

## United Kingdom / Horticulture

GoGreenCare-project 8/2016  
[www.gogreencare.eu](http://www.gogreencare.eu)

**Story:** Seed of Hope, Cannington, England

**Industry:** Horticulture for Mental Health

**Website:** <http://www.seedofhope.org.uk/>



### How to utilize Green Care in action:

Seed of Hope uses the elements intrinsic to gardening such as, being more physically active, being outdoors with increased light levels, working as part of a team, nurturing plants, and growing and eating seasonal produce to improve mental and physical health. Researchers have found benefits to include reduced anxiety, fewer symptoms of depression, increased socialisation and better mental and physical health.

### Good practices and benefits of Green Care:

Clients engage in gardening duties around Bridgwater College's gardens and also engage in community projects. These activities not only engage and involved individuals in something creative but also produce positive outcomes such as:

- Reduced anxiety
- Reduced depression
- Improved feelings of well being
- Reduced Stress
- Better Physical Health
- Improved diet
- Increase in attention
- Improved concentration
- Weight loss
- Less social isolation

### Seed of Hope, Cannington United Kingdom

**Social and therapeutic gardening  
project**

**In a partnership between Bridgwater  
College, Cannington Centre and Kris  
Scotting, Care Consultants Ltd.**

### Green Care activities

**Aim is to use the benefits of elements  
of gardening: Hope, Exercise, Being  
outdoors. Team work, Working with  
nature, Seasonal Produce**

