



SOW THE CITY AND PARTNERS GREEN PRESCRIBING PROGRAMME LAUNCH EVENT

30th JUNE 2021 10AM-12 NOON





Agenda

10.10-10.20 Jon Grace, GMHSP Green Social Prescribing Programme Manager

10.20-10.40 Jon Ross, Director of Sow the City - the lead organisation for the Green Prescribing Programme in Manchester

10.40-11.00 Peter Coventry, Senior Lecturer and Researcher from York University

11.00-11.05 Break

11.05-11.25 Tara Kinsella, Co-Ordinator Mcr Mind Food for All Allotment project

11.25-11.50 Breakout room discussions



About Sow the City

- **Social enterprise** empowering urban communities to grow their own food.
- STC has **expertise developed from a range of green prescription type projects** including Green Minds, Prescribe a Plant, Achieve Asset Recovery, #Thrive etc.
- We are committed to **developing existing community assets** and expertise in GSP and test a new approach.
- We want to develop a **cohesive system that aligns and expands existing patchy GSP activity**, and supports the broader green social prescribing programme in Manchester and GM.
- Existing referrals process for GSP.



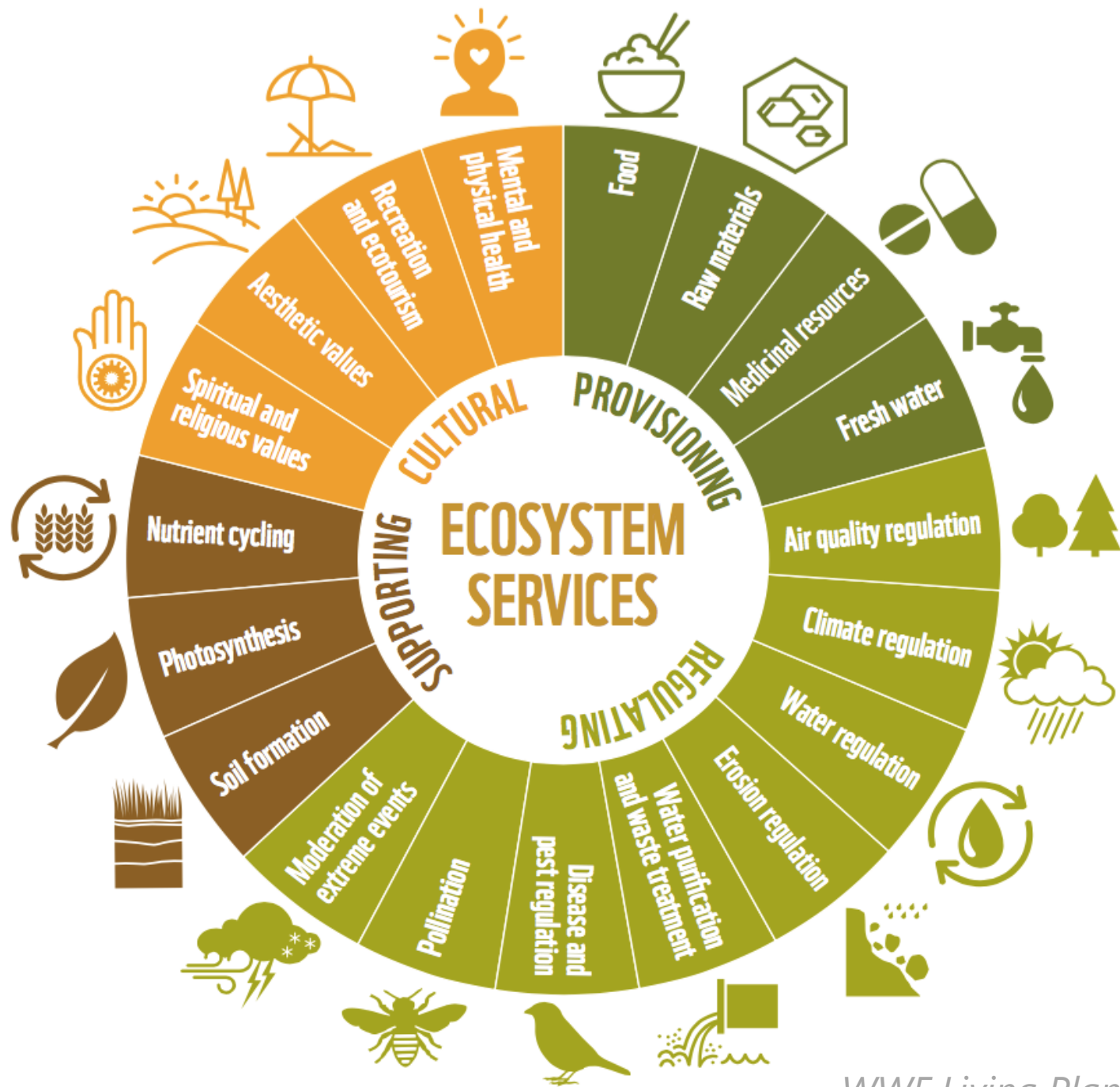
Green Minds North Manchester



Sow the City Green Social Prescribing (GSP) Service

- The Sow the City (STC) and partners project will provide a **specialist ‘food growing’ green social prescription (GSP) project** in the **Manchester locality** delivered in partnership with 7 existing community growing groups.
- We believe growing food, particularly in a community context is the **most powerful type of green prescription for health outcomes and the wider determinants of health.**





Legend

Community gardens within Manchester Ringroad

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Areas in lowest 5% of Health Deprivation in a 10 minute walking distance of a Community Garden

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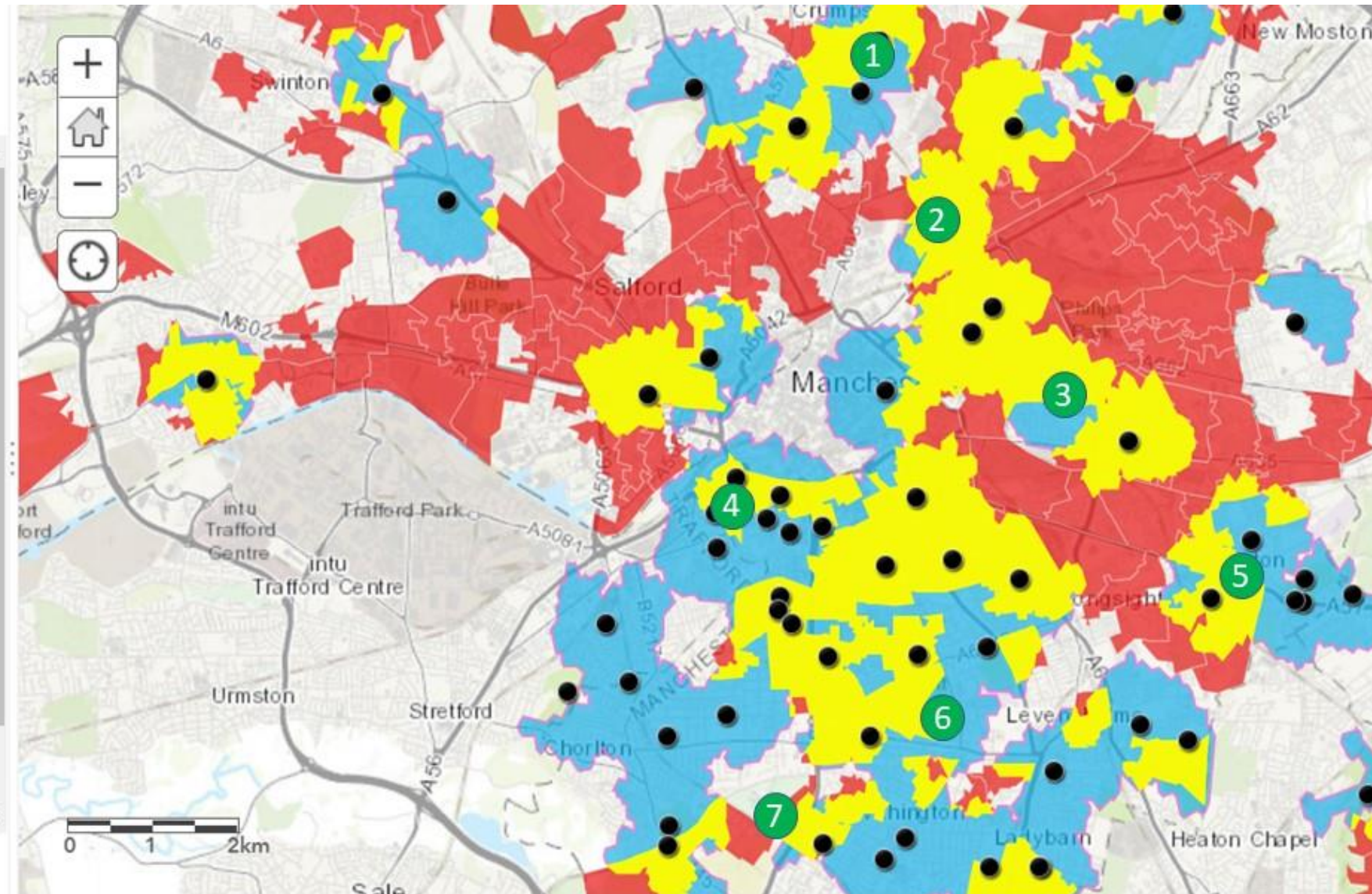
Area 10 minutes walking distance from a Community Garden

