nice that a lot of people opted to stay in their gardens or growing spaces!

3. Workshop 1 – Where, why and why don't you grow your own?

Workshop 1 was common to all the events and involved participants getting up from their tables using sticky dots and post it notes to share information with us.

3.1 If you grow your own where do you do it?

At each event participants placed stickers on the relevant type/site of growing on the Our Growing Community poster. Some people grow their own in one location, so the number of stickers does not equate to the number of growers present.



The most common growing spaces mentioned were: Allotment sites (28) Individual Gardens (32) Community Gardens (24) and School grounds (11)

Most other spaces such as Health Sector/NHS Estate, balconies and terraces and backcourt and backgreens had between 1-5 “votes” each. For a full list of growing spaces and view the variation between the different areas see Annex 2

3.2 Why do you grow your own?

Participants placed a post it with their name on the reason that applied to them on the chart supplied by greenspace scotland. If there were a number of reasons, they were asked to identify the main reason although some still chose more than one.

Reasons for growing	Number of participants that chose this reason
other – please say why	46
to spend time outdoors	25
it's fun and enjoyable	24
because it tastes better	22
to reduce food miles	16
to be sure there aren't chemicals on my food	14
to save money	13
to get exercise	9
to be completely self-sufficient	6
to enhance the food, I buy	5

Some of the 46 other reasons that were mentioned more than once were

- *Reduce plastic waste*
- *It's therapeutic*
- *To teach my kids good habits*
- *To benefit mental health*
- *To be better connected with my community*

3.3 If you don't grow your own why don't you?

Participants placed a post it with their name on the reason that applied to them on the chart supplied by greenspace scotland. If there were a number of reasons, they were asked to identify the main reason although some still chose more than one.

Reason for not growing	Number of participants that chose this reason
don't know how to/lack of gardening skills	19
no garden	15
other	9
don't have the time	7
don't have the tools	5
can't get an allotment	6
lack of wider community support for growing	1
not enough volunteers/members in our group	1
there's nothing stopping me	0

Some of the "other" reasons given for not growing your own:

- *I don't know where to find a community garden near me*
- *need funding if setting up community garden/allotment*
- *unsure of the level of commitment that is required*
- *Vandalism in school grounds*

4. Workshop 2 – Mapping Activity

4.1 Existing and potential growing sites

During this activity participants could mark growing sites that they are aware of on the maps covering the wards in questions that night and were also asked to identify potential growing sites. At most of the events there were two options for identifying the locations:

- Plot growing sites on paper maps
- Complete a paper form with site information

In total **xx** sites were marked on a combination of the paper maps and the digital map. All locations will be plotted on to a single GIS digital map and reviewed by GCC for growing suitability.

All participants were also given the opportunity to find out more about the Open Space Strategy Local Context Analysis documents while the mapping exercise took place. Generally, there was limited interest from the participants, but some did show an interest.

At the thematic events we asked the participant with a specific interest in the theme to take part in a different workshop at this point relating to the theme and growing. See Annex 2

5. Workshop 3 – Support and encouragement for community growing?

Participants discussed two questions in small groups and wrote their suggestions down. Headings are derived from suggestions given.

5.1 Question 1 - What would encourage you or others to grow more?

A lot of participants thought that better **access to land** would enable them and others to grow more; below is a taster of some of the 55 the reasons given in this category

- Longer leases and access to land
- availability of a wide variety of plot sizes (allotments)
- use community planning to decide what land can be used for
- easy system for permission to use land owned by council
- 'buy in' from Housing Associations e.g. Reidvale have allotments, Molendinar do not

Similarly, participants thought it important that the right **support structures** are in place to support food growing, some of the 55 reasons given were:

- Scottish Government supporting projects and showing commitment
- Help to form constituted groups and how to create a constitution
- More support for school growing spaces and projects - many are isolated and struggling
- Knowledge of growing networks and groups and available workshops

52 suggestions were given as to how **skills/training and peer support** would encourage more growing – some of these were:

- access to knowledge and people with hands on experience of growing food
- link community gardens and allotments in same area

