

# Training and Education Prospectus 2018/19



## Course dates for:

Introduction to STH Practice

Specialist Knowledge Courses

CPD Events for Experienced Professionals

Extended Learning



## **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 40 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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# Thrive's Training Courses

Every year individuals who attend our courses tell us how valuable they have been with 98% of people leaving our courses satisfied and 96% rating our courses as good value for money. These individuals come from a range of backgrounds: from people completely new after time in a career very separated from STH to professionals with long backgrounds in care, health, and education.

When attending our courses, you will meet people involved in using nature and gardens for health, wellbeing and community engagement from care farms, community gardens, and STH projects. Teachers, social workers, nurses, environmental educationalists, wildlife rangers, fundraisers, managers, and all others engage collaboratively with the learning activities and add to the richness of the course.

- **Introduction to STH practice** courses are aimed at people who are beginners, career changers and volunteers.
- **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.
- **Continuing Professional** events are for experienced professionals and graduates to continue developing, explore best practice and discuss key challenges and opportunities in the field.
- **Extended learning** – Our Award in STH Programme Development provides people with the chance to explore a broad spectrum of practice consideration within STH and with a fuller and personalised engagement with a Thrive tutor.

**You do not necessarily need to begin training at the introductory level.**

The best way to make sure you find the right course is by contacting our Training and Education department on 0118 988 5688 or email [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

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## 2019

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13 <sup>th</sup> Feb	Understanding Disability in Garden Design	Battersea Park, London
19 <sup>th</sup> & 20 <sup>th</sup> Feb	Using STH to support people with Mental Health needs	Kings Heath, Birmingham
19 <sup>th</sup> Feb	Green Care and Belonging	Thrive, Reading
20 <sup>th</sup> & 21 <sup>st</sup> Feb	Using STH to support people with Learning Difficulties	Battersea Park, London
27 <sup>th</sup> Feb	Connecting people with dementia to gardens and nature	Battersea Park, London
4 <sup>th</sup> & 5 <sup>th</sup> March	Using STH in mainstream & special schools to support people with SEND	Farnham, Surrey
5 <sup>th</sup> March	Green Care and Independence	Thrive, Reading
6 <sup>th</sup> March	Introduction to STH practice	Battersea Park, London
7 <sup>th</sup> March	Outcome, Measurements – Demonstrate your Impact	Battersea Park, London
13 <sup>th</sup> & 14 <sup>th</sup> March	Using STH to benefit Older People with specific support needs	Thrive, Reading
20 <sup>th</sup> & 21 <sup>st</sup> March	Using STH to support people with Mental Health needs	Thrive, Reading
26 <sup>th</sup> March	Adapted Horticulture for easy gardening	Battersea Park, London
10 <sup>th</sup> April	Connecting people with dementia to gardens and nature	Thrive, Reading
17 <sup>th</sup> & 18 <sup>th</sup> April	Using STH to support people with Learning Difficulties	Thrive, Reading
24 <sup>th</sup> April	Introduction to STH practice	Thrive, Reading
1 <sup>st</sup> May	Building resilience using nature	Battersea Park, London
8 <sup>th</sup> & 9 <sup>th</sup> May	Using STH to support people with mental health needs	Thrive, Reading
12 <sup>th</sup> & 13 <sup>th</sup> June	Using STH to support older people with specific needs	Battersea Park, London
19 <sup>th</sup> June	Introduction to STH practice	Battersea Park, London
26 <sup>th</sup> June	Setting up a STH project	Battersea Park, London
10 <sup>th</sup> July	Demonstrate your impact	Thrive, Reading
10 <sup>th</sup> & 11 <sup>th</sup> July	Using STH to support people with mental health needs	Battersea Park, London
14 <sup>th</sup> & 15 <sup>th</sup> Oct	Using STH to support children and young people	Bristol

## Introduction to Social and Therapeutic Horticulture Practice

This course introduces the key skills set for Social and Therapeutic Horticulture (STH) Practice and will consider the fundamental practice approach and role of the practitioner within different practice settings. You will explore different garden types and look at how the garden can be a source of activity and occupation appropriate to individual development and recovery. The day will enable you to begin to explore how to harness and maximise the potential therapeutic benefits of gardens and gardening.

