

Grow Your Own Project

Lancashire Care
NHS Foundation Trust



Lancashire Care's values have been created in partnership with staff and the Council of Governors to describe the behaviours that are expected

Teamwork – Compassion – Integrity – Respect – Excellence – Accountability

Through a partnership between Property Services at Guild Park and Secure Services at Guild Lodge we will deliver the 'Grow Your Own Project' that will provide service users and staff the opportunity to grow organic, fresh and local vegetables on the Guild Park site. The aim is to achieve a closed loop system which removes unnecessary and costly environmental impacts.

The 'Grow Your Own Project' will assist in providing fresh organic produce to 131 service users on the Guild Park site. It will also assist the Step down unit that accommodates 33 service users in providing fresh produce for themselves to cook and develop the skills necessary in their recovery process. The scheme has already been able to supply the new self-catering Step down Units Forest Beck and Fellside with local, seasonal and fresh vegetables and fruit; this has been a great success and has been achieved entirely through staff volunteering their spare time

The project forms part of the service users care plan when assisting in improving motivation and meaningful activity. The step down units often find community based activity difficult to access, or service users do not have the confidence to access them. The 'Grow Your Own project' allows service users to start to build up their confidence and self-esteem with a view to discharge into their community with a new set of skills

Fellside Ward Manager, "Service users and staff have enjoyed their involvement in the 'Grow Your Own Project'. The service users have assisted in highlighting recycling and sustainability at the official opening. The opportunity to participate in horticultural therapy enable people to feel that they are contributing and helping the environment. Nurture, growth and care are all operative and meaningful words in both horticultural and from a personal perspective. We all look forward to assisting our Partners getting the project up and running and using home grown produce in our self-catering responsibilities on the ward environments"

Forest Beck Ward Manager, "We have been fortunate enough to enjoy some of the first crops from the GYO project and Orchard which we incorporated into our recipes within our Healthy Eating Group. The ladies have already been able to see the benefits that the project will provide alongside the longer term health benefits and have been happy to report on progress in our 'World of Forest Beck' newspaper. Last year we were happy to be involved in advertising a competition to design the logo. Service users and staff are looking forward to working together on the GYO which will also give greater opportunity to build on our current therapeutic relationships. Many service users currently in transition to Forest Beck are optimistic about being involved in the GYO in the near future"

Service user comments Fellside and Forest Beck

Great opportunity to learn new skills that I can take away with me on discharge
Help with personal fitness
Help with having a healthier lifestyle
Working more closely with staff and others
Help with having a structured activity

Lancashire Care NHS Foundation Trust signed up to a day of action in support of NHS Sustainability Day on the 28th March 2013 celebrating the 'Grow Your Own Project', official opening day. The initiative was a day of action for the NHS and healthcare facilities aimed at raising awareness of the health implications of climate change as well as encouraging changes in behaviour and action on the day itself. The Prime Minister has added his personal endorsement to the day said: "The NHS Sustainability Day is a very important initiative that aligns with this Government's ambitions for a low-carbon and eco-friendly economy. I am encouraged by the scale of reduction in carbon the NHS is contributing towards the UK's target and the acknowledgement that there is more to do.". The Grow Your Own Project has been awarded best Community Engagement Initiative Fiona Daly, Environmental Manager Barts Health NHS Trust, "Congratulations! You have been awarded this year's NHS Sustainability Day Award for best Community Engagement Initiative, sponsored by Carillion, for the wonderful work you are doing to ingrate food growing into your patient care/treatment pathways and to encourage health and wellbeing and prevention"

Teamwork – Compassion – Integrity – Respect – Excellence – Accountability

Elizabeth Harrison, Volunteer Project Lead at Lancashire Care NHS Foundation Trust

"The project provides an opportunity for social interaction and will also promote healthy eating and living. Participants will be given the opportunity to build on self-confidence and transferrable skills such as teamwork and recognised qualifications. Research has showed that social interaction and activities such as gardening can have a positive effect on mental health and boost the moods of participants and by growing fresh fruit and vegetable the project also promotes healthy eating. The 'Grow Your Own Project' will strive to find creative ways to meet the Trusts sustainable future developing ideas and being innovative in the way it delivers the project. Our success depends on the results and impact of our joint efforts in achieving strong, shared and sustainable growth and investments as we address challenges such as increased food and fuel prices."

Elizabeth Harrison, Volunteer Project Lead, Lancashire Care, NHS Foundation Trust

Property Services | Guild Park | Whittingham | Goosnargh | PR3 2JH

Telephone : 01772 773578

Email : Elizabeth.Harrison@lancashirecare.nhs.uk

www.Lancashirecare.nhs.uk

