

# Training and Education Prospectus 2016/17



## Course dates for:

Step into STH Workshops

Specialist Knowledge Courses

Accredited, Undergraduate Courses

CPD Events for Experienced Professionals



## **About Thrive**

Thrive are the leading UK charity using gardening to bring about positive changes in the lives of people who encounter disabilities or ill health.

Thrive have been educating people for over 35 years and our courses are run throughout the UK by a highly professional team of trainers with expert knowledge and experience.

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## **About this Publication**

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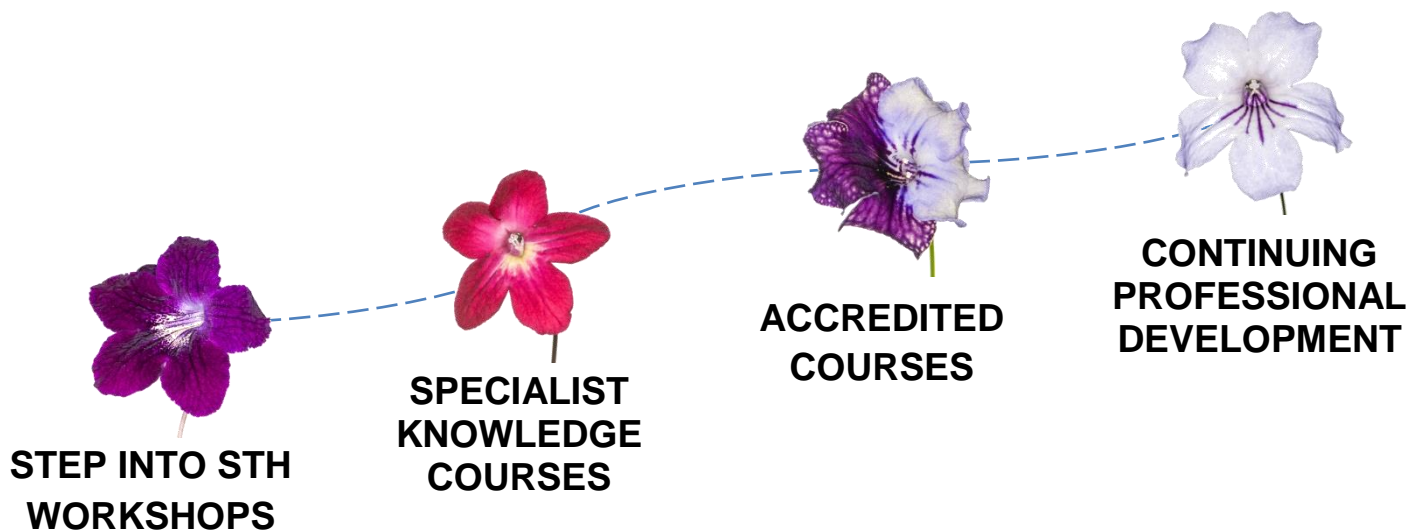
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# Thrive's Training Courses

Each year our programme reaches around 500 people from a wide range of professional and educational backgrounds. Whether you are a complete beginner or have many years' experience, we have the course that is right for you and those who you support.

One way of understanding what we do is to think about our courses as points along a learning path:



- **Step into STH Workshops** are aimed at people who are new to the field of social and therapeutic horticulture
- **Specialist Knowledge** courses are suitable for professionals, practitioners and volunteers who would like to deepen their understanding, develop their skills and begin to implement their own STH programme
- **Accredited Courses** are for people who would like to take their training further and gain an accredited qualification from a top UK university
- **Continuing Professional** events are for experienced professionals and graduates to continue developing, explore best practice and discuss key challenges and opportunities in the field.

**You do not necessarily need to begin training at the first point on the path.** Some students will study more than one course at each point. And others will move quickly along the pathway.

