

STAKEHOLDER COMMENT FORM

Stakeholder Comments

Please use this form to submit comments or suggestions.

1. Please put each new comment in a new row.

2. Please do not paste other tables into this table, as your comments could get lost - type directly into this table.

3. **Please always refer to section numbers (and not page numbers.)** Insert the **section number** and paragraph (within each section) in the first column (see examples).

4. If your comment relates to the document as a whole, please put **'general'** in this column. (See examples).

To be considered your completed form MUST be returned by 28 February 2008.

Name: Fiona Thackeray	
Organisation: Trellis	
Section number Indicate section number or 'general' if your comment relates to the whole document	Comments Please insert each new comment in a new row.
General	<i>Trellis, representing the network of therapeutic gardening projects across Scotland, endorses the document and the plans for improving mental well-being and health. Garden projects (130 across Scotland) already work to promote many of the determinants of good mental health e.g. meaningful work, strong cohesive communities, and salubrious physical environments, while targeting the negative factors that can erode mental health: discrimination and exclusion, physical health problems and disability. They also contribute valuable work under the proposed themes of prevention of mental illness, promotion of mental well-being and recovery from ill-health. Trellis would like horticulture projects and activity to be recognised as an important route to recovery and a valuable element in Scottish mental health promotion.</i>

6	<p><i>Horticulture projects are already targeting many of the most at risk groups. Projects commonly work in the prison, secure care institutions, nursing and care homes cited using gardening to prevent mental ill-health and support recovery. They also work with veterans (e.g. Gardening Leave project in Ayrshire), people with substance abuse problems and those facing some of Scotland's most pernicious health threats - heart disease, cancer and diabetes. Gardening activity promotes mobility and cardiovascular fitness so helping prevent obesity and arthritic conditions. It also encourages social interaction so reducing isolation and exclusion.</i></p>
8	<p><i>Gardening projects enable people to take control of their mental health and environment in a unique way. They teach people skills for mastering their surroundings and interacting with the world. There can be few more immediate ways of creating a sense of control of your world, than by taking a trowel in your hand and physically shaping your environment. Being exposed to the elements also builds resilience. Gardening practitioners also teach other skills as necessary through the medium of horticulture, including social skills, literacy and numeracy, where necessary, and industry-level technical skills which offer improved chances of employment. Perhaps more importantly, they offer people calm, restorative environments where they can go when they need to, as well as self-esteem and techniques and skills for life (some perhaps may have been forgotten or eroded during a crisis of ill-health) that can be called on at any time. Some such basic skills - e.g. self-nurture: growing and cooking your own food - can be fundamental to physical and mental health, and often the first to abandon someone when they are becoming unwell.</i></p>
8.5.1	<p>Gardening projects also tackle stigma. They offer many social activities e.g. flower shows, allotment meetings, farmers markets where mixed groups work together. Working constructively towards re-shaping a local landscape or to grow fresh produce helps counter both self-doubt and public preconceptions about people who are facing a period of mental illness. Gardening also fosters optimism and belief in recovery with its focus on natural cycles of dormancy through the winter and spring regrowth.</p>
9	<p>Many garden projects work in deprived areas, and more and more offer employment and economic regeneration. Some are also already involved in social prescribing.</p>
10	<p>The social and therapeutic gardening projects in Scotland would welcome work on national indicators and support to gather and disseminate evidence, as well as national</p>

	research projects.

Please add extra rows if needed.

Please return to: Nicola Radley, Area 3ER, Mental Health Division, St Andrews House, Regent Road, Edinburgh, EH1 3DG

By Email: nicola.radley@scotland.gsi.gov.uk