

EU GO- EUROPEAN URBAN GARDENS OTESHA

IDENTIFICATION OF A GOOD EDUCATIONAL PRACTICE OR TOOL

Name of the community garden			Possible short title for the practice		
GROUNDWORK SOUTHWEST HORTICULTURAL HEALING PROJECT			Vary your activities		
Type of tool			Contact person	Name and role	Deb Hoskin, Supervisor
Activity	<input checked="" type="checkbox"/> Training	<input checked="" type="checkbox"/>		Phone	07816841126
Methodology	<input type="checkbox"/> Document	<input type="checkbox"/>		E-mail	deb.hoskin@groundwork.org.uk
Other (specify):				Other contacts	none
It can be addressed to...			It deals with the following topics...		
All	<input checked="" type="checkbox"/> School	<input type="checkbox"/>	Intercultural dialogue	Intergenerational dialogue	<input checked="" type="checkbox"/>
Children	<input type="checkbox"/> Institution	<input type="checkbox"/>	Gender Equality	Fight against poverty	<input type="checkbox"/>
Youngsters	<input type="checkbox"/> Social service	<input type="checkbox"/>	Sustainable Consumption	Education to sustainable development	<input type="checkbox"/>
Adults	<input type="checkbox"/> Job service	<input type="checkbox"/>	Sustainable Urbanisation	Socio-professional training	<input checked="" type="checkbox"/>
Women	<input type="checkbox"/> Migrants service	<input type="checkbox"/>	Health promotion	Social cohesion	<input checked="" type="checkbox"/>
Elderly	<input type="checkbox"/> Neighbourhood	<input type="checkbox"/>	Horticultural therapy	Leisure activity	<input checked="" type="checkbox"/>
Other (specify)			Other (specify)		
DESCRIPTION Please describe the practice you have developed.					
The best practice that we can recommend is to have a constant variation of types of activities available to participants. This ensures that there will always be a task that someone can do regardless of their needs and abilities and the varying circumstances arising during the day.					
AIMS AND OUTCOMES Which are the main purposes tackled in a community garden with this tool? Which concrete results have been observed at short and long term?					
As a garden organiser, working with people, of differing ages, abilities, disabilities, varying physical, mental and emotional health issues, this tool helps you to; provide opportunity for each to development, achieve and enjoy; it supports you to cope with situations as they may arise, including any behavioral challenges or the weather, or peoples various speeds. There is always something to do and something to achieve for each.					
WHAT MAKES IT A GOOD PRACTICE OR TOOL? Identify which elements make this action a good practice, for ex. Innovation, coherence, link with other projects or people, favours social mixing, simplify work, earn time or money, etc.					
It simplifies the work of being able to support each individual well, especially providing time to give emotional, behavioural support. Empathy is key and so good on the spot organization gives space to meet peoples needs. It can help to diffuse difficult situations, for example; if you have 2 people who do not get on well with each other they can each have a different task, or changing tasks quickly may promote group cohesion. It provides variety and the participants have the opportunity to learn lots of different aspects of gardening.					



STEP BY STEP Please, describe how to put in practice, guiding with clear instruction and materials needed someone that would like to experiment your tool in a local community garden around Europe

Look at your garden space and recognize all the different tasks that can be done; for those who are strong, ill, physically disabled, weakened by medication, mentally challenged, emotionally upset, down or angry, someone who wants to do something pretty, some hard labor, young people who might just want to cut back, dig, keep changing (ADHD), Autism, people who might want to photograph or paint, design. Look at all the different possibilities, be aware of your garden and all that can be done at all times, then you can change and choose on the spot, as needed. Be prepared for any eventuality....

COMPETENCES Which are the previous knowledge and skills required to put in practice this tool?

Empathy and openness, unconditional positive regard, non judgement, knowledge of garden tasks, creativity

EVALUATION How do you normally evaluate the outcomes of this tool?

It's a non-evaluated practice

DISCLAIMING AND DECLARATION OF HONOUR	yes	no
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I authorize Pistes Solidaires and its partners participating to the EU'GO project to publish my contacts on the dedicated website, giving my availability for supporting with information people interested in experimenting an testing the tool that has been described in this document	X	

Putting an X in the previous boxes means that you are agreeing with the cited statements

