

## 2007-13 Case Studies

### "Gardening in all Weathers"



**Cyrenians**



Edinburgh & Lothians  
Health Foundation



#### Applicant

Cyrenians

[www.cyrenians.scot/gardens](http://www.cyrenians.scot/gardens)

#### Contributions

Total Project Cost: £13,751

Tyneesk LEADER: £11,101 (81%)\*

#### Project Duration

December 2013 to April 2014

\* It should be noted that the Tyneesk LEADER programme 2014-20 allows for a maximum of 60% intervention

#### Project Aims

- Provide all weather opportunities for volunteers, including vulnerable people from the community and hospital patients.
- Provide an all weather training facility for young/unemployed/disadvantaged people or those facing health challenges.
- Extend the growing season of fruit and veg and establish seed and flower production.
- Increase the range and quality of fruits, veg and flowers which could be grown from seed on site.

#### Project Detail

The project aimed to achieve the above through the purchase of a large greenhouse, enhancing the garden facilities developed in 2012. This would allow work and training to be carried out in all weathers and extend the year for these functions as well as for sowing and growing fruit, veg and flowers. The aims of the gardens as a whole were to promote health, community and environmental sustainability, with a particular focus on welcoming people with mental and physical health problems. By enabling people to spend time in green spaces it would allow them to exercise, reduce stress, recover from illness and make new friends. The project is a partnership between Cyrenians, NHS Lothian and Robertson Group (who manage the hospital).

#### Results

The Green House was constructed in 2014 with support from Robertson Group who build the foundation free of charge. From opening in early 2015 the project's aims were achieved. It has provided a central hub in the community garden for people to meet and garden in a sheltered environment as well as taking part in social and learning events. The number of hospital patients visiting the garden and participating in activities has seen a definite increase since this time. It has hosted celebration events such as Carol singing, apple pressing and part of the garden's Open Day, attended by the community, hospital patients and school children alike. The aim of extending the growing season and range of fruit and veg was also quickly achieved.



Scottish Rural  
Development  
Programme

