



HCGA HEALTH & WELLBEING NEWSLETTER

FEBRUARY 2016

HCGA continues to raise awareness of the links between the natural environment and the benefits to health. Please see details of our current health and wellbeing projects below, along with who to contact if you would like more information or to refer a patient or client that you feel would benefit from our services.

Grow Well

We work with local people across the Hammersmith and Fulham borough to provide therapeutic gardening sessions for carers to give them a break from their caring responsibilities and supported volunteer gardening sessions for people who need a bit of extra support hopefully leading to participation in our regular volunteering sessions. For more information about the Grow Well project, or to make a referral, please contact Zoe on 07817 077740 or email zoe@hcgga.org.uk
NOW TAKING REFERRALS FOR THE SUMMER PROGRAMME



Plant a Seed, Grow Well

This is a health and wellbeing newsletter for healthcare professionals, from Hammersmith Community Gardens.

Welcome to our February Newsletter! We have been working hard to support healthcare professionals across NW London, raising awareness of Greencare and how it can be more routinely used within the health service.

In January/February we delivered a **taster program for older adults at Chelsea and Westminster Hospital**, as part of the enrichment program run by the **C&W Health Charity** (see below images).



We held a **professional tour in February**, which we found to be very successful. This was an opportunity

This is an NHS funded project, based around green care and related activities, to train health professionals working in residential and other care settings across NW London, providing them with the knowledge and confidence to develop therapeutic gardening and food growing projects within their own setting.

If you would like any further information about the Plant a Seed project, please contact Amy on 07875 492 814 or email amy@hcga.org.uk



Health Education North West London

Get Out There!

The Get Out There! project offers local unemployed people the opportunity to learn new skills in basic environmental management. Through our weekly volunteer days, participants get the opportunity to visit and work in a range of different habitats across London as well as local sites in Hammersmith and Fulham. For more information about the Get Out There! project, or to make a referral, please contact Kevin - kevinhcga@gmail.com
NOW TAKING REFERRALS FOR THE SUMMER PROGRAMME



Soup 4 Lunch

HCGA are supporting an innovative social enterprise, Soup4Lunch, that brings social programmes to sheltered housing for over 50s and vulnerable adults. The focus is on gardening and healthy eating and the aim is

for healthcare professionals and local organisations to meet staff and trustees and hear more about our current work programmes, as well as feed in ideas and suggestions for our future work. **We are holding a second tour in March (see events below for more details).**

We continue to deliver a weekly soup stand at **Parkview Centre for Health and Wellbeing**, working with the **Soup 4 Lunch** Project (a social enterprise supported by HCGA), to provide staff at the health centre with nutritious, seasonal soup once a week at lunchtime, using vegetables grown next door at Phoenix Farm. This takes place every Thursday from 12-2pm and everyone's welcome.



We also held an **induction for new volunteers**, or anyone interested in finding out more about our volunteering projects and how they can get involved. This was a fun, informal session in a safe environment and we delivered therapeutic gardening activities and provided information about our regular volunteering projects. **Our next volunteer induction will be held on Friday 8th April from 11am to 1pm at the Glasshouses in Ravenscourt Park.** Please contact Lynne for more information - lynne@hcga.org.uk / 07875 492 814

to engage residents in self-directed activity. Soup4Lunch brings residents together, providing them with a chance to meet one another and socialise. It also provides an opportunity for residents to participate with the planting and maintenance of the vegetable gardens and to enjoy a delicious and nutritious lunch, made from home-grown, local produce. For information about Soup4Lunch please contact: Anne on 07803082092 or email anne@amlcommunication.com



Now Taking Professional Referrals

The therapeutic value of gardening and related activities has long been recognised, as has the importance of preventing loneliness and social isolation among older people. HCGA are now taking referrals from GP's and healthcare professionals to our summer gardening programmes, starting in April. For more information please contact Lynne - lynne@hcga.org.uk / 07875 492 814

UPCOMING EVENTS

HCGA Professional Tour

Wednesday 9th March, 10.45am to 12.30pm

Ravenscourt Park Glasshouses

Please join us for a tour of our sites and presentations about our education and health and wellbeing projects and work within the local community. It is also an opportunity to meet staff and volunteers. This event is aimed at representatives from other organisations and funders to learn more about what we do and explore the possibility of working with us in the future. To book your free place, please contact Cathy on 07773 348 294 or email cathy@hcga.org.uk

Indoor Gardening Workshop

Thursday 24th March, 10:30am-12:30pm

Ravenscourt Park Glasshouses

Interactive workshop suitable for anyone working with or caring for the elderly and those living with dementia. This will include ideas for creative sessions using plants and familiar objects, ideas for group work that are cognitively and socially stimulating and ideas for short, one to one multisensory activities. Cost is £20.

To book please call Lynne 07890 514 050 or email bookings@hcgga.org.uk

Relaxation Days at Parkview Centre for Health & Wellbeing (Bloemfontein Road)

1st Thursday of the month, 2-7pm

Get a 20 min 'pay what you can' massage or reflexology session while finding out how local services (HCGA, Back on Track and Mind) can help you relax and look after yourself, plus yoga from 6-7pm. For more information contact Kim Barclay on 07507844009 or kim@whitcityenterprise.com

Spring/Summer yoga pop-up in Ravenscourt Park

Yoga Fitness London will again be running pop-up yoga classes in the Glasshouses in Ravenscourt Park over the spring and summer, starting in April. There are several classes throughout the week and can be booked online. Visit the website for more details www.yogafitnesslondon.co.uk/yoga-pop-ups/summerpop-up/

OTHER NEWS

Amy Chrisp who has worked with HCGA for 2 years, coordinating the [Plant a Seed, Grow Well](#) project is sadly leaving us at the end of February and moving on to pastures new. We would like to wish her well for the future.

We will be continuing our work with healthcare professionals, however we have had significant changes to our funding and are looking for alternative sources of income to continue our fantastic work around greencare. We will continue to run CPD workshops and work with teams on a bespoke basis but moving forward there may be a charge for our

services.



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