

Thrive Award in Social and Therapeutic Horticulture

The Thrive Award in Social and Therapeutic Horticulture is accredited with Open College Network London and offers the opportunity to develop a full STH programme specific to a practice context.

The non-OFQUAL regulated Award in Social and Therapeutic Horticulture (ASTH) is a level 5 certificate of 15 credits (which equates to 150 hours of learning). On completion of the Award, practitioners will have gained and be able to demonstrate the skills needed to put an STH intervention in place in their chosen practice setting.

The ASTH course is also recognised as one of the 7 units required for the Thrive Diploma. This means students who successfully complete the Award can use this to count towards studying for the Diploma, reducing the learning hours and costs required for the Diploma.

The Award comprises 3 learning stages:

- Stage 1: Attendance on either a two-day in-person client-specific course e.g., [Using STH to benefit people with learning disabilities](#); [Using social and therapeutic horticulture to benefit people with mental health support needs](#); or the [blended Social and Therapeutic Horticulture Practice course](#)
- Stage 2: Further learning via our online learning platform, guided learning activities and essential reading
- Stage 3: A 16-week assignment to create a report on the use of STH within a practice context of your choosing. During this time, students can access support from Thrive tutors and make use of 3 scheduled tutorials

The initial guided learning outlined in Stage 1 will make up 14 hours of the suggested 150 hours of learning. Stage 2 covers other learning to access online and some guided learning activities that can be completed at your own speed. Once this learning is completed, you will be able to access Stage 3 - the assignment component of the course - where you will have 16 weeks to complete a report on the use of Social and Therapeutic Horticulture within a practice context of your choosing. This means students can make their own choices in relation to reading and learning and enable the completion of a report with potential real-world value beyond the certificate.

What you will learn:

- How to critically assess a STH practice context (client group and additional aims such as environmental or food production)
- The evidence base that supports the use of STH in the practice context and how this can enable the creation of evidence-based aims and outcomes for a STH programme
- How to create a programme of horticultural activities and wider provision with a context specific approach to practice
- How to use assessment to support safe and effective STH practice
- How to measure change using outcome measurement approaches

Fees and access

Course fee is £530*

*Please note this fee is in addition to the cost of attending one of the required taught courses as outlined above in Stage 1

Travel costs are incurred if you choose to do a client-specific course (Stage 1) and there may be additional costs worth exploring before application. Some study materials and most reading and learning materials are included within the costs although some students may wish to purchase books that will have value beyond the ASTH and this could cost between £5-£100.

With some learning delivered on our online learning platform and potential video conferencing, access to a good internet connection is recommended.

We always work hard to support all learners and accommodate learning preference and needs. We ensure our compliance with the Equalities Act 2010 and if you would like to discuss how we can support you to access the ASTH, please get in touch by training@thrive.org.uk.