Date	Location
6 <sup>th</sup> March 2019	Battersea Park, London
24 <sup>th</sup> April 2019	Thrive, Reading
19 <sup>th</sup> June 2019	Battersea Park, London

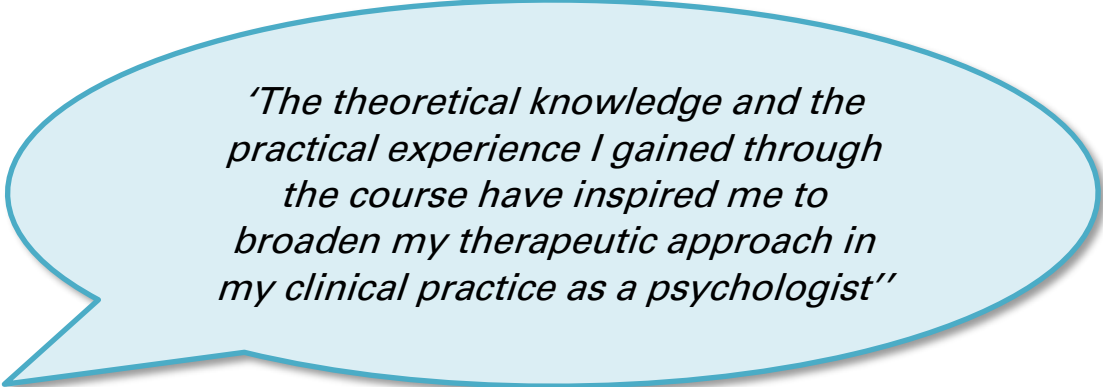
Cost:	Statutory & non-voluntary organisations	Individuals & voluntary organisations
	£160 per person	£135 per person

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 specific area of STH management and delivery.

Our courses take place in training rooms located within or next to therapeutic gardens. Our Trunkwell garden near Reading, 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
26 <sup>th</sup> June 2019	Battersea Park, London

<b>Cost:</b>	<b>Statutory &amp; non-voluntary organisations</b>	<b>Individuals &amp; voluntary organisations</b>
	£160 per person	£135 per person

### Outcome Measurements – demonstrate your impact

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
7 <sup>th</sup> March 2019	Battersea Park, London
10 <sup>th</sup> July 2019	Thrive, Reading

<b>Cost:</b>	<b>Statutory &amp; non-voluntary organisations</b>	<b>Individuals &amp; voluntary organisations</b>
	£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 40 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
13 <sup>th</sup> February 2019	Battersea Park, London

<b>Cost:</b>	<b>Statutory &amp; non-voluntary organisations</b>	<b>Individuals &amp; voluntary organisations</b>
	£160 per person	£135 per person

## Connecting people with Dementia to nature and gardens

This course will explore how we can utilise the evidence base to ensure people living with dementia can interact and engage with gardens and other green environments. It will cover practical ways in which to ensure people with dementia can access outdoor space within dementia care services, engage in nature based and nature enhanced activity at an appropriate level to their current level of task engagement and how we can ensure anyone living with dementia can engage with nature in a meaningful way in line with their own personal affinity.

Date	Location
27 <sup>th</sup> February 2019	Battersea Park, London
10 <sup>th</sup> April 2019	Thrive, Reading

<b>Cost:</b>	<b>Statutory &amp; non-voluntary organisations</b>	<b>Individuals &amp; voluntary organisations</b>
	£160 per person	£135 per person

## Building resilience using nature

Engaging with gardens and nature is evidenced to provide an opportunity to alleviate stress and leave people more resilient to experiences of mental distress. A lifelong connection to nature based experiences and interactions appears to result in healthier and happier people and the benefits of this connection can be related to the five ways of wellbeing.

Date	Location
1 <sup>st</sup> May 2019	Battersea Park, London

<b>Cost:</b>	<b>Statutory &amp; non-voluntary organisations</b>	<b>Individuals &amp; voluntary organisations</b>
	£160 per person	£135 per person

## Green Care and Rehabilitation

Using nature as therapy is usually a holistic approach, however the flexibility of nature, plants and gardens enables skilled practitioners the chance to use these mediums for therapy to work towards clinically defined goals as well. This course will explore how, understanding of garden design, seasonality, grading and adaptation can be used to support rehabilitation from a range of accidents and illnesses where physical, sensorial, and cognitive abilities need to be redeveloped to support an individual back to independence and health. Green care could be very effective as an adjunct to existing approaches to rehabilitation and does so with holistic value maintained.

Date	Location
tbc	

<b>Cost:</b>	<b>Statutory &amp; non-voluntary organisations</b>	<b>Individuals &amp; voluntary organisations</b>
	£160 per person	£135 per person

## Green Care and Belonging

Many different green care approaches have been identified as providing a sense of belonging which service users in turn note as being valuable and supportive for them. A sense of belonging on these projects appears to happen naturally but, there are processes supporting this development. Explore these processes and ensure that they are appropriately used within your project. Additionally, the course will explore the balance between belonging and dependence and provide a reasoning process to ensure this balance is supportive of individuals autonomy, agency, and independence

Date	Location
tbc	

<b>Cost:</b>	<b>Statutory &amp; non-voluntary organisations</b>	<b>Individuals &amp; voluntary organisations</b>
	£160 per person	£135 per person

## Green Care and Independence

One of the key outcomes of green care projects is the promotion of independence. The development of the skills and abilities required for someone to take control of their own lives and live how they would like, making choices for themselves and gaining from the wellbeing that comes from knowing you can look after yourself. This course will explore how within green care projects we can focus programmes to do this effectively, understanding where people are starting this journey and ensuring the project is graded to ensure a smooth progression toward independent living.

