

Cardiff and Vale University Health Board;

South West Cardiff; Grow Cardiff, Community Exercise Programme

Project Lead; Contact; Dr Karen Pardy / Liesbeth Beeckman

Rationale; The aim is to support patients through physical exercise, healthy eating and mental health. An additional benefit is to promote GP surgeries as a focus for wellbeing rather than focussing on ill health and the traditional medical model

Project Details; Set up community gardens; promotes health and wellbeing in vulnerable and socially isolated people. Patients referred by GP's.



The project supports adults living in Canton, Ely and Caerau with mental or physical difficulties, or struggling with well-being issues to access friendly, professionally run and supportive community garden sessions. Drop-in sessions take place weekly on Wednesdays at Lansdowne Surgery (Sanatorium Rd) and Mondays at The Dusty Forge, ACE, Cowbridge Road West. Participants can become involved in gentle gardening, mosaic making, and in doing so develop new friendships and socialise in a welcoming, relaxing and therapeutic environment.

No referral is required - however the project is linked to all the local GP surgeries who may give a referral

Intended Outcomes; No information currently available

Partners; Growing the Future (Welsh Government)

Time-frame; No Information

Future Development Planned; The R and D phase of this project will allow more in depth **evaluation** including the cashable savings resulting from the project. These will form the basis of the next phase of the grant, which will be to extend the project across the Cardiff and Vale UHB area.

Commissioning / Funding; Following a successful bid to the Neighbourhood Partnership Fund, Cardiff SW Cluster has collaborated with a local charity, Grow Cardiff to establish a gardening project within one of the GP practices in the cluster.

Following the initial pilot phase, the project is being extended to other areas of the cluster following a successful bid to the Innovate to Save Fund.

Evaluation / Reporting; See 'future development' above

Supporting Documentation; None

Acknowledgement; Lee Virgo, Cardiff and Vale UHB

Project Status; Ongoing since 2017

For further information contact; 07555450456 or david@growcardiff.org