

Training and Education Prospectus 2015/16



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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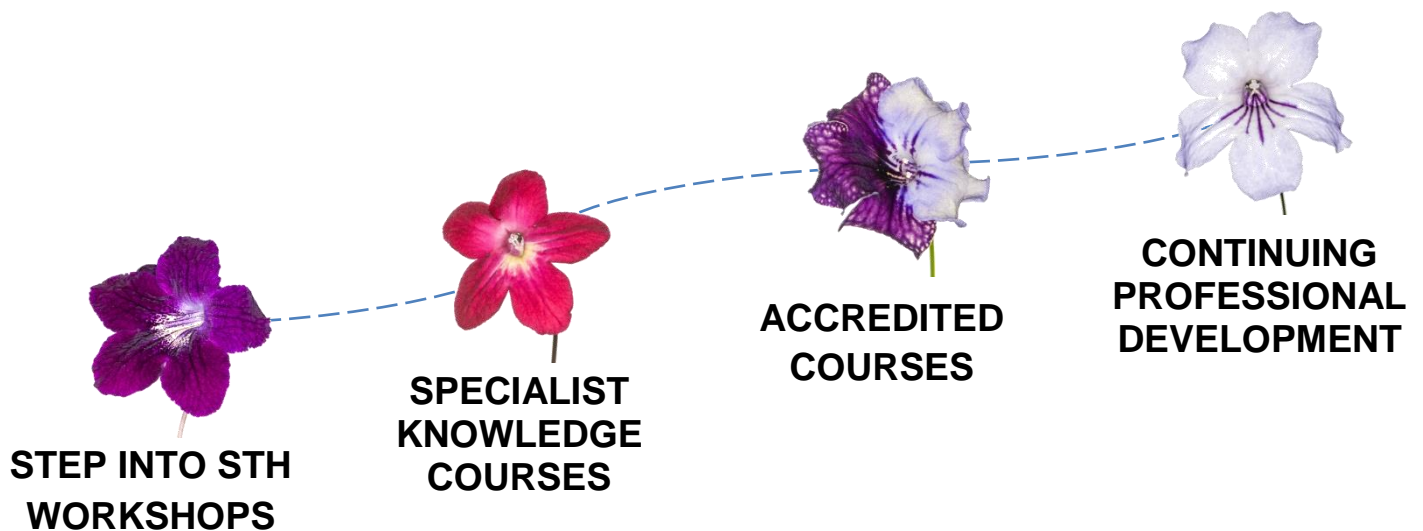
Table of Contents

Thrive’s Training Courses	p.5
Training Calendar	p.7
Step into STH Workshops	p.9
Specialist Knowledge Courses	p.11
One-Day Courses	
Two-Day Courses	
Accredited Undergraduate Courses	p.19
Undergraduate Award in Social and Therapeutic Horticulture	
Professional Development Diploma in Social and Therapeutic Horticulture	
‘Thriving Together’ CPD and Networking Event	p.23

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** 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.

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

2015

Date	Course Title	Location
14/15th July	Using STH to benefit people with Mental Health support needs	Thrive National Office, Berkshire
21st July	Thriving Together - CPD and networking event	Thrive National Office, Berkshire
28/29th July	Using STH to benefit Older People with specific support needs	Thrive National Office, Berkshire
26 th Aug	Step into Social and Therapeutic Horticulture Workshop	Roots and Shoots, London
2nd Sept	Understanding Disability in Garden Design	Thrive National Office, Berkshire
9th Sept	Step into Social and Therapeutic Horticulture Workshop	Thrive National Office, Berkshire
15/16th Sept	Using STH to benefit people with Learning Disabilities	Saltwell Park, Gateshead
22nd Sept	Step into Social and Therapeutic Horticulture Workshop	Myerscough College, Preston
29th Sept	Setting Up a STH Project	Thrive National Office, Berkshire
6th Oct	Demonstrate your Impact - Outcome measurements and quality standards	Thrive National Office, Berkshire
7th Oct	Step into Social and Therapeutic Horticulture Workshop	Battersea Park, London
13/14th Oct	Using STH to benefit people with Learning Disabilities	Thrive National Office, Berkshire
20/21st Oct	Using STH to benefit people with Mental Health support needs	Thrive National Office, Berkshire
27/28th Oct	Using STH with Older People with specific support needs	Thrive National Office, Berkshire
3/4th Nov	Using STH with Children and Young People	Thrive National Office, Berkshire
9/10th Nov	Using STH to benefit people with Learning Disabilities	Myerscough College, Preston
17/18th Nov	Using STH to benefit Older People with specific support needs	Myerscough College, Preston
24/25th Nov	Using STH to benefit people with Mental Health support needs	Myerscough College, Preston
2nd Dec	Step into Social and Therapeutic Horticulture Workshop	Battersea Park, London
8/9th Dec	Gardening in Schools for Children and Young People with SEND	(venue tbc), Liverpool
8/9th Dec	Using STH to benefit people with Mental Health support needs	Battersea Herb Garden, London