**The best way to make sure you find the right course is by contacting our Training and Education department on 0118 988 5688 or at [training@thrive.org.uk](mailto:training@thrive.org.uk).**

Alternatively, visit the 'How do I train or retrain as a horticultural therapist?' section of our frequently asked questions at <http://www.thrive.org.uk/faqs.aspx>

# Training at a Glance

## 2016

| <b>Date</b>                              | <b>Course Title</b>                                                 | <b>Location</b>                   |
|------------------------------------------|---------------------------------------------------------------------|-----------------------------------|
| 1 <sup>st</sup> Sept                     | Setting up a STH project                                            | Reading                           |
| 6 <sup>th</sup> Sept                     | Step into Social and Therapeutic Horticulture Workshop              | Windmill Hill City Farm, Bristol  |
| 14 <sup>th</sup> & 15 <sup>th</sup> Sept | Using STH to benefit people with Mental Health support needs        | London                            |
| 19 <sup>th</sup> Sept                    | Step into Social and Therapeutic Horticulture Workshop              | Myerscough College, Preston       |
| 5 <sup>th</sup> & 6 <sup>th</sup> Oct    | Using STH to benefit Older People                                   | Thrive, Berkshire                 |
| 11 <sup>th</sup> & 12 <sup>th</sup> Oct  | Using STH to benefit people with Learning Disabilities              | Thrive, Berkshire                 |
| 17 <sup>th</sup> & 18 <sup>th</sup> Oct  | Using STH to benefit people with Learning Disabilities              | Myerscough College, Preston       |
| 19 <sup>th</sup> Oct                     | Step into Social and Therapeutic Horticulture Workshop              | Regents Park, London              |
| 25 <sup>th</sup> & 26 <sup>th</sup> Oct  | Using STH to benefit people with Mental Health support needs        | Thrive, Berkshire                 |
| 1 <sup>st</sup> Nov                      | Understanding Disability in Garden Design                           | Thrive, Berkshire                 |
| 2 <sup>nd</sup> Nov                      | Demonstrate your Impact – Outcome, Measurements & Quality Standards | Thrive, Berkshire                 |
| 8 <sup>th</sup> & 9 <sup>th</sup> Nov    | Using STH with Children & Young People                              | Thrive, Berkshire                 |
| 14 <sup>th</sup> & 15 <sup>th</sup> Nov  | Using STH to benefit people with Mental Health support needs        | Myerscough College, Preston       |
| 16 <sup>th</sup> Nov                     | Step into Social and Therapeutic Horticulture Workshop              | Thrive, Berkshire                 |
| 22 <sup>nd</sup> Nov                     | Setting up a STH project                                            | Thrive National Office, Berkshire |
| 29 <sup>th</sup> & 30 <sup>th</sup> Nov  | Using STH to benefit people with Mental Health support needs        | Windmill Hill City Farm, Bristol  |
| 6 <sup>th</sup> Dec                      | Step into Social and Therapeutic Horticulture Workshop              | Regents Park, London              |
| 7 <sup>th</sup> & 8 <sup>th</sup> Dec    | Using STH to benefit Older People                                   | Battersea Park, London            |

## 2017

|                                       |                                                                     |                        |
|---------------------------------------|---------------------------------------------------------------------|------------------------|
| 17 <sup>th</sup> Jan                  | Step into Social and Therapeutic Horticulture Workshop              | Regents Park, London   |
| 18 <sup>th</sup> Jan                  | Demonstrate your Impact – Outcome, Measurements & Quality Standards | Battersea Park, London |
| 24 <sup>th</sup> Jan                  | ‘Thriving together’ – CPD and Networking                            | Thrive, Reading        |
| 1 <sup>st</sup> & 2 <sup>nd</sup> Feb | Using STH to benefit people with Learning Disabilities              | Battersea Park, London |
| 8 <sup>th</sup> & 9 <sup>th</sup> Feb | The AWARD for Occupational Therapists                               | Thrive, Reading        |