Date	Location
5 <sup>th</sup> March 2019	Thrive, Reading

<b>Cost:</b>	<b>Statutory &amp; non-voluntary organisations</b>	<b>Individuals &amp; voluntary organisations</b>
	£160 per person	£135 per person

## Adapted Horticulture for Easy Gardening

Spend a day learning from Thrive how all abilities can garden effectively. This practical course will go through all the common gardening tasks and provide examples of how they can be adapted to suit different needs. From sowing seeds with sight loss to planting bulbs from a seated position we will share some of the 40 years of learning from across the Thrive gardens. As well as sharing ideas the course will explore the thinking process required to be able to adapt any gardening task to make it accessible to all.

Date	Location
26 <sup>th</sup> March 2019	Battersea Park, London

<b>Cost:</b>	<b>Statutory &amp; non-voluntary organisations</b>	<b>Individuals &amp; voluntary organisations</b>
	£160 per person	£135 per person

## Connecting people with Dementia to gardens and nature

This course will explore how we can utilise the evidence base to ensure people living with dementia can interact and engage with gardens and other green environments. It will cover practical ways in which to ensure people with dementia can access outdoor space within dementia care services, engage in nature based and nature enhanced activity at an appropriate level to their current level of task engagement and how we can ensure anyone living with dementia can engage with nature in a meaningful way in line with their own personal affinity.

Date	Location
10 <sup>th</sup> April 2019	Thrive, Reading

<b>Cost:</b>	<b>Statutory &amp; non-voluntary organisations</b>	<b>Individuals &amp; voluntary organisations</b>
	£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>
20 <sup>th</sup> & 21 <sup>st</sup> March 2019	Thrive, Reading
8 <sup>th</sup> & 9 <sup>th</sup> May 2019	Thrive, Reading
10 <sup>th</sup> & 11 <sup>th</sup> July 2019	Battersea Park, London

**Cost:**

**Statutory & non-voluntary organisations**

£320 per person

**Individuals & voluntary organisations**

£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
20 <sup>th</sup> & 21 <sup>st</sup> February 2019	Battersea Park, London
17 <sup>th</sup> & 18 <sup>th</sup> April 2019	Thrive, Reading

<b>Cost:</b>	<b>Statutory &amp; non-voluntary organisations</b>	<b>Individuals &amp; voluntary organisations</b>
	£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
13 <sup>th</sup> & 14 <sup>th</sup> March 2019	Thrive, Reading
12 <sup>th</sup> & 13 <sup>th</sup> June 2019	Battersea Park, London

<b>Cost:</b>	<b>Statutory &amp; non-voluntary organisations</b>	<b>Individuals &amp; voluntary organisations</b>
	£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
14 <sup>th</sup> & 15 <sup>th</sup> Oct 2019	Windmill Hill City Farm, Bristol

**Cost:**

**Statutory & non-voluntary organisations**

£320 per person

**Individuals & voluntary organisations**

£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
4 <sup>th</sup> & 5 <sup>th</sup> March 2019	Ridgeway School, Farnham

**Cost:**

**Statutory & non-voluntary organisations**

£320 per person

**Individuals & voluntary organisations**

£270 per person



# Bespoke Training and Consultancy:

We offer bespoke training and consultancy packages to large and small organisations.

We can deliver any course from our programme and tailor it to meet your staff and/or organisational needs. They can combine theoretical teaching with practical activities.

Your course can be held at your own premises or at one of our three regional centres. This is a cost effective way to access our training when six or more people have similar learning aims.

## Consultancy

We have a wealth of knowledge about gardening in diverse settings and our gardens are the outstanding examples of therapeutic green spaces in the UK.

We can help you to plan, design, deliver and evaluate your therapeutic projects, services, and gardens.

Below are just some of the organisations that we have provided bespoke training/consultancy to:

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](#) or 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.**

# 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 was engaging, speakers were passionate about their topics and hugely knowledgeable – a real inspiration.'*

Date	Location
tbc	

**Cost:**

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)

# Extended Learning

## Award in Social and Therapeutic Horticulture Programme Development

The Award in Social and Therapeutic Horticulture (STH) Programme Development 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 STH for a particular group of people with specific support needs and will develop a year round therapy programme for their chosen group. Students will submit a 2000 word assignment at the end of this period.

Participants can gain access to the Award by attending any of our two day courses from our Specialist Knowledge Programme and can begin the Award immediately after attending the course or until July of the following academic year. For example, if you were to attend a course in November 2018, you would have until July 2020 to start the Award.

Cost: £210\*

*\* please note this fee is in addition to the cost of attendance on one of our two day specialist knowledge courses*

