

# Gardening Referrers' Guide

**60%**  
referrals reported  
increased wellbeing  
scores

**100%**  
believe it will  
have long-term,  
positive impact

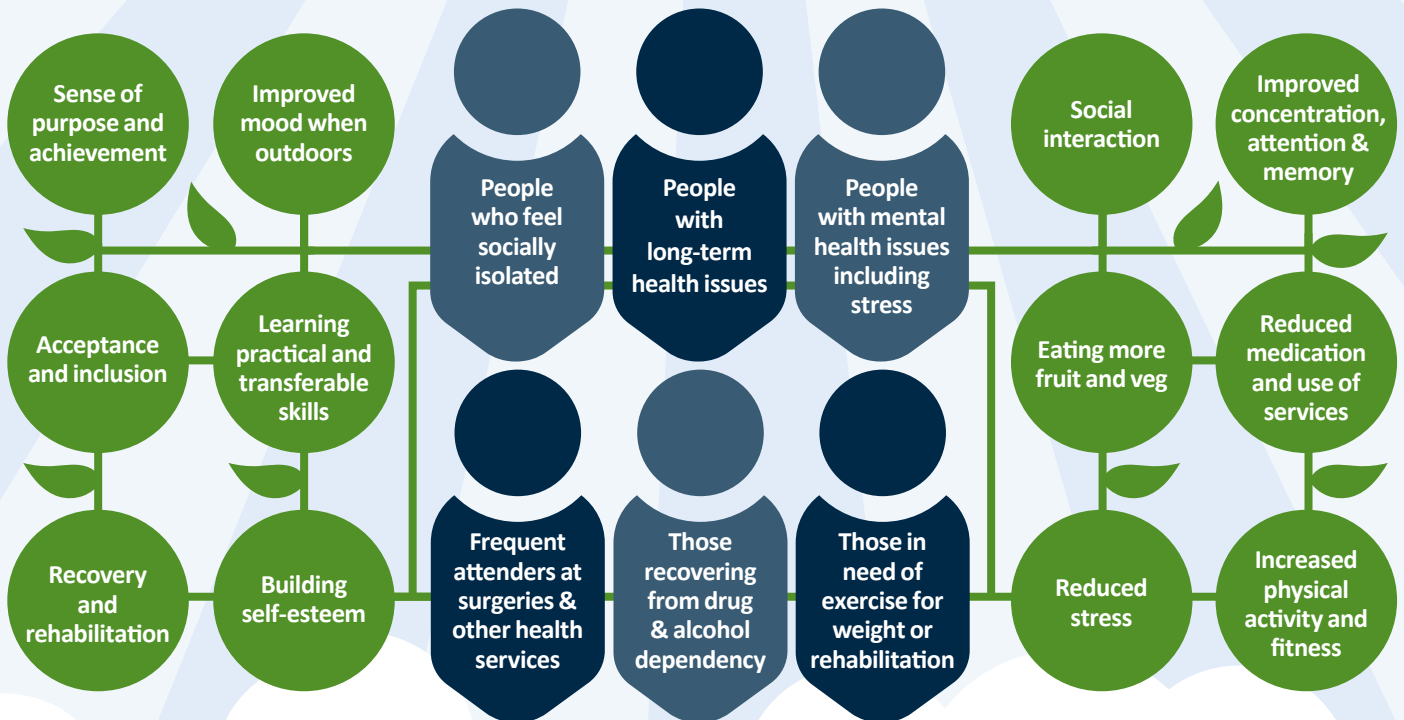
**42%**  
reported an  
improvement to  
their diet

The Brighton & Hove Food Partnership operates a referral scheme to a network of over 70 community gardens across Brighton & Hove. Anyone wanting to get involved in gardening can get advice about joining the thousands of people growing food together across the city. Not only have past participants reported improved diets and increased activity, but also improvements to mental wellbeing, new skills and opportunities to meet new people.

A range of scientific literature provides evidence for these benefits – see [www.growinghealth.info](http://www.growinghealth.info)

Locally we found that 60% of people who volunteered weekly at a garden reported increases to wellbeing scores (using validated SWEMWBS tool) and life satisfaction after 3-6 months. 100% felt their garden experience would have a long-term, positive impact on their life.

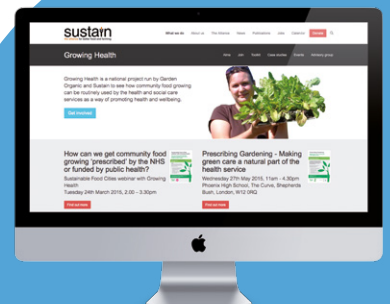
## Who it's for and how they will benefit



