



Contact Us

Hammersmith Community Gardens Association

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A Short Guide For Health Professionals Making Referrals To Green Care Projects



Health Education
North West London



Federation of
City Farms
&
Community
Gardens

Social options for health and well being, in accordance with the NHS 5 steps to well being

1. Connect - signpost clients to local volunteer organisations and encourage attendance at seasonal local community led projects.

2. Encourage exploration of all types of volunteer opportunities, such as speed volunteering or attending taster sessions for local community projects. Commitment can be short or long term.

3. Encourage physical exercise such as nature walks, wilderness therapy, yoga, cycling, gardening, open air swimming.

4. Promote learning - direct clients to local libraries and free local activities.

5. Promote psychological and social benefits of nature appreciation; encourage clients to spend time outdoors in natural landscapes, and at social community events, workshops and taster days.

Things to consider when working with community organisations

- Communicate health, safety and risk factors.
- Communicate any additional language and educational needs.
- Ensure your client is aware you are referring them to this project and has given consent.
- Gain knowledge of the organisation you are referring to - invite them to attend practice meetings.
- Many organisations hold taster sessions or a referral/induction meeting. Ideally the key worker should attend the initial meeting.

Local Agencies & Useful Links

Big Local Wormholt & White City
www.ourbiglocal.org.uk

Cultivate London
Working with NEETS in Hounslow and Ealing
www.cultivatelondon.org

Federation of City Farms & Community Gardens
www.fcfcg.org.uk

Growing Health
www.sustainweb.org/growinghealth

Meanwhile Gardens, W10
www.meanwhile-gardens.org.uk

People First
Supporting independent living in Hammersmith & Fulham, Kensington & Chelsea and Westminster
www.peoplefirstinfo.org.uk

Thrive, Battersea and Reading
www.thrive.org.uk

Volunteer Resource Centre
www.hfvc.org.uk