- 10.0 Minutes

Health Deprivation and Disability Rank (2015) lowest 5%

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1) Crumpsall Park Community Garden. 2) The Lalley Centre. 3) The Grange Community garden. 4) Cornbrook Medical Practice. 5) Ryder Brow Community Allotment. 6) Platt Fields Market Garden. 7) Mcr Mind Allotment Project



09.05.19

Doctors are now prescribing houseplants to help treat anxiety and depression

It's just one part of a program that uses connecting with nature to improve health outcomes.



**growing
mcr**



Manchester
Health & Care
Commissioning

Project Overview

- We have committed to reach **120 people over the project lifetime** with most of them attending attend 6 x 2-hour social and therapeutic horticulture sessions with our partner gardens.
- We are establishing a referrals system. We are also proposing a “**payment by referral**” model, where sites receive a per person payment for delivering social and therapeutic horticulture sessions.
- **Our partnership includes a GP, social enterprises and a number of large charities, NHS partners (MLCO, MHCC), Pop Health, Housing Associations** and grassroots groups to ensure cross sector system learning and system change.



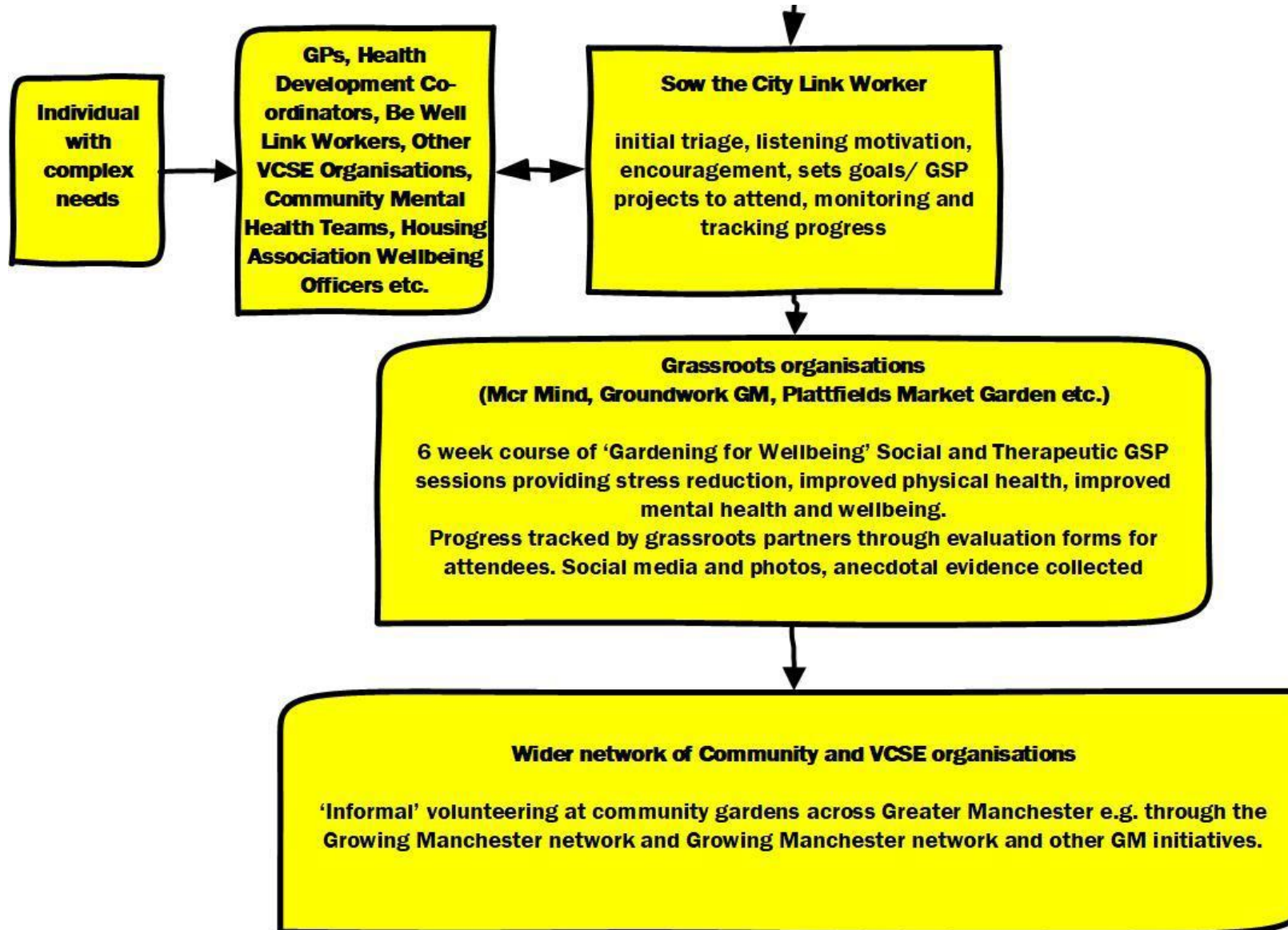


Project Overview

- Our partnership will refine our existing expertise in providing **Social and Therapeutic Horticulture and GSP** to our target communities. Expertise of this **specialist type of GSP** will be shared across GM through this programme and other networks we are involved with (e.g. **GMCA Natural Capital Group**)
- We would like to **capture learning and communicate best practice** through our networks create system change.
- We want to **ensure there are opportunities for peer learning.**