Just email or call our garden advisor,  
and we'll take it from there

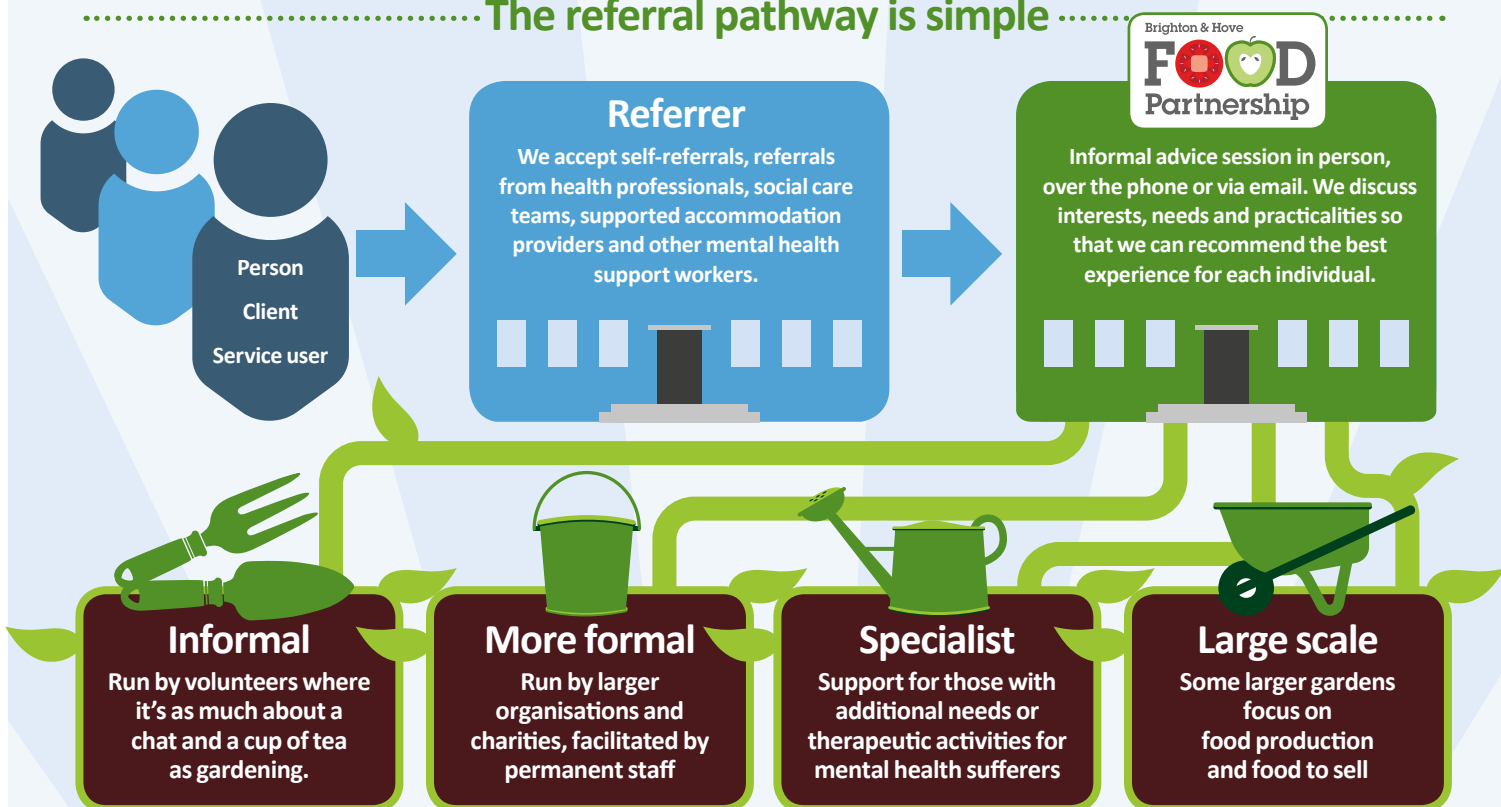
01273 431716 [info@bhfood.org.uk](mailto:info@bhfood.org.uk)

[www.bhfood.org.uk/gardening-for-health](http://www.bhfood.org.uk/gardening-for-health)



[www.growinghealth.info](http://www.growinghealth.info)  
digs into the data

## The referral pathway is simple



Most gardens have open 'workdays' all year round, so people can drop-in once or attend regularly. They are open to people of all ages, experience and fitness level. Many gardens also share their harvest with volunteers, or cook a shared meal on site during each workday.

The Brighton & Hove Food Partnership can also give advice about outdoor activities beyond gardening, from Green Gyms to Healthwalks, or suggest other food activities such as cookery courses.

## Referral guidelines

**In order for people to gain the most from their experience at community gardens we have found there are some key success factors:**

- In most cases, individuals need to have a level of **independence** that enables them to carry out a task independently or with minimal 1-2-1 support.
- If someone does need a **higher level of support**, a carer / support worker or family member is welcome to support them and help them get the most out of the experience. We may also be able to recommend community gardens who can offer a higher level of support if needed.
- We ask that participants **do not use alcohol/illicit drugs** before or whilst attending their advice session or in a community garden.
- All participation at gardens is on a **voluntary basis** and the individual referred should express an interest in the activity. A level of motivation and commitment to attend regularly helps them get the most out of the experience, but is not essential.
- Where possible we ask that referrers give us some **information about the person** that they are referring. Any awareness we can have of anything that may affect the person's **safety** or that of other garden participants, or their **ability to work in groups** can help us make the advice session more useful for a potential volunteer and also give us time to research appropriate information.

Brighton & Hove



**To make a referral, or just request more information, contact us directly or ask your client to get in touch on 01273 431716, [info@bhfood.org.uk](mailto:info@bhfood.org.uk) or [www.bhfood.org.uk/gardening-for-health](http://www.bhfood.org.uk/gardening-for-health)**



**The Food Partnership also leads the city's Healthy Weight Referral Scheme, offers cookery courses and works on related issues including food poverty.**