## 2017 continued ...

|                                         |                                                                                                                              |                                       |
|-----------------------------------------|------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|
| 14 <sup>th</sup> Feb                    | Step into Social and Therapeutic Horticulture Workshop                                                                       | Thrive, Reading                       |
| 15 <sup>th</sup> &16 <sup>th</sup> Feb  | Using STH with Children & Young People                                                                                       | Battersea Park, London                |
| 22 <sup>nd</sup> Feb                    | Setting up a STH project                                                                                                     | Battersea Park, London                |
| 23 <sup>rd</sup> Feb                    | Understanding Disability in Garden Design                                                                                    | Battersea Park, London                |
| 28 <sup>th</sup> Feb                    | Step into Social and Therapeutic Horticulture Workshop                                                                       | Martineau Gardens,<br>Birmingham      |
| 1 <sup>st</sup> & 2 <sup>nd</sup> Mar   | Using STH to benefit people with Mental Health support needs                                                                 | Battersea Park, London                |
| 6 <sup>th</sup> & 7 <sup>th</sup> Mar   | A Therapeutic approach to gardening within schools for children & young people with Special Educational Needs and Disability | Farnham, Surrey                       |
| 7 <sup>th</sup> & 8 <sup>th</sup> Mar   | Using STH to benefit Older People                                                                                            | Martineau Gardens,<br>Birmingham      |
| 15 <sup>th</sup> Mar                    | Step into Social and Therapeutic Horticulture Workshop                                                                       | Saltwell Park, Gateshead              |
| 21 <sup>st</sup> & 22 <sup>nd</sup> Mar | Using STH to benefit people with Mental Health support needs                                                                 | Martineau Gardens,<br>Birmingham      |
| 28 <sup>th</sup> Mar                    | Step into Social and Therapeutic Horticulture Workshop                                                                       | Camley Street Natural Park,<br>London |
| 29 <sup>th</sup> & 30 <sup>th</sup> Mar | Using STH to benefit people with Learning Difficulties                                                                       | Saltwell Park, Gateshead              |

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# Step into Social and Therapeutic Horticulture



Thrive’s Step into Social and Therapeutic Horticulture (STH) workshops offer volunteers, people who are new to STH, and people who are thinking of a career change the opportunity to access an introductory course at a great price.

Learn about the benefits of gardening for physical health and emotional well-being. Experience the role of a horticultural therapist and working with individuals with a range of support needs. Discover how to make gardening inclusive and accessible. And find out how you can become involved in STH.

*‘I loved seeing and hearing the ideas I’ve been thinking about for years being put into practice. Attending the Step into STH workshop gave me confidence that my career change is correct’*

| Date                            | Location                      |
|---------------------------------|-------------------------------|
| 19 <sup>th</sup> September 2016 | Myerscough College, Preston   |
| 19 <sup>th</sup> October 2016   | Regents Park, London          |
| 16 <sup>th</sup> November 2016  | Thrive, Reading               |
| 6 <sup>th</sup> December 2016   | Regents Park, London          |
| 17 <sup>th</sup> January 2017   | Regents Park, London          |
| 14 <sup>th</sup> February 2017  | Thrive, Reading               |
| 28 <sup>th</sup> February 2017  | Martineau Gardens, Birmingham |
| 15 <sup>th</sup> March 2017     | Saltwell Park, Gateshead      |
| 28 <sup>th</sup> March 2017     | London                        |

**Cost:** £80 per person

For further information or to book a place on one of our workshops, please visit [www.thrive.org.uk](http://www.thrive.org.uk) or call a member of our Training and Education team on 0118 988 5688 or email [training@thrive.org.uk](mailto:training@thrive.org.uk)

# Specialist Knowledge Courses



Thrive’s specialist courses provide knowledge, skills and insights that enable people to offer social and therapeutic horticulture in diverse settings. Our two-day courses focus on programmes for specific disability groups. Our one-day courses are for those working within a particular area of STH management and delivery.

All of our courses take place in training rooms located within or next to therapeutic gardens. Our Trunkwell garden near Reading, in particular, is one of the premier examples of therapeutic green space in the UK. All participants will receive a certificate of attendance with learning outcomes.

*‘The theoretical knowledge and the practical experience I gained through the course have inspired me to broaden my therapeutic approach in my clinical practice as a psychologist’*

For further information or to book a place on one of our courses, please visit [www.thrive.org.uk](http://www.thrive.org.uk) or call a member of our Training and Education team on 0118 988 5688 or email [training@thrive.org.uk](mailto:training@thrive.org.uk)

## One-Day Courses

### Setting Up a STH Project

Drawing on our considerable experience of setting up our own projects and assisting other organisations through our consultancy service, this course provides participants with the information required to start a new social and therapeutic horticultural project and to share the health benefits of therapeutic gardening directly with people who have been touched by disability.

| Date                      | Location               |
|---------------------------|------------------------|
| 22 <sup>nd</sup> Nov 2016 | Thrive, Reading        |
| 22 <sup>nd</sup> Feb 2017 | Battersea Park, London |