- community gardener to ask for advice - where to start, what to plant, grow etc.
- preparing food and cooking skills - what to do with the food you grow

Having the right **tools/plants and resources** were mentioned 35 times as necessary – some of the suggestions were:

- money/funding to purchase tools or tool swap/sharing schemes
- free equipment such as 1x1 m mini raised bed with free know how workshop
- access to manure and compost locally at a low cost. Some Councils provide this from household waste
- local grow your own cooperative for selling surplus

More **promotion and publicity** were mentioned 22 times as a key ingredient when encouraging local people to grow their own – some of the suggestions were:

- local growing workshops advertised via social media
- knowing where to find growing spaces - not all allotment/growing groups have emails
- more planting in city centre raise profile of gardening/ planting city wide
- a joined-up approach between schools and community to encourage families to get involved with projects out with the school

There were 18 examples of how **education** plays a big role when encouraging growing your own, some are outlined below:

- more emphasis on benefits of organic food in education and public institutions (e.g. more procurement of organic food in hospitals) sets example, educates and inspires
- there has been a loss of culture of GYO, so need to give interest and access to growing and the use of fruit and veg
- can allotments be open more so people can see food growing?
- integrating growing/gardening into school curriculum

Last, but not least **volunteers and interest from the community** is also important, this was mentioned 17 times. Some of the remarks were:

- engage with new Eastern European families who are very interested in growing
- connecting opportunities between groups like local schools and care homes, schools and neighbours
- convincing the neighbours (in social housing) that window boxes and communal gardens can be used for GYO - residents resisting what they view as making life more difficult
- additional activities to attract people - music food and volunteering

5.2 Question 2 - What support is currently being provided where you live?

Next participants discussed noted down any support for food growing they were aware of locally. This could be existing growing groups, individuals or regional/national organisations working locally.

Over 40 community gardens/allotments/school gardens and other growing spaces were mentioned providing access to land along with the same number of organisations providing support. However, some of these double up depending on which way the participants have been in contact with the growing group/organisations or site.

Participants also shared specific ways to obtain tools/plants and other resources (funding and compost) again some of these avenues are the same as the organisations mentioned.

Further data analysis will help GCC create an list or index of support and growing opportunities available across Glasgow and specific to local areas.

Thematic events

At the thematic events we asked the participant with a specific interest in the theme to take part in a different workshop at this point on opportunities and barriers relating to social enterprise, outdoor learning and health respectively. For detail see Annex 2

Annex 1 – resource information sheets

General food growing information

Social enterprise and food growing (Connecting Nature)

Outdoor learning

Health

All attached as separate PDFs

Annex 2 – the workshop responses data

Attached as separate spreadsheet

Annex 3 – Thematic workshops

1. Social Enterprise and Food growing

Introduction

This was the first event where a theme in relation to food growing was explored as well as the local context. The theme was social enterprise and food growing and it was also one of the workshop choices during the evening.

Abi Mordin from Glasgow Community Food Network set the social enterprise context by a presentation highlighting the work of the Glasgow Community Food Network and the recent Roots to Market report.

Glasgow Community Food Network connects and supports the people and organisations of Glasgow who grow, produce and eat food. <https://glasgowfood.net/>

Glasgow Community Food Network was established in 2017 to bring together practitioners and organisations in the private, public and third sectors along with other interested individuals to develop a flourishing food system in Glasgow.

Glasgow Community Food Network emerged from a consultation by Glasgow Local Food Network where it was decided that a more formal organisation was required. GCFN was constituted as a Community Interest Company in May 2017.

GCFN facilitates seasonal networking events and the Veg-Cities campaign (Sustainable Food Cities network) <https://glasgowfood.net/projects/projects-1>

The Roots to Market report <https://glasgowfood.net/assets/images/roots-to-market-FINAL-low-res.pdf> is a partnership project between Propagate* and Glasgow Community Food Network. The report represents Phase 1 of Roots to Market, compiling research carried out between October and December 2017.

The intention of this body of work is to show that there is a need to support the emergence and development of a local food economy. There are many people who wish to be Urban Market Gardeners, and many restaurateurs and retailers and people who wish to source, buy and use locally grown produce.

