



Creating Your Wellbeing Garden



creating your garden for people

Co-creating your garden

It's important to think about who is going to use your garden; what needs they have and what they would enjoy. Also, involving your garden users in the design process is a great way to enhance engagement from the start!

Here are some links to get you started:

- [Gardening for beginners: activities, advice and inspiration](#)
- [Essentials for Creating a Community Garden](#)
- [Guide to Community Green Spaces in Healthcare Settings](#)

Making your garden inclusive and accessible to all

- Consider ways you can engage underserved communities with nature. Here's some [inspiration](#) from Surrey Wildlife Trust.
- Create greenspaces for the wellbeing of particular groups. For example, see [Thrive](#) and [The Sensory Trust](#) for age friendly spaces, designing for additional needs, etc. The Outdoor Recreation Network looks at how to [Design Outdoor Spaces for Women and Girls](#).

Schools

- [National Education and Nature Park](#) brings nature to the heart of education. These free programmes will provide educators with the resources, support and guidance needed to put nature at the heart of education. See the [Video](#) !
- [Operation Future Hope](#) and [Rewilding School Grounds](#)
- [Nature-based Play - Arup](#) (scroll to the bottom of the link to download this comprehensive resource)

Next steps: use this tool to review your garden

- [How to develop your visitor experience](#) and see the next page for including wildlife.



introducing nature for wildlife



Now we've created a garden for people, we need to think about how to support nature and encourage wildlife ...

Thrive:

- [7 steps to creating a successful wildlife garden](#)

RHS:

- [Gardening for wildlife](#) e.g. plants for bees, birds and butterflies
- [Planet Friendly Gardening](#) e.g. looking after soil, and preventing pollution

The Wildlife Trusts:

- [Ideas to bring nature back into greenspaces](#) e.g. how to build a bug hotel, grow a mini meadow, attract butterflies

RSPB:

- [How and what to feed your garden birds](#) e.g. depending on the time of year, placement of bird feeders, etc.

Trees and hedging:

Contact your local Forestry Commission or Wildlife Trust for free trees etc. and planting advice.

the evidence for nature and how to connect

The evidence

- [What a 'dose of nature' does for health and how it works](#)
- [Daily practices to connect with nature](#)

Evidential reports:

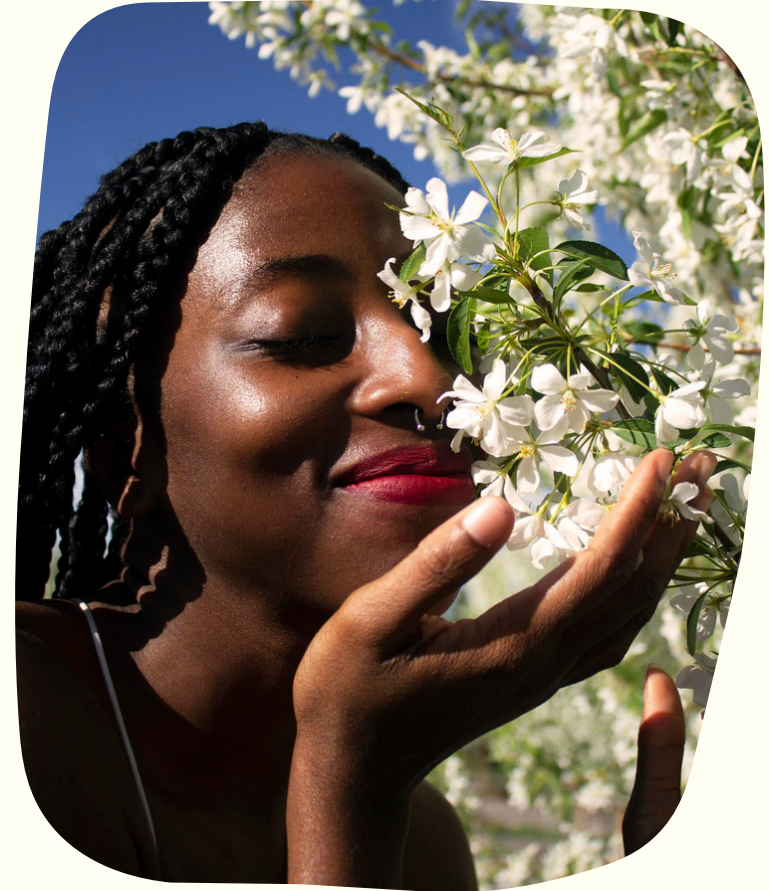
- [Links between natural environments and mental health](#)
- [Links between natural environments and physical health](#)
- [How natural environments can support children and young people](#)
- [Extensive summary of key evidence of nature exposure on human health and well-being](#)