**Statutory & non-voluntary organisations**

**Individuals & voluntary organisations**

**Cost:** £160 per person

£135 per person

## Demonstrate your Impact – Outcome Measurements and Quality Standards

In order to demonstrate impact of horticultural therapy, STH and Green Care professionals must collect information in a manner that is efficient, robust and complements, rather than detracts from, the quality of the relationship with their clients. Understanding standardised outcome measures will allow you to do just that.

| Date                      | Location               |
|---------------------------|------------------------|
| 2 <sup>nd</sup> Nov 2016  | Thrive, Reading        |
| 18 <sup>th</sup> Jan 2017 | Battersea Park, London |

**Statutory & non-voluntary organisations**

**Individuals & voluntary organisations**

**Cost:** £160 per person

£135 per person

## Understanding Disability in Garden Design

Designing gardens for people with disabilities involves far more than a few wide paths and sensory plants. Drawing on Thrive's 35+ years' experience and key messages from the fields of Social and Therapeutic Horticulture and Green Care, this course provides garden designers with knowledge and examples of best practice to create actively therapeutic green space for disability, recovery and rehabilitation.

| Date                           | Location          |
|--------------------------------|-------------------|
| 1 <sup>st</sup> November 2016  | Thrive, Berkshire |
| 23 <sup>rd</sup> February 2017 | Battersea, London |

**Statutory & non-voluntary organisations**

**Individuals & voluntary organisations**

**Cost:** £160 per person

£135 per person

## **Two-Day Courses**

### **Using Social and Therapeutic Horticulture to benefit people with Mental Health support needs**

With mental health services across the UK coming under increased pressure from shrinking budgets, STH programmes can offer a proven, cost-effective alternative to purely medical interventions. This course is designed to empower health and social care professionals to use social and therapeutic horticulture in addressing rehabilitation, recovery, social inclusion, training and employment.

| <b>Date</b>                                       | <b>Location</b>                  |
|---------------------------------------------------|----------------------------------|
| 25 <sup>th</sup> & 26 <sup>th</sup> October 2016  | Thrive, Berkshire                |
| 14 <sup>th</sup> & 15 <sup>th</sup> November 2016 | Myerscough College, Preston      |
| 29 <sup>th</sup> & 30 <sup>th</sup> November 2016 | Windmill Hill City Farm, Bristol |
| 1 <sup>st</sup> & 2 <sup>nd</sup> March 2017      | Battersea Park, London           |
| 21 <sup>st</sup> & 22 <sup>nd</sup> March 2017    | Martineau Gardens, Birmingham    |

**Statutory & non-voluntary organisations**

**Individuals & voluntary organisations**

**Cost:** £320 per person

£270 per person

### **Using Social and Therapeutic Horticulture to benefit people with Learning Disabilities**

This course will equip participants with the theories and practical knowledge required to begin a client-centred social and therapeutic horticulture programme with adults with a range of learning disabilities including Down's syndrome and ASD. Learn to describe and analyse gardens and activities for their compatibility with people with a learning disability.

Appreciate the importance of assessment and outcome measurement for good practice and sustainability.

| Date                                             | Location                    |
|--------------------------------------------------|-----------------------------|
| 11 <sup>th</sup> & 12 <sup>th</sup> October 2016 | Thrive, Berkshire           |
| 17 <sup>th</sup> & 18 <sup>th</sup> October 2016 | Myerscough College, Preston |
| 1 <sup>st</sup> & 2 <sup>nd</sup> February 2017  | Battersea Park, London      |
| 29 <sup>th</sup> & 30 <sup>th</sup> March 2017   | Saltwell Park, Gateshead    |

**Statutory & non-voluntary organisations**

**Individuals & voluntary organisations**

**Cost:** £320 per person

£270 per person

## Using Social and Therapeutic Horticulture for Older People with Specific Support Needs

Gardening is often an important and meaningful activity for older people. In addition to providing opportunities for social contact, organised horticultural activities promote health, well-being and memory. This course provides participants with the knowledge and practical skills required to develop and adapt a programme of therapeutic horticultural activity to groups of older people with diverse needs. The course covers a wide range of impairments such as dementia, sight loss and stroke. It will address important concepts such as rehabilitation, recovery, and quality of life that help older people age well.