2016

13th Jan	Thriving Together CPD and Networking Event	Thrive National Office, Berkshire
20th Jan	Step into Social and Therapeutic Horticulture Workshop	Thrive National Office, Berkshire
26/27th Jan	Using STH to benefit people with Learning Disabilities	Battersea Herb Garden, London
2nd Feb	Step into Social and Therapeutic Horticulture Workshop	Roots and Shoots, London
3rd Feb	Setting Up a STH Project	Thrive National Office, Berkshire
9/10th Feb	Using STH with Children and Young People	Battersea Herb Garden, London
10/11th Feb	OT AWARD Access course	Thrive National Office, Berkshire
16th Feb	Step into Social and Therapeutic Horticulture Workshop	Martineau Gardens, Birmingham
23/24th Feb	Using STH to benefit people with Mental Health support needs	Battersea Herb Garden, London
29th Feb/1st Mar	Gardening in Schools for Children and Young People with SEND	Ridgeway School, Surrey
2/3rd Mar	Gardening Skills for social and health care professionals	Thrive National Office, Berkshire
10th Mar	Demonstrate your Impact - Outcome measurements and quality standards	Thrive National Office, Berkshire
22/23rd Mar	Using STH to benefit people with Mental Health support needs	Martineau Gardens, Birmingham
29th Mar	Understanding Disability in Garden Design	Thrive National Office, Berkshire

2016 (continued)

Date	Course Title	Location
30/31st Mar	Using STH to benefit Older People with specific support needs	Battersea Herb Garden, London
5/6th Apr	Using STH to benefit people with Learning Disabilities	Martineau Gardens, Birmingham
27th Apr	Step into Social and Therapeutic Horticulture Workshop	Saltwell Park, Gateshead
4/5th May	Using STH to benefit Older People with specific support needs	Martineau Gardens, Birmingham
11th May	Step into Social and Therapeutic Horticulture Workshop	Battersea Park, London
31 st May/1 st June	Using STH to benefit people with Mental Health support needs	Saltwell Park, Gateshead
8th June	Step into Social and Therapeutic Horticulture Workshop	Thrive National Office, Berkshire

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
9 th September 2015	Thrive National Office, Berkshire
22 nd September 2015	Myerscough College, Preston
7 th October 2015	Battersea Park, London
2 nd December 2015	Battersea Park, London
20 th January 2016	Thrive National Office, Berkshire
2 nd February 2016	Battersea Park, London
16 th February 2016	Martineau Gardens, Birmingham

Cost: £80 per person

For further information or to book a place on one of our workshops, please visit www.thrive.org.uk or call a member of our Training and Education team on 0118 988 5688

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 or call a member of our Training and Education team on 0118 988 5688

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
29 th September 2015	Thrive National Office, Berkshire
3 rd February 2016	Thrive National Office, Berkshire

	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
6 th October 2015	Thrive National Office, Berkshire
10 th March 2016	Thrive National Office, Berkshire

	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
2 nd September 2015	Thrive National Office, Berkshire
29 th March 2016	Thrive National Office, Berkshire

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.

Date	Location
15/16 th June 2015	Thrive National Office, Berkshire
20/21 st October 2015	Thrive National Office, Berkshire
24/25 th November 2015	Myerscough College, Preston
8/9 th December 2015	Battersea Herb Garden, London
23/24 th February 2016	Battersea Herb Garden, London
22/23 rd March 2016	Martineau Gardens, Birmingham
31 st May/1 st June 2016	Saltwell Park, Gateshead

Statutory & non-voluntary organisations	Individuals & voluntary organisations
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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
15/16 th September 2015	Saltwell Park, Gateshead
13/14 th October 2015	Thrive National Office, Berkshire
9/10 th November 2015	Myerscough College, Preston
26/27 th January 2016	Battersea Herb Garden, London
5/6 th April 2016	Martineau Gardens, Birmingham

Statutory & non-voluntary organisations	Individuals & voluntary organisations
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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 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
28/29 th July 2015	Thrive National Office, Reading
27/28 th October 2015	Thrive National Office, Reading
17/18 th November 2015	Myerscough College, Preston
30/31 st March 2016	Battersea Herb Garden, London
5/6 th May 2016	Martineau Gardens, Birmingham

Statutory & non-voluntary organisations

Individuals & voluntary organisations

Cost: £320 per person

£270 per person

NEW FOR 2015/16

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 an 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 and session plans and explore the use of assessment in social and therapeutic horticulture in schools.

Date	Location
8/9 th December 2015	Liverpool (venue tbc)
29 th Feb/1 st March 2016	Ridgeway School, Surrey

Statutory & non-voluntary organisations	Individuals & voluntary organisations
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Cost:	£320 per person	£270 per person
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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
3/4 th November 2015	Thrive National Office, Reading
9/10 th February 2016	Battersea Herb Garden, London

Statutory & non-voluntary organisations	Individuals & voluntary organisations
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Cost:	£320 per person	£270 per person
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Gardening Skills for Health and Social Care Professionals

This 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.

Date	Location
2/3 rd March 2016	Thrive National Office, Berkshire

Statutory & non-voluntary organisations

Individuals & voluntary organisations

Cost: £320 per person

£270 per person

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 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.

Date	Location
10/11 th February 2016	Thrive National Office, Berkshire

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 or call a member of our Training and Education team on 0118 988 5688

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 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

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
21 st July 2015	Thrive National Office, Berkshire
13 th January 2016	Thrive National Office, Berkshire

Cost: £80 per person

For further information or to book a place on one of our workshops, please visit www.thrive.org.uk or call a member of our Training and Education team on 0118 988 5688

