



Snappy Search: Gardens and Gardening

Tuesday, 17 May 2016

A quick overview of the latest guidance and evidence on current issues such as smoking, sexual health, health inequalities, mental health, obesity, substance abuse, women's health – in fact anything that you ask for!

If you have a topic suggestion, please email it to [Rachel Posaner](mailto:Rachel.Posaner). Previous searches can be found at: <http://bit.ly/1H6O00k>

The King's Fund

[Gardens and health: it's time for health policy to bring gardens in from the cold](#)

[Gardens and health: Implications for policy and practice](#)

[Improving the public's health. A resource for local authorities](#)

European Centre for Environment and Human Health

[A systematic review of community gardening](#)

Royal Horticultural Society

[RHS Campaign for School Gardening](#) (includes resource collection with activities and lesson plans, various information sheets etc.)

[Video interview on health benefits of gardening](#)

[Houseplants: to support human health](#)

American Horticultural Therapy Association

[The benefits of gardening and food growing for health and wellbeing](#)

NHS Evidence

[Does the Royal Horticultural Society Campaign for School Gardening increase intake of fruit and vegetables in children? Results from two randomised controlled trials](#)

[Horticultural therapy for schizophrenia](#)

[A systematic review of the health and well-being impacts of school gardening: synthesis of quantitative and qualitative evidence](#)

[Growing Up : Work Experience in a Horticultural Setting for Young People with Learning Disabilities : Horticultural Therapy for well-being, inclusion and change](#)

[The benefits of gardening for older adults: a systematic review of the literature](#)

[What are the benefits of occupational, beauty, diversion therapies \(such as mindfulness, meditation, art, dance and gardening\) for palliative care patients? How and where are these best provided?](#)

[Learning to rethink parks](#)

HMIC

[Horticultural therapy in dementia care : a literature review.](#)

Blake, M.. Mitchell, G.
Nursing Standard 2016; 30 (21): 41-47 (20 January 2016)

Mind

[Ecominds](#)

[Ecominds effects on mental wellbeing: An evaluation for Mind](#)

[Gardening, mental health and my positive workplace experience](#)

[Gardening for Health Allotment](#)

Brighton and Hove Food Partnership

[Gardening for health and wellbeing](#)

Thrive

[What is Social and Therapeutic Horticulture?](#)

[Gardening can help you feel better](#)

[Thrive Birmingham](#) (one of several [projects](#) this charity runs)

[Training, Education and Consultancy](#)

[Success stories](#)

Hammersmith Community Gardens

[Prescribing Gardening: making green care a natural part of the health service](#) (Conference report with links to presentations)

Sustain

[Growing Health project](#)

Social Care Online

[Gardening as a mental health intervention: a review](#)

[A review of nature-based interventions for mental health care](#)

[Is it nice outside? Consulting people living with dementia and their carers about engaging with the natural environment](#)

[Exploring the health and wellbeing benefits of gardening for older adults](#)

[The contribution of allotment gardening to health and wellbeing: a systematic review of the literature](#)

[Cultivating community collaboration and community health through community gardens](#)

[The effects of social and therapeutic horticulture on aspects of social behaviour](#)

[The benefits of gardens for people with dementia](#)

[An evaluation of a therapeutic garden's influence on the quality of life of aged care residents with dementia](#)

[Does a structured gardening programme improve well-being in young-onset dementia? a preliminary study](#)

[The value of an allotment group for refugees](#)

[Studying the outdoors to stimulate mental health](#)

[Going for growth](#)

[Can nature nurture?](#)

Blogs and other news

[National Gardens Scheme research shows gardening and health benefit](#) (Horticulture Week, May 2016)

[Allotments on prescription - Dursley project to get gardening back to health](#) (Stroud Life, May 2016)

[This gardening habit is extremely good for your health](#) (Country Living, April 2016)

[Gardening is good for you](#) (Guardian, April 2016)

[The contribution of allotment gardening to health and wellbeing: A systematic review of the literature](#) (British Journal of Occupational Therapy, Oct. 2015)

[A case-control study of the health and well-being benefits of allotment gardening](#) (Journal of Public

Health, Oct. 2015)

[The best benefit of gardening? Mental health improvement](#) (Telegraph, Oct. 2015)

[Gardening key to longer life: Doctors told to prescribe health boosting hobby](#) (Daily Express, April 2015)

[Gardening 'linked to longer lives'](#) (BBC, Oct. 2013)

HSMC Library and Information Service – Park House – 40 Edgbaston Park Road – Birmingham – B15 2RT.
Website: <http://www.birmingham.ac.uk/facilities/hsmc-library/index.aspx>
Telephone: 0121 414 3672 – Email: hsmc-library@contacts.bham.ac.uk – Twitter: www.twitter.com/hsmc_library

Produced by the Health Services Management Centre Library & Information Services for registered library users only, and not for re-distribution

Whilst we make every effort to check the contents of this Digest when it is first produced, HSMC Library cannot guarantee its correctness, completeness or that the links will work, as we have no control over the availability of the linked sites.

All links from this Digest are provided for information only and are supplied to you under the UK copyright concept of "fair dealing". The HSMC Library does not accept responsibility for the reliability of external websites and, links should not be taken as an endorsement of the contents, views and information held on these sites.

[Unsubscribe](#)