| Date                                            | Location                      |
|-------------------------------------------------|-------------------------------|
| 5 <sup>th</sup> & 6 <sup>th</sup> October 2016  | Thrive, Berkshire             |
| 7 <sup>th</sup> & 8 <sup>th</sup> December 2016 | Battersea Park, London        |
| 7 <sup>th</sup> & 8 <sup>th</sup> March 2017    | Martineau Gardens, Birmingham |

**Statutory & non-voluntary organisations**

**Individuals & voluntary organisations**

**Cost:** £320 per person

£270 per person

## Using Social and Therapeutic Horticulture with Children and Young People

With increasing concern for the mental well-being of children, social and therapeutic horticulture can promote healthy living, self-esteem and confidence. Participants on this course will learn the theory of using social and therapeutic horticulture with children and practical approaches to using gardens for engagement and well-being. Create therapeutic programmes aimed at addressing individual and group needs and explore the use of assessment in social and therapeutic horticulture with children in diverse settings.

| Date                                              | Location               |
|---------------------------------------------------|------------------------|
| 8 <sup>th</sup> & 9 <sup>th</sup> November 2016   | Thrive, Reading        |
| 15 <sup>th</sup> & 16 <sup>th</sup> February 2017 | Battersea Park, London |

**Statutory & non-voluntary organisations**

**Individuals & voluntary organisations**

**Cost:** £320 per person

£270 per person

## A Therapeutic Approach to Gardening within Schools for Children and Young People with Special Educational Needs and Disability

This course provides information, skills and practical techniques that enable participants to match horticultural activities to the national curriculum and develop extracurricular therapeutic programme that meets the support needs of groups of children. Learn the theory of using social and therapeutic horticulture with children. Link the practice of horticultural therapy to the curriculum. Gain support from, and communicate the value of horticultural therapy to colleagues, parents and stakeholders. Create schemes of work, session plans and explore the use of assessment in social and therapeutic horticulture in schools.

| Date                                         | Location        |
|----------------------------------------------|-----------------|
| 6 <sup>th</sup> & 7 <sup>th</sup> March 2017 | Farnham, Surrey |

**Statutory & non-voluntary organisations**

**Individuals & voluntary organisations**

**Cost:** £320 per person

£270 per person

## **Gardening Skills for Health and Social Care Professionals**

This bespoke course was previously available on our training programme. The course will help health and social care professionals to learn or refine some of the basic techniques of horticultural practice with disabled and vulnerable people. This practical knowledge will enable participants to help the people they support make the most of indoor and outdoor green space. Learn skills and techniques of gardening and gain a better understanding of adapted tools and techniques. Develop your confidence and identify solutions that allow people to spend positive time in the garden.

**Please contact a member of the Training & Education team for further information on 0118 988 5688 or email [training@thrive.org.uk](mailto:training@thrive.org.uk)**

**Course dates and fees available on request. Course can be delivered at any of Thrive's venues.**

We offer bespoke training packages to large and small organisations and have recently provided training to the following groups:

NHS Foundations, Local Authorities, Healthcare Providers like BUPA , Charities such as MIND, Action for Blind People and Groundwork, Private Organisations like A2 Dominion, as well as a host of Educational Organisations and International Groups from St Patrick's Mental Health Services in Ireland to universities in Belgium, Sweden and Japan.

For more information visit our [website](#).

# Accredited Undergraduate Courses



For 20+ years, Thrive have been involved in academic research and undergraduate teaching. We currently offer two undergraduate programmes in Social and Therapeutic Horticulture in collaboration with our higher education partners. Our **Level 1 Award in Social and Therapeutic Horticulture** is delivered entirely by our Training, Education and Consultancy team at Thrive. The Award has been endorsed by the College of Occupational Therapists and is accredited by Coventry University.

Thrive also contribute significantly to the **Level 3 Professional Development Diploma in Social and Therapeutic Horticulture**. The Diploma takes place over the course of an academic year at Coventry University, Pershore College and at Thrive's National Offices in Reading.