Roots to Market evidences that need, through conversations with aspiring Growers and supportive businesses. Conversations and focus groups were also held with representatives from Glasgow City Council, and other organisations that can offer support to work towards the local food vision.

The report outlines aspirations, barriers and opportunities and offers recommendations for both growers of food, retailers and Glasgow City Council (GCC) Recommendations for growers include to set up cooperatives and coordinate a shared ordering system so retailers can buy in bulk what they need from one location. Retailers are encouraged to diversity their supply chains to include local food and GCC to include “Food” in the City Development Plan.

Glasgow City Council are also exploring social enterprise and food growing through the **Connecting Nature programme** - an EU funded project working with cities to develop and implement large scale nature-based solutions. Glasgow City’s Open Space Strategy (which includes the commitment to create the local food growing strategy) has been identified as the nature -based exemplar for Glasgow in Connecting Nature. The cities implementing

nature-based solutions are supported in their work by research, business, community and NGO partners.

Horizon Nua, a not for profit social enterprise and partner in Connecting Nature has expertise in food enterprise development and were requested to provide suggestions on different food growing enterprises that could be undertaken in the city using open spaces, disused buildings and employing innovative growing techniques.

Horizon Nua has also looked at food growing enterprises that provide a community benefit and that could be established using a social enterprise model or be closely linked to existing social enterprises were deemed to be of interest. The report has been circulated to project partners and is available on request from Emma Halliday. Email: emma.halliday@greenspacescotland.org.uk

**a collective based in Glasgow nurturing and supporting the emergence of new and innovative ideas to rethink and recreate our food system <http://www.propagate.org.uk/>*

Workshops

In parallel to the workshops 2 and 3 above Abi Mordin facilitated a discussion relating to Social Enterprise

1. Mapping workshop

What sites are suitable?

Idea soil – previous use agriculture

Easy access for visitors (customers?)

Site conditions – for upscaling, high tech, non-traditional growing?

1 HA minimum – big enough to grow to sell

Use of renewable tech

Micro greens/indoor farm production – using vacant buildings for production, using hydroponics for larger scale production. Some Scottish Universities are researching this and there have been some test sites.

Farm hacks – sessions with engineers and technology specialists and food growers/farmers to find inventive solutions to issues. These can identify alternative growing methods.

What site facilities are needed?

Security

Toilets

Water

Electricity

Polytunnel

Packing sheds and associated storage

Transport (access) – decent vehicle access

2. Aspirations, barriers and needs

What are your growing aspirations?

- Scaraway Nursery: currently does limited growing but has raised beds at the nursery. The beds are positioned in the wrong place for productive growing. New staff member would like to encourage more growing activity and food/cooking education. Long term aim to supplement the NGCF Fruit and Veg Barra to raise income for nursery.
- NGCF: Growing produce on Springburn Allotment plots to sell on Fruit and Veg Barra
- Propagate - Establish flagship urban farm to be a home and hub for urban food production

What are the barriers?

- Lack of knowledge and skills
- People not placing a high value on food (incl. seasonality and locality)
- Access to land

What do you think the solutions are?

- Sessions with staff – training for teachers (nursery setting)
- Education for staff and parents
- Education both cooking skills and visits and connections with local growing projects

Who already grows to sell and what do you grow?

- Propagate - Peri-urban growing just outside the city, supplying to café's in the city

2. Outdoor learning and Food growing

Introduction

This was the second event where a theme in relation to food growing was explored as well as the local context. The theme was outdoor learning and food growing and it was also one of the workshop choices during the evening.

Liz Stewart, Development manager for RHS in Scotland had set the outdoor learning context by a presentation highlighting the work of the Royal Horticulture Society and their outdoor learning experiences and campaigns.

8 participants opted to take part in the outdoor learning and food growing workshop – six of these were currently delivering outdoor learning in work settings (nursery, family centres) and two wanted to learn more in order to involve children and families in allotment and growing activities. The Pikeman family centre uses Knightswood Park for Forest School.

