IPE (Interprofessional Education) in Green Gatherings Garden Project



In the creation of ‘Green Gatherings’ many concepts and theories within nursing were considered, primarily ‘Social Prescribing’ and ‘IPE’, Interprofessional Education. Bringing students together from two or more disciplines within healthcare to learn from each other’s profession, each other, and together, has been evidenced as improving outcomes in patient healthcare, interprofessional relationships, and more prudent, seamless collaboration between disciplines, (7). This has been established as integral to nurse education in aiding transitioning students from education into clinical environments.

This ‘Student led’ project has established working relationships from diverse disciplines and has close links with a local homeless charity and community mental health service, CMHT, (community mental health team). It is envisaged that a pathway will be created which will enable the mental health practitioners to directly refer service users to green gatherings upon their discharge from CTP, (Community and Treatment Plan), and that the CMHT’s gardening group would also use the space.

The Welsh definition and model of social prescribing has moved from a medicalised approach, advocating social prescribing as holistic, community-based interventions and support, it has been demonstrated, (2) (3), that social prescribing improves mental, social and physical health, and this is supported by Welsh Gov in the correlation between meaningful social connections and healthy lifestyle, and improved sense of happiness and wellbeing, (7)



For centuries, gardens have been a source not only of food on the table but also remedies to treat common ailments. It is increasingly acknowledged that gardens and green spaces are associated with better physical, social, and mental health. The NHS has, since January 2019, officially included social prescribing in its long-term plan. As the population ages and healthcare costs spiral, social prescribing and preventative healthcare have a renewed importance.

Enabling the more disadvantaged people in the locality to use green gatherings, with exposure to, and use of, the therapeutic green space, will impact on long-term reductions in overall reported health problems (including heart disease, cancer and musculoskeletal conditions, (4). It has been established that there are also strong links to reduced obesity through physical activity, and improved mental health, through significant reductions in anxiety and depression. The Kings Fund were also able to demonstrate that living in areas with green spaces also seems to weaken the effect of income inequalities on health (4).

Green gatherings will provide a fully inclusive space where a sense of community and connectedness will impact positively upon users who live in isolation and may experience discrimination. Social prescribing improves outcomes for people by giving more choice and control over their lives and an improved sense of belonging when people get involved in community groups, (5). The project has been created with clear principles of a TIA (trauma informed approach), by the students, where users can feel safe, valued, and respected whilst participating in the full creation and ongoing function of it.



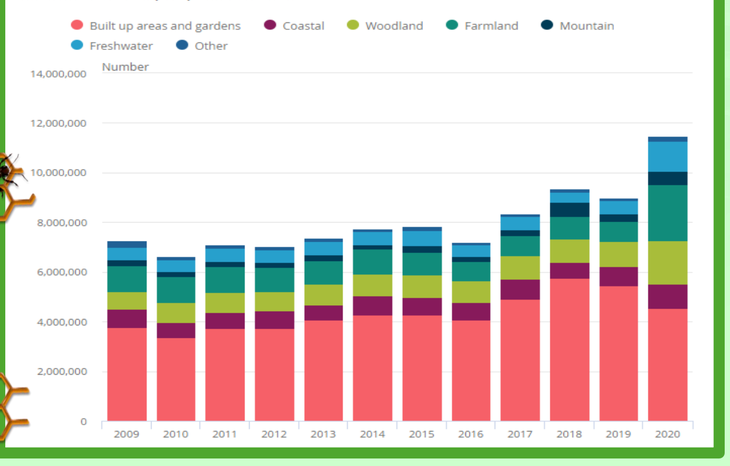
This garden is focused on creating a Third space. Between “home” the first space and “work” the second, where people can interact and gain a sense of fulfilment. Successfully cultivated, this makes it an ideal environment for different groups, Charities and professionals to come together and use this space both professionally and even individually for personal relaxation. This space facilitates IPE through the groups aiming to use it. These include The Wallich, a local charity dedicated to getting people off the streets and creating opportunities for them, Gorwellion, the local community mental health team who are interested in hosting their garden group in this space and Barod , a charity providing innovative substance misuse services, for young adults, who aim to use our space to teach skills to their service users. These different services coming together to use the same space will allow for IPE as it allows a range of groups to occupy the same space and share skills and knowledge, whilst also serving the wider community by creating a green third space for their use, learning and fun to happen.

Patient Reported Outcome Measures (PROMS)

AREA	PROM
Adult	**WEMWBS** – Warwick and Edinburgh Mental Wellbeing Scale.
Adult LD	**CORE LD**
Children & Young People	**SWEMWBS** – Short Warwick and Edinburgh Wellbeing Scale
Children & Young People LD	Strengths & Difficulties Questionnaire.

Figure 1: The number of people (equivalent) who gained health benefits from outdoor exercise has increased 58% between 2009 and 2020

Total number of people (equivalent) who gained health benefits from outdoor exercise, UK, 2009 to 2020



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