*'Completing the Award has boosted my confidence and I am encouraging my colleagues that it is a beneficial experience'*

*'I cannot stress enough how fundamental the feasibility study I produced for the Diploma was in helping me to win this tender!! It will be the first large scale STH project in Northern Ireland so we are all so excited'*

For further information about either of these courses, please visit [www.thrive.org.uk](http://www.thrive.org.uk) or call a member of our Training and Education team on 0118 988 5688

## **AWARD in Social and Therapeutic Horticulture**

The Award in Social and Therapeutic Horticulture (STH) involves eight-weeks of guided and self-guided study with tutorial and resource support from Thrive's Training and Education team. Students will reflect deeply about the use of Social and Therapeutic Horticulture for a particular group with specific support needs, and will develop a year-round therapy programme for



their chosen group. Students will submit a 1250 word assignment at the end of this period.

Participants can gain access the Award by attending **any of the two-day courses** from our Specialist Knowledge Programme and can begin the Award immediately after attendance of a two-day course or until July of the following academic year. For example, if you were to attend a course in November of the year 2015/16, you would have until July 2017 to embark upon the Award.

**Cost:** £280\*

\*note that this fee is in addition to the cost of attendance on one of our two-day courses

## **The AWARD for Occupational Therapists**

For Occupational Therapists or any Health and Social Care Professionals who are likely to be supporting diverse client groups, Thrive also offer a two-day Award access course. Unlike the client-specific courses on the Specialist Knowledge Programme, this access course explores using Social and Therapeutic Horticulture with clients with a wide range of support needs in settings that will be familiar to Occupational Therapists. This route to the AWARD is suitable for Occupational Therapists or other professionals who use, or would like to use, gardening as part of a formal therapeutic programme.

| <b>Date</b>                                     | <b>Location</b> |
|-------------------------------------------------|-----------------|
| 8 <sup>th</sup> & 9 <sup>th</sup> February 2017 | Thrive, Reading |

**Cost:** £520\*\*

\*\*note that this fee includes the cost of attendance on both the two-day access course and registration for the Award

For further information about the Award, please visit [www.thrive.org.uk](http://www.thrive.org.uk) or call a member of our Training and Education team on 0118 988 5688 or email [award@thrive.org.uk](mailto:award@thrive.org.uk)

## **Professional Development Diploma in Social and Therapeutic Horticulture**

The Social and Therapeutic Horticulture Diploma is ideal for people who are already working in therapeutic horticulture and for health, social care and educational professionals who appreciate the importance of nature-based programmes.

The Professional Development Diploma in Social and Therapeutic Horticulture has been designed and delivered by Coventry University in partnership with Thrive and Pershore College. The course is offered over the course of one academic year, commencing in September and finishing the following July. Teaching on the Diploma is a combination of face to face contact, guided online learning, self-directed study and tutorial time.

For anyone who would like to find out more and meet the academic team, two free Taster Days are held throughout the year, one at Coventry University and one at Thrive. To find out when the next Taster Day is, please contact us.

For further information about the Diploma, please visit [www.thrive.org.uk](http://www.thrive.org.uk) or call a member of our Training and Education team on 0118 988 5688

For specific information about tuition fees, term dates and entry requirements, please contact the Health and Social Care unit on 024 7679 5388 or 024 7679 5958 or email [hscu.hls@coventry.ac.uk](mailto:hscu.hls@coventry.ac.uk)

# Continuing Professional Development



## ‘Thriving Together’ – CPD and Networking Events

Our CPD and networking events enable experienced practitioners to discuss their challenges and opportunities, explore and share examples of best practice, and strengthen their relationships with peers and other organisations.

Keep Learning by joining experts and fellow Social and Therapeutic Horticulture Professionals at Thrive’s National Office and Trunkwell Gardens. ‘Thriving Together’ combines directed and informal networking activities with presentations from specialist speakers and a chance to be inspired by Thrive’s Trunkwell gardens.

*‘An excellent opportunity to meet others as STH can be an isolating profession’*

*‘The day provided fantastic advice and resources’*

| Date                          | Location        |
|-------------------------------|-----------------|
| 24 <sup>th</sup> January 2017 | Thrive, Reading |

**Cost:** £80 per person

For further information or to book a place on one of our workshops, please visit [www.thrive.org.uk](http://www.thrive.org.uk) or call a member of our Training and Education team on 0118 988 5688 or email [training@thrive.org.uk](mailto:training@thrive.org.uk)