



Camden

Clinical Commissioning Group

Patient Success Stories

**Caversham Group Practice –
Listening Space Garden Project**

Presenters:

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Listening Space Garden Project

What was the idea

- Developing the garden space attached to the practice to be used for patient groups, staff use and local community events

Inspiration and references

- Kings Fund report '[Gardens and Health](#)' – outlines the case for the importance of gardening in fostering wellbeing & collects evidence for garden/horticultural therapy projects & their link to better health outcomes



Listening Space Garden Project

Inspiration and references

- “the sheer weight of evidence (qualitative & quantitative) – on how gardening and access to gardens affect our health and wellbeing is overwhelming” David Buck, Senior Fellow, Public Health and Inequalities,
- Garden space at Kentish Town Health Centre
- Successful garden related projects linked to primary care e.g. [Bromley by Bow Centre](#) - [Sydenam Garden](#) - [Lambeth GP Food cooperative](#)



Listening Space Garden Project

- **Opened May 2017** - courtyard into internal garden. Patient volunteers helped in the work & a group of them help to maintain the garden.
- The Listening Space is a patients' community garden in the central courtyard of the Caversham Group Practice. It's for all Caversham patients who'd like to come and potter around a garden in a relaxed and friendly environment. Patients don't have to know about gardening and to feel pressured about making conversation.



Listening Space Garden Project

- The garden is meant to be like an imaginary village hall in the centre of Kentish Town, away from the stresses and strains of everyday life, where patients and staff grow flowers and food that is shared; and where seasonal celebratory gatherings are held "It's a gentle way to come together as a community: a base to connect with people in a simple way".
- To find out more click here [Listening Space website](#) - The website will tell you when Caversham patients can use the space or help in the garden.



[Go to Page The Listening Space](#)

Listening Space Garden Project

- Events are open to all Caversham patients and the next summer event is planned for Saturday 23rd June 2018 to mark:
 - 70 years of the NHS, 20 years of Caversham Group Practice at the current site, a year of the Listening Space @ the Caversham, the summer solstice & other projects and activities

Lots of evidence that access to gardens improves health & wellbeing:

- mental health: reduced depression & anxiety, improved social functioning
- reduced loneliness (not least for older people), higher physical activity, reduced obesity
- access to green spaces linked to reductions in heart disease, cancer, muscular-skeletal conditions. This wasn't a PPG initiative but the PPG can encourage, publicise and help in finding volunteers

Inspiration & driving force a Caversham partner, Dr Jane Myat