Available resources

Participants were introduced to a few key resources for support of outdoor learning and growing activities. Further resources are described in Appendix 1 the resource sheet which was handed out at the event.

Social Farms and Gardens fact sheet: Growing with families, groups and schools:

- Brief introduction to making your project child-friendly
- Relevant legislation and good practice
- Activity suggestions to enthuse children – types of gardens: rainbow gardens, wildlife gardens, bog gardens types of a activities: Dens, picture frames

Education Scotland: Food for thought:

- resources designed to allow practitioners to plan for progression through the levels of broad general education in a Scottish food context
- links between food and areas of Curriculum for Excellence

Learning through landscapes Scotland:

(previously Grounds for Learning) LtL have many free resources on their website. From a “shared vision and values for outdoor play in Early Years” to lesson ideas “recycled planters”

SNH learning in local greenspace

A resource and supporting documents to help find; access and use your local greenspace for learning. Also called “beyond your boundary” The aim is to empower educators to access greenspaces near schools and nurseries.

RSH campaign for school gardening resources

Schools (and youth groups and community groups) can sign up to the campaign

- Registration is free and participants receive a free welcome pack containing seeds, plant labels, stickers, posters and more
- Receive great rewards, certificates and support as you progress through the School Gardening Awards
- Gain access to free, downloadable resources including information sheets, practical activities and lesson plans to help you make the most of your school garden

Participants mentioned that they had also received support from

- TCV
- Sowing Seeds, Glasgow (for practical work and in-service day for staff)
<http://www.sowing-seeds.co.uk/>
- Mindstretchers, Crieff (for Forest School Training) <https://www.mindstretchers.co.uk/>
- Heart of Scoutstoun community garden
- Kingsway?

Considerations when accessing greenspaces for growing/outdoor learning

Inspired by the SNH “Greenspace audit” from the Learning in local greenspaces resource the workshop explored what practitioners are looking for in spaces before they decide to use them for outdoor learning and growing activities.

The SNH greenspace audit looks at:

- Site appraisal – access
- Site character and learning potential
- Potential hazards

Comments from participants under those headings included:

Site appraisal – access

- Clear boundaries
- Accessible to all (disabilities, fitness)
- Accessible – are we allowed to go there?
- Walking distance

Site character and learning potential

- Variety of habitats to maximise learning opportunities and activities
- Local interpretation e.g. fact sheets, signage, suggested uses, culture/history facts

Potential hazards

- Safe from needles, broken glass, water bodies, traffic
- Toilet facilities
- Appropriate outdoor clothing

In addition, the practitioners highlighted how it is important to have staff that have an interest in the outdoors and to have the appropriate staff ratios to go outside. It is also key to be given enough time to enough time to upkeep a garden on the premises.

Providers also need access to training & funding and help to engage community groups in and the wider school communities school/nursery gardens.

3. Health and Food growing

Introduction

This was the third event where a theme in relation to food growing was explored as well as the local context. The theme was health and food growing and it was also one of the workshop choices during the evening. People with a health interest were identified at registration and were given a green dot for later workshops.

Emma Iller from Urban Roots (<https://www.urbanroots.org.uk/>) set the health and food growing context by a presentation highlighting the work of the Urban Roots and the learning and evaluation of the work. Urban Roots are an environmental and health improvement charity who work with communities across the southside of Glasgow, based in Toryglen Community Base, they:

- run weekly gardening and conservation volunteer sessions in community gardens and a community woodland
- run regular social events to celebrate achievements and bring people together
- deliver courses, workshops and cooking clubs to enhance skills, knowledge and confidence in the community and in schools and nurseries
- work with children and young people through outdoor after school and school holiday clubs and workshops with youth groups
- work to improve appearance and biodiversity of local environments

In her presentation Emma identified the following benefits to health from food growing activities:

- Improvements to physical health - through increased physical exercise
- Improvements to mental health - positive outcomes from growing things from seed, nurturing plants and seeing things grow and being in contact with soil
- Access to food and improvements to diet
- General well being – benefits of time spent outdoors in green space
- Benefits to community health – gardens provide highly visible spaces to bring people together and work together to make noticeable improvements to neighbourhoods
- Health of environments – improving soils; increasing biodiversity; greening the grey; organic, locally grown, packaging free food

