Using Green Space for Therapeutic Purposes

Amanda Duffy
Who are TCV?

The organisation's aims include:

• Enabling people to make a difference in their lives and improve the places around them.

• Providing opportunities and choice for people to improve their lives.

• Delivering social and environmental equality.

On a practical level, TCV enables 628,000 volunteers per year to engage in conservation work in both the urban and the rural environment.
The NewSpace NewHealth Project

- NewSpace NewHealth
- Funded by the Local authority
- Aimed at tackling health inequalities in the local community
- Based on NHS site in Doncaster
What we are doing on site

Working closely with Environmental Project Manager and Grounds Supervisor to carry out:

• Restoration of Victorian Fruit Garden
• Development of picnic area to site woodland
• Maintenance of site
• Planned activities such as bird box building
What is so good about Green Space?

Green spaces can play a vital role in the health of the nation. Access to a park or green space can have wide-ranging effects for our health and wellbeing.

Natural England (2010)
• Outdoor recreation provides an opportunity to increase quality of life and heighten social interaction

• Walking is increasingly recognised as one of the best ways to improve people’s physical health and mental well-being.

• Physical activity in the natural environment not only aids an increased life-span, greater well-being, fewer symptoms of depression, lower rates of smoking and substance misuse but also an increased ability to function better at work and home.

• Health Walk and Green Gym participants cited they stated being 'in the countryside' and 'contact with nature' as key motivating factors to be active.

OPENspace Research Centre, Edinburgh College of Art/Heriot Watt University (2003)
The Project and Occupational Therapy

- Person Centred Approach
- Help to overcome barriers
- Identified need goal setting
- Activity Analysis
- Grading of activities
- Outcome and evaluation
Therapeutic benefits

- Building of self esteem
- New Skills
- Health Improvement
- Social Interaction
- Rehabilitation
- Sense of purpose
Attending the project gets me out of the house – I love being outdoors and doing the work with the group.

Attending every week gives me a sense of purpose – I can’t wait to see what the end result will look like.

I hope learning skills with TCV will help me gain a job in conservation.
Reclaiming green places since 1959
Reclaiming green places since 1959
A well-used green place is a classroom, a gym, a playground and a sanctuary. It is a place that is good for people as well as for wildlife.
Thank you