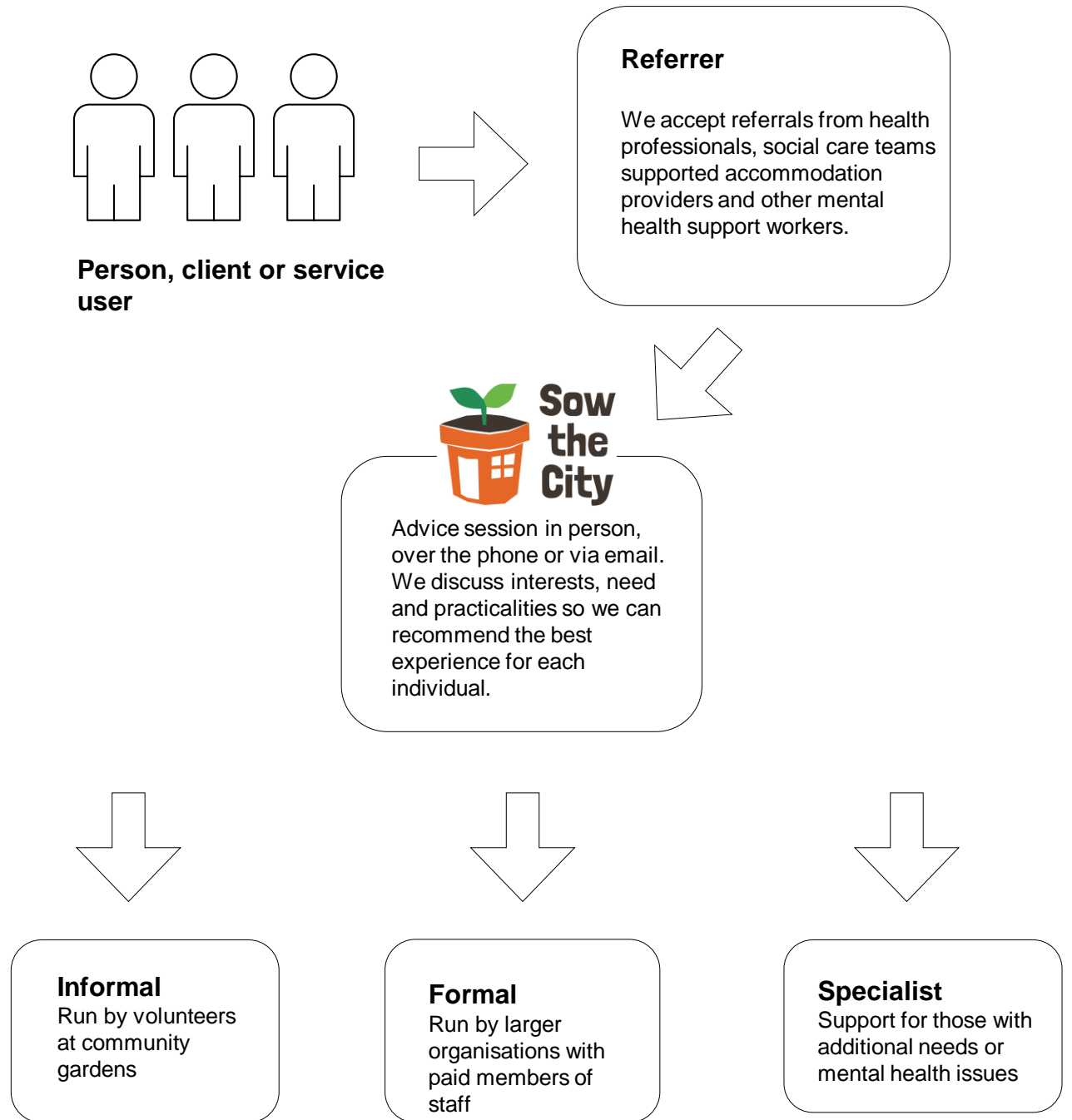
Roles and Responsibilities





Referrals

Sow the City operates a referral scheme community gardens across Greater Manchester





Referrals and Link Worker

- **Targeting people most disproportionately impacted by Covid-19** with a focus on mental health
- Sow the City referrals form available as **word doc** or online on our **website**.
- We accept referrals from **health professionals (community mental health teams, GPs), social care teams supported accommodation providers and other mental health support workers.**
- **Aimed at adults primarily.**
- **Referrals managed by Sow the City and our trained Link Worker.**
- Referrals will receive **121 advice, welcome pack to join garden.**



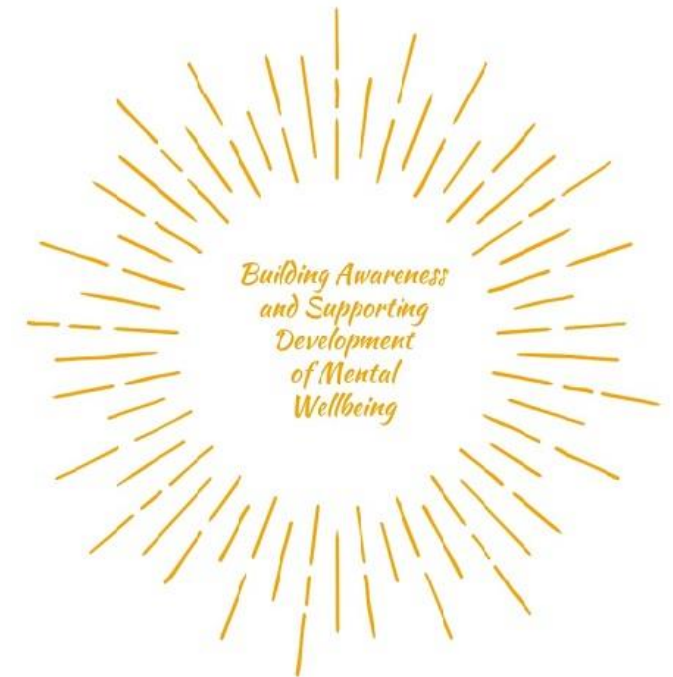
The
University
Of
Sheffield.



**Sow
the
City**

Project Evaluation

- **WEMWBS**
- **Data on attendance** and also notes on participants progress and if they continue to volunteer after the sessions finish.
- **Pre programme and post programme evaluation of the 7 garden projects** expertise and governance systems.
- **Evaluation forms for workshops** (e.g. our STH course) and events.
- **Case studies**



Further information



For more information please email jon@sowthecity.org or visit our website www.sowthecity.org



Breakout rooms – 20 mins



Room 1 = Research and evaluation What research is needed? Where are the gaps? How to evaluate GSP

(Facilitated by Peter Coventry, Senior Researcher, York University)

Room 2 = Engagement How do we engage hard to reach communities? How can GSP address the needs of the most marginalised groups in the locality? etc (Facilitated by Francesca Archer Todd)

Room 3 = Resources What resources can your respective organisations bring to GSP in Mcr? (Facilitated by Kieron McGlasson, Director, Sow the City)



Thanks for coming!

**... and don't forget your
weekly dose of nature**

Email: info@sowthecity.org

Web: www.sowthecity.org