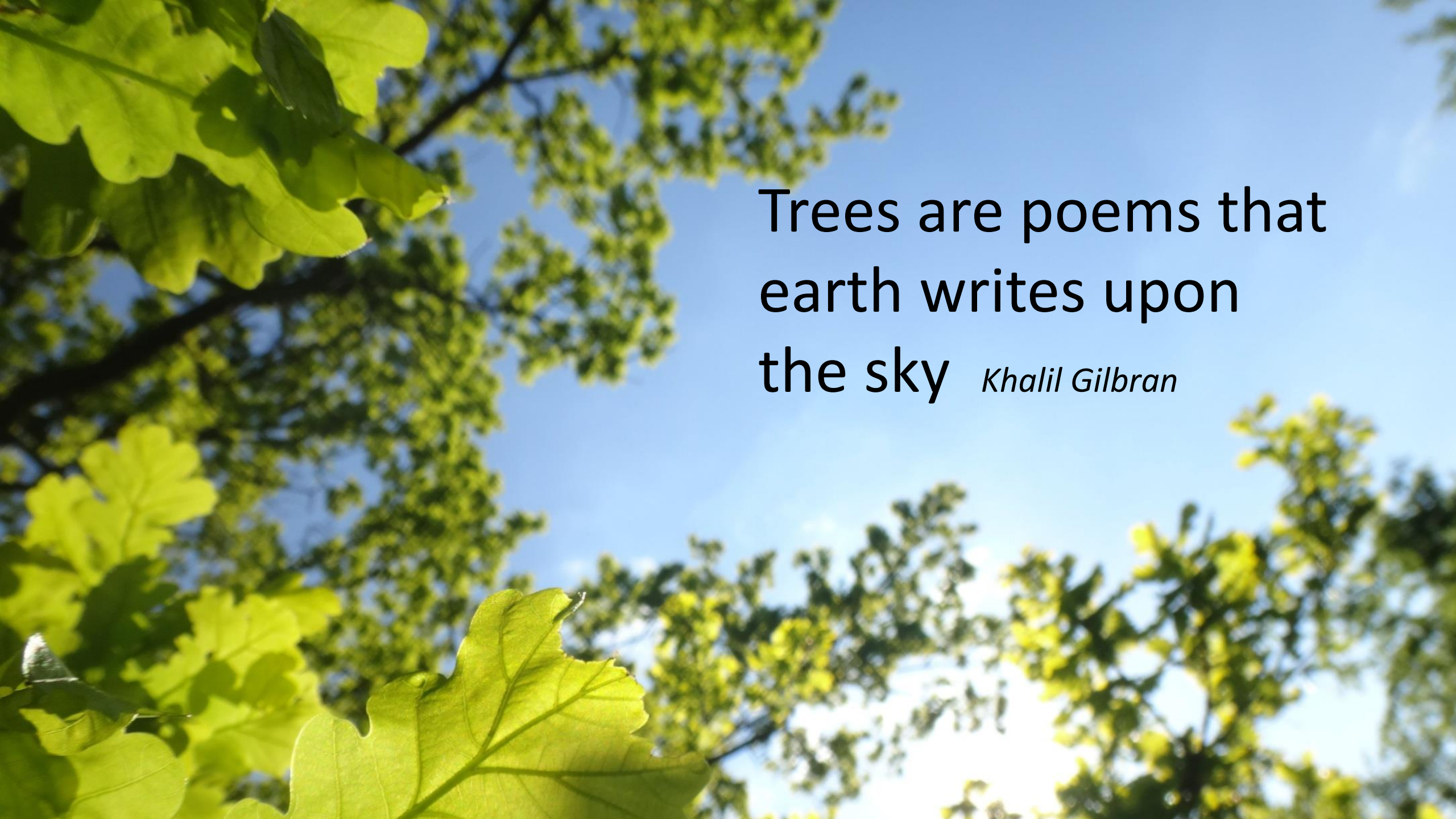


Trees, woodlands and health in action

Carole Longden
Founder, Forest of Hearts



Forest of Hearts
NHS Forest Conference 18th October 2023

A low-angle photograph of a tree with vibrant green leaves against a clear blue sky. The leaves are in sharp focus in the foreground, while the background shows more foliage and the sky. The text is overlaid on the right side of the image.

