

## AWARD IN SOCIAL AND THERAPEUTIC HORTICULTURE PROGRAMME DEVELOPMENT



### **Introduction**

In recent years, an increasing number of researchers and health-care practitioners have added their voices to the call to make 'green-care' an integral part of the health service. As more and more opportunities open up, the need for green-care practitioners and other health and social care practitioners to demonstrate their competence and professionalism through evidence-based practice is becoming increasingly important. Thrive's Award in Social and Therapeutic Horticulture Programme Development is a key component of the educational framework that exists for this exciting and innovative area of work.

### **Social and Therapeutic Horticulture**

Social and therapeutic horticulture (STH) involves the use of plants by a trained professional to meet certain clinically defined goals. STH is particularly relevant for the promotion of independence, health and well-being amongst groups and communities of vulnerable people. This can be achieved through active as well as passive involvement.

Organised therapeutic horticulture programmes have been shown to increase self-esteem and self-confidence, develop social and work skills, improve literacy and numeracy skills, increase general well-being, and promote social interaction.

## Award in Social and Therapeutic Horticulture Programme Development

The purpose of the Award is to equip horticultural therapists – and anyone offering horticultural activities in other areas of education, health, and social care – with the knowledge, skills and methodology required to provide a robust therapeutic programme for the benefit of a specific client group.

By achieving the Award, participants will possess these important professional capacities. They will also be able to demonstrate the effectiveness of their practice to various stakeholders using carefully selected assessment methods.

### Who is the Award for?

The Award is suitable for anyone who wants to enhance their professional practice. It is particularly relevant for those who are beginning a career in horticultural therapy, professionals who are using horticulture in a health, social care, or educational setting, and those seeking opportunities for continuous professional development.



### What our students say

“ I really enjoyed doing the assignment and felt I learned so much about the subject and about how I could put the ideas into practice. It was a great excuse too to get me out there visiting and reading more. ”

– Laura, Healthcare Practitioner

“ The Award has been very positive for my CPD and practice in schools. It provided a structure within which to further meet my pupil’s needs. The email support and phone tutorial were excellent and very useful. ”

– Zoe, Teacher

## Teaching and Learning Methods

The Award has been designed to offer opportunities for reflection, consideration, and discussion individually and within groups. Thrive are sensitive to the fact that many people working in health, social care and education can find accessing qualifications difficult while managing the demands of work, home life and study.

### Learning Outcomes:

1. Describe the way that Social and Therapeutic Horticulture can be beneficial for a specific client group (chosen by the participant) and meet that client group's support needs
2. Design a coherent horticultural programme that can meet the specific needs of the chosen client group and the individuals within this group
3. Identify and select an appropriate and relevant assessment method that could be used with this group
4. Develop a rationale based upon evidence to justify this choice.

Access to the Award is via attendance of a relevant two-day course from Thrive's Specialist Knowledge Programme. Following receipt of an application form, which can be submitted either before or after the two-day course, learners can begin to study almost immediately.

The Award follows a format of guided and self-guided study with tutorial and resource support from Thrive's Training, Education and Consultancy team. The Award team will offer guidance for your study and you will also be expected to progress independently through to completion of the Award.

To successfully complete the Award, learning hours are broken into the following:

Course	10 hours
Tutorial support	2 hours
Guided study	22 hours
Self-directed study	66 hours
<b>Total</b>	<b>100 hours</b>

## Assessment and Support

Participants will be required to produce a 2000 word report on how the use of STH can benefit people with specific support needs and how this can be implemented as a therapy programme (meeting learning outcomes 1-4)

Following attendance of the teaching days, you will have the opportunity to engage in two one hour tutorials with a member of the Award team. This can take place in person at Thrive's national office or by telephone. Students are also able to access additional support by email.

The Award is accompanied by a hand-out pack which includes:

- Information and learning material from the course
- Additional information on the themes of practice covered
- A downloadable copy of the publication '*Social and therapeutic horticulture: Evidence and messages from research*' by Sempik, Aldridge and Becker.

## How do I Apply?

Access to the Award is by application. To download an application form, please visit [www.thrive.org.uk](http://www.thrive.org.uk) and follow the links to our training pages. Alternatively, please contact us via the links below to request an application form.

## Further Information

For more information or to chat with someone, please call 0118 988 5688 and ask to speak to a member of our Training, Education and Consultancy Team. You can also email questions and requests for further information to [award@thrive.org.uk](mailto:award@thrive.org.uk)

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Thrive is registered as the Society for Horticultural Therapy.  
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