The following links were identified in the presentation to demonstrate the resources, research and case studies that exist to evidence these benefits:

<https://www.nature.scot/professional-advice/contributing-healthier-scotland/our-natural-health-service>

<http://publications.naturalengland.org.uk/category/127020>

<https://www.farmgarden.org.uk/resources/health-wellbeing-case-studies-ellerman-project>

<https://www.sustainweb.org/growinghealth/>

<https://www.gla.ac.uk/schools/business/engage/engagingresearch/glasgowcommunitygardensustainablecommunitiesofcare/>

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

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

Her presentation also identified a number of existing food growing and health projects in Glasgow, including:

Shields Health Centre - Community garden attached to health centre, community development activities, outreach with schools, Community Orientated Primary Care, green prescriptions, targeted work with Diabetes Type 2 patients

Food for Thought Project - Food growing and cooking project, working in three Thriving Places, volunteering, training, children's groups, schools outreach, social prescribing

Leverndale Hospital - Community garden development for community outreach, staff involvement and patient therapy

The Back Garden - Possil Health Centre

Gartnavel Hospital - Mental Health Hospital with community garden and growing spaces

Horatio's Garden - Spinal Injuries Unit at the Queen Elizabeth University Hospital

Food growing and Health Workshops

In parallel to the workshops 2 and 3 above Emma Iller from Urban Roots facilitated a discussion relating to health and food growing with a number of attendees.

Workshop 2b – Health site activity

What sites are suitable and what facilities are needed?

- Running water or access to water
- Local community interest is essential before a project starts
- Tools and storage shipping container
- Urban roots sites are open access and issues with this are no more regular than fenced off sites
- Overlooked by housing is beneficial and encourages good relationships/ownership

Are there specific requirements unique or beneficial to health projects?

- Toilets Access – ideally DDA compliant
- Variety of growing heights for different users
- Different ways for participants to contribute to the space – not always to maintain it and grow in it, it may be just being in the space is beneficial
- Longer-term funding for 5-10 years rather than 1-3 years

Site locations required for health such as on hospital grounds

- Community led and ground up works better

- Health grounds have accessible green space that can be used
- The Shields Health and Care Centre – having the growing space on the grounds of the centre is valuable and does validate the project providing a direct link to health workers and GPs. They know it's there as they see it.

Workshop 3b – Health Workshop

What works well? Evaluation of positive health outcomes – any examples

- When working with NHS or statutory health bodies being clear which of the three approaches you are taking, specific health improvement – target group, target condition or general health improvement or general community development (see graphic page 3 from SNH Scotland's outdoors - Our Natural Health Service <https://www.nature.scot/sites/default/files/2017-07/A2239751%20-%20Natural%20Health%20Service.pdf>)
- Green prescriptions – this can cover a wide range of different growing activities supporting health: from one to one guided work to social participation in group or workshops → on the prescription it needs to be specified which activity is recommended the person should participate in
- Sometimes GPs are not very aware of what is delivered locally
- Urban Roots invited the GPs and health workers to take part in taster session to see what happens in the sessions and give them first hand experience
- Benefit of having something on your doorstep - lets GPs see the garden
- Funding for some Urban Roots projects has come from Health Improvement team – South Glasgow City Health and Social Care Partnership (HSCP)

What can be scaled up or delivered in other areas?

- employment of more link workers within GP practises and making sure they know what is on offer locally and where they can refer people to. Using ALISS platform <https://www.aliss.org/> to do this is a possibility
- Proper map showing growing sites and how referrals or involvement can take place and when.

What support is needed to do this?

Funding:

- If a green prescription is more or less effective as pharmaceuticals, how does the money flow
- Maintaining gardens which are used for working with vulnerable people/children can be challenging as the sessions are not focussed on day to day maintenance. → huge untapped potential in GCC hand maintenance and NHS Estates Ground maintenance staff for helping maintain food growing and biodiversity – this could be the norm like grass cutting is!