Trees are poems that
earth writes upon
the sky *Khalil Gilbran*

The story of an unloved patch of lawn...



How our Social Prescribing journey began



Our aims

1. Create an edible garden
2. Grow food for the hub
3. Increase biodiversity
4. Recruit 12 volunteers
5. Benefit 1000's of local people
6. Engage 120 CSR employees
7. Deliver RHS qualifications
8. Gain corporate sponsors
9. Improve wellbeing
10. Add value to the Trust

South Warwickshire 
NHS Foundation Trust



<http://forestofhearts.com/garden-of-wellbeing>



We did a show garden at RHS Malvern

Carole met Monty!!!



And we met Phil from BAM construction!!!



We did a corporate team event...



We now have an edible garden



With Twelve Fruit Tree Guilds

Example

1. Apple Tree
2. Rosa Rugosa
3. Climbing Nasturtium
4. Wild Garlic
5. Sweet Cicely



Fruit Tree Guild – Companion Planting

Suppressors

Chives
Garlic
Saffron



Fixers
Clover
Vetch
Peas

Attractors

Coriander
Dill
Fennel



Accumulators

Chicory
Yarrow
Amaranth

Repellants

Nasturtium
Lavender
Calendula



Mulchers

Artichoke
Comfrey
Rhubarb

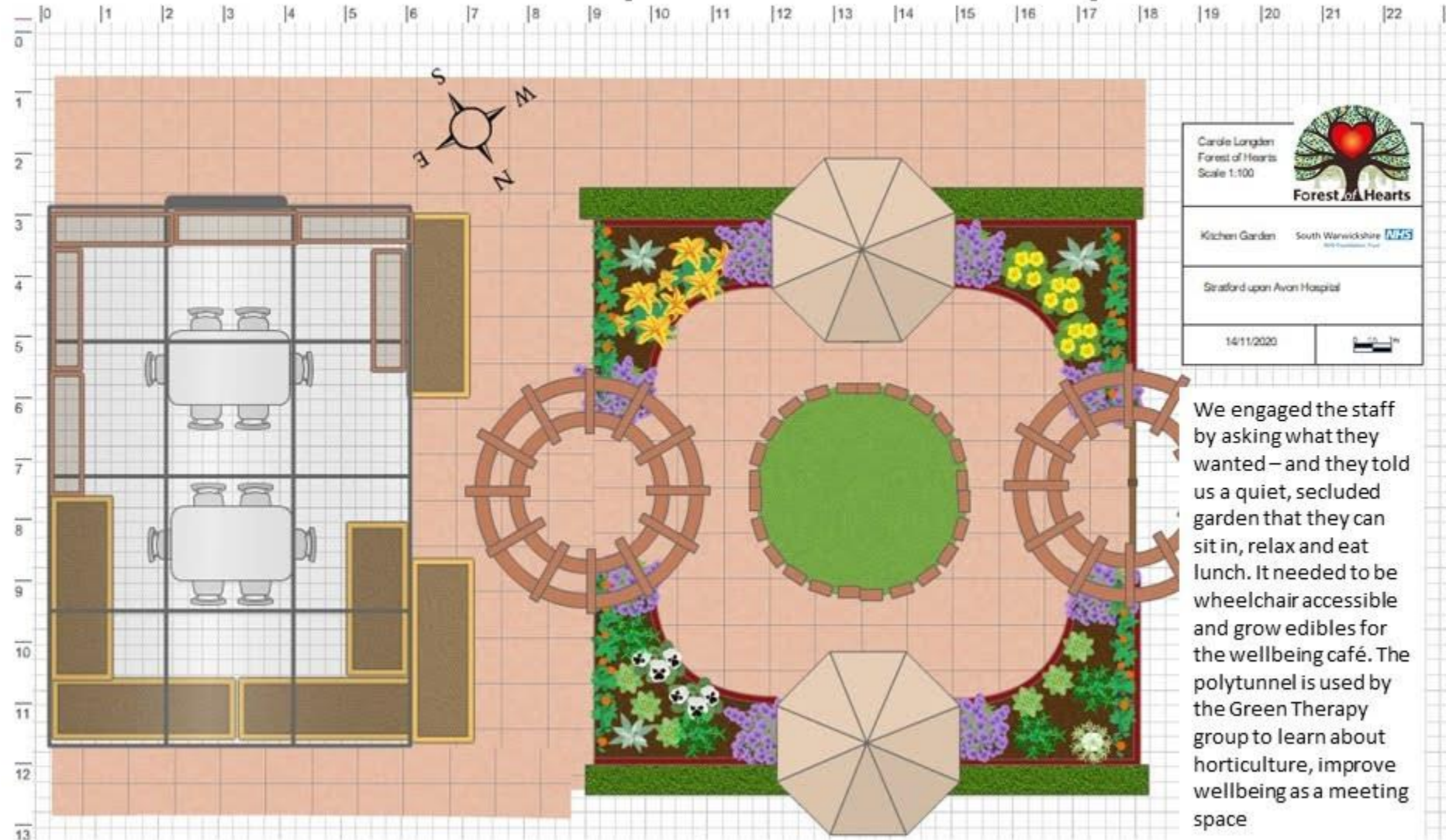


Now we create green spaces at other NHS sites



Garden Design – Kitchen Garden

Stratford upon Avon Hospital

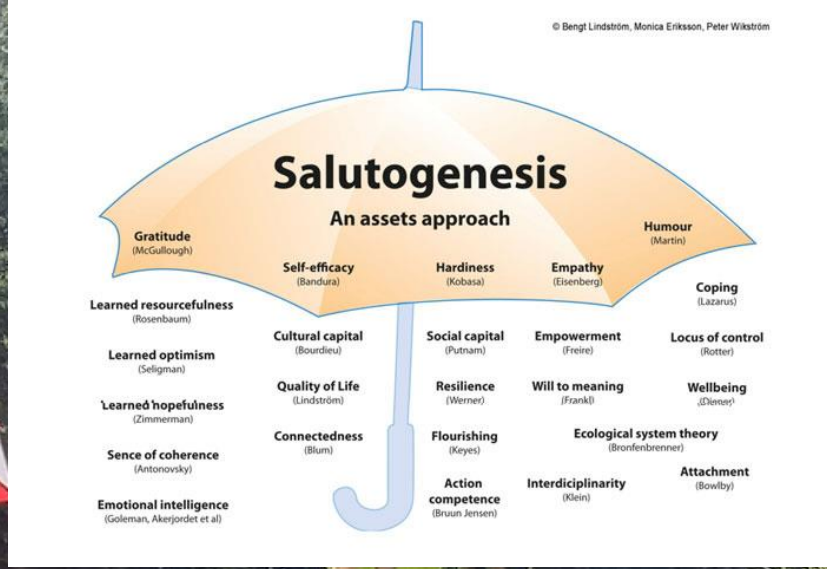


We run weekly Green Therapy using [GROW coaching](#)



To maintain the gardens and provide support to people with mental health and/or learning challenges





Salutogenesis guides our practice – what creates health?






James

“Not only has the project helped with weight loss and helped my back it's also helped with my depression since August last year I was struggling to leave the house and would lock myself away but since this project it's got me back out into the community.”

Mark

“I’m feeling a part of something again and I enjoy doing something fulfilling and being a part of the community again”





“We love having Forest of Hearts here because they bring so much enjoyment and passion in what they do whilst making our open spaces much more purposeful for all our visitors, patients and our staff”

Karen Parker

Health & Wellbeing Information Centre Manager

Funding....



LOTTERY FUNDED



Social Enterprise Support Fund



Lessons for replication

1. Purpose
2. Place
3. People
4. Planet
5. Pay
6. Play!



The creation of a thousand forests
is in one acorn

Ralph Waldo Emerson



Boosting biodiversity – improving wellbeing



Thank you!

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- www.forestofhearts.com
- [Green Therapy](#)
- [Volunteering video](#)
- [Salutogenesis – the creation of health](#)
- [The Grow Model](#)
- [Fruit Tree Guild Overview](#)

