

Training and Education Prospectus 2017/18



Course dates for:

Step into STH Workshops

Specialist Knowledge 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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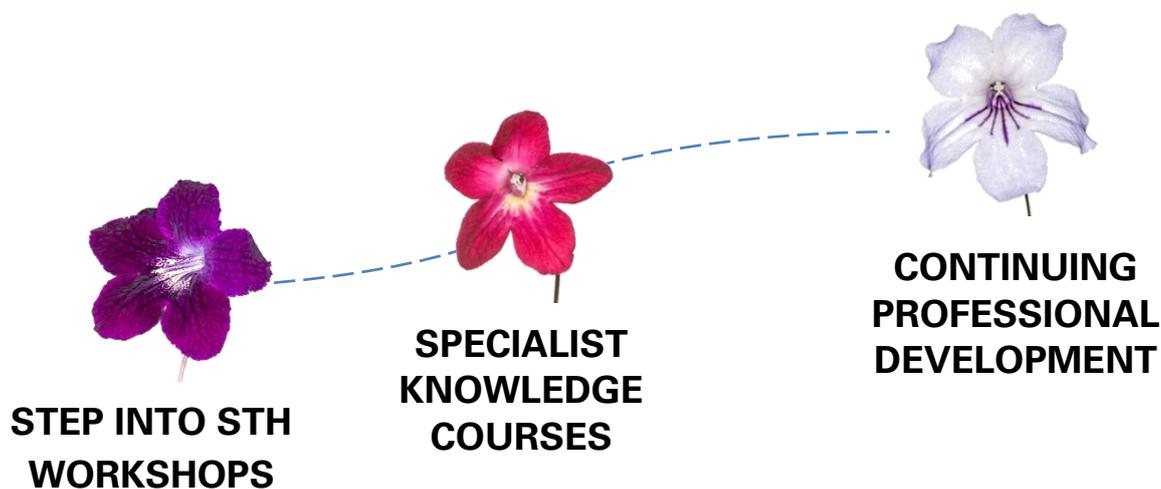
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Thrive's Training Courses

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
- **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

2018

| | | |
|---|--|-------------------------------|
| 21 st & 22 nd March | Using STH to benefit Older People | Battersea Park, London |
| 28 th March | Setting up a STH project | Thrive, Reading |
| 28 th & 29 th March | Using STH to benefit people with Mental Health support needs | Martineau Gardens, Birmingham |
| 4 th April | Connecting people with Dementia to nature and gardens | Thrive, Reading |
| 11 th & 12 th April | Using STH to benefit people with Mental Health support needs | Thrive, Reading |
| 2 nd May | Step into Social and Therapeutic Horticulture | Thrive, Reading |
| 16 th & 17 th May | Using STH to support people with Learning Difficulties | Thrive, Reading |
| 11 th June | Building resilience using nature | Battersea Park, London |
| 13 th & 14 th June | Using STH to benefit Older People | Thrive, Reading |
| 21 st June | Step into Social and Therapeutic Horticulture | Regents Park, London |
| 27 th June | Setting up a STH project | Battersea Park, London |
| 11 th July | Outcome, Measurements – demonstrate your impact | Thrive, Reading |

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 |
|----------------------------|----------------------|
| 2 nd May 2018 | Thrive, Reading |
| 21 st June 2018 | Regents Park, London |

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 or email 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 or call a member of our Training and Education team on 0118 988 5688 or email training@thrive.org.uk

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 |
|------|----------|
| tbc | |

| Statutory & non-voluntary organisations | Individuals & voluntary organisations |
|---|---------------------------------------|
|---|---------------------------------------|

Cost: £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 |
|----------------------------|-----------------|
| 4 th April 2018 | Thrive, Reading |

| Statutory & non-voluntary organisations | Individuals & voluntary organisations |
|---|---------------------------------------|
|---|---------------------------------------|

Cost: £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 |
|----------------------------|-------------------------|
| 11 th June 2018 | Battersea Park, Reading |

| | 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 |
|--|-------------------------------|
| 28 th & 29 th March 2018 | Martineau Gardens, Birmingham |
| 11 th & 12 th April 2018 | Thrive, Reading |

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 |
|--|-----------------|
| 16 th & 17 th May 2018 | Thrive, Reading |

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 |
|--|------------------------|
| 21 st & 22 nd March 2018 | Battersea Park, London |
| 13 th & 14 th June 2018 | Thrive, Reading |

| | 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 |
|------|----------|
| tbc | |

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 |
|-------------|-----------------|
| tbc | |

| | Statutory & non-voluntary organisations | Individuals & voluntary organisations |
|--------------|--|--|
| Cost: | £320 per person | £270 per person |

Bespoke Course:

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

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](#).

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 |
|-----------------|-----------------|
| To be confirmed | 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 or call a member of our Training and Education team on 0118 988 5688 or email training@thrive.org.uk