



Activity/Project/Scheme: [New wellbeing garden](#) is being developed in a local care home in New Longton, Lancashire

Organisation: Primary Care, Lancashire.

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What was the issue? The New Longton GP Surgery in Lancashire organised a project to make use of unused outdoor space at a local care home that the surgery works with. Following COVID, there was a need to improve health and well-being within the community.

What action was taken? In response to this issue, Corrie Llewellyn (Queen's Nurse and project lead) and Lindsey Whiteley co-lead practice nurse), both nurses at the surgery are leading the development of a health garden innovation project. The project was funded by the Elsie Wagg Scholarship from the Queen's Nursing Institute and National Garden Scheme (NGS). The Elsie Wagg scholarship funding is for nurse-led projects that promote the health benefits of gardens. The garden is due to open to the public in the summer 2024. In the long term, the garden is intended to enable a 'swap and share' scheme where the community can share plants, fruits, and vegetables as well as developing a gardening steering and volunteer group to support the garden. Over the next months, the project leads hope to get children from local communities involved in a competition to create art on the garden wall.

What was the Delivering a Net Zero NHS benefit? A key priority for the NHS is to reduce air pollution, improve local environments and support local economies. By developing an accessible garden that is open to the local community, people of all socioeconomic backgrounds can benefit from both mental and physical health benefits through relaxation, reduction of stress, and physical activity. The project fosters community engagement and collaboration, which can indirectly benefit the NHS by strengthening community bonds and support networks and engaging the NHS with the local community.

What are the wider benefits? The project serves as a blueprint for other trusts and organisations to introduce green spaces into surgeries and hospital sites to promote patient and staff well-being and community engagement. The garden shows GP surgeries and care homes can align with the NHS's Green Plan and promote sustainability in healthcare.