How to engage with nature using your senses

- [Nature Connection Handbook](#)
- [Sensory activities to enhance connection](#)

How to better connect with nature in your garden

- [Five ways to wellbeing using gardens & nature](#)
- [Why gardening is good for your health](#)
- [A resource of ideas and activity sheets](#)



community partners and volunteers



Where can I find volunteers?

Contact your Local Infrastructure Organisation (LIO) which supports VCFSEs* in your region:

[National list of LIOs](#)

*VCFSE = Voluntary, Community, Faith and Social Enterprise Sector

Who could I partner with?

This [link](#) gives you some national suggestions.

Think about local organisations and charities that you could partner with or help in establishing your garden:

- local wildlife charities (e.g. your Wildlife Trust, RSPB)
- local Councils
- skills providers (e.g. [Groundwork Trust](#), [Volunteer It Yourself](#))
- contact local businesses who offer volunteer days
- local gardening nurseries
- trades (e.g. [Enviromate](#) - free/cheap excess building materials)

Where can I look for inspiration and guidance?

- [Greener Communities Toolkit](#) - a guide to creating better access to community greenspaces in healthcare settings.
- [In Our Nature Resource Hub](#) - tips, toolkits and inspiration to create change
- [Nature Connected Organisations Handbook](#) - guide for connecting organisations with nature for workplace wellbeing and sustainability.
- [NHS Forest Digital Tree Pack](#) - How to set up a tree planting event.

green social prescribing (GSP)



If your garden is on an NHS site: check out the support, ideas and resources from [NHS Forest](#).

What is GSP?

GSP supports people to engage in nature-based activities to improve their mental and physical health and wellbeing. This can include activities (both blue and green) such as local walking schemes, community gardening projects, conservation volunteering and open water swimming.

There are various pathways into GSP, for example social prescribing link workers and other health professionals signpost people to trusted providers offering these nature-based activities.

Why is this relevant to my garden?

Some community gardens choose to offer their space for external GSP, whereas others may become a trusted provider themselves.

Further useful information:

- [Nature on Prescription Handbook](#) - how 'nature on prescription' can be used to support people's mental health, and makes evidence-based suggestions on how to develop and implement a high-quality scheme.
- [Green Social Prescribing Toolkit](#) shares insights from pilot projects in England, aiding communities, organisations, and health professionals in setting up GSP. It offers templates, best practices, evaluation and additional resources.
- [Nature Buddies Toolkit](#) - this describes how to set up a volunteer (buddy) scheme to support people accessing GSP activities.

funding

Where can I find funding for my garden?

Online funding pots:

- [GrantsOnline](#)
- [Charity Excellence Framework](#)
- [GrantFinder](#)
- [RHS Fundraising Advice and Links](#)
- [National Garden Scheme Community Garden Grants](#)
- [Social Farms and Gardens funding subscription](#)
- [How to get funding for social prescribing](#)

Local support:

- Contact your Local Infrastructure Organisation (LIO) which supports VCFSEs* in your region: [National list of LIOs](#)
- Try approaching local businesses who may support your project

Referencing the evidence of nature for health and wellbeing:

- It can be useful when applying for funding, to make links to the strong evidence of the benefits of nature on mental and physical health and wellbeing. See [page 4](#).



*VCFSE = Voluntary, Community, Faith and Social Enterprise Sector

shout about your garden

How do I promote my garden?

- Let your local Wildlife Trust know what you are doing as they may be able to offer support.
- Tell your local VCFSE network as they may have funding and be able to link you with similar groups locally.
- Get in touch with your local GP surgery and local mental health support charities (if you are able to offer GSP or your garden space to their service users).
- Use social media to promote your garden, events and to recruit volunteers.

Useful guidance links:

- [RHS offers tips on promoting your group or project](#)
- [RSPB Tips for engaging and connecting with others in your community](#)

