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BTCV
Butterfly Conservation Scotland
The Calyx
Community Food and Health (Scotland)
Eco Schools
Federation of City Farms and Community Gardens
Garden for Life
Garden Organic,
Greenspace Scotland
Grounds for Learning
Horticultural Trades Association
The Institute of Horticulture
ISPAL
Keep Scotland Beautiful
National Trust for Scotland
Plantlife Scotland
Royal Botanic Gardens Edinburgh
Royal Caledonian Horticultural Society
Royal Horticultural Society
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Scottish Environment LINK
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The Scottish Landscape Forum
The Soil Association
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Scottish Allotments
and Gardens Society

Growing Scotland: health



Gardening contributes to the
Scottish Executive agenda to improve
the Nation's well being

GARDENS AND GARDENING: HEALTH

PROPOSED SUPPORTIVE CO-ORDINATED ACTIONS FROM THE SCOTTISH EXECUTIVE

'Improving Health in Scotland – The Challenge'

The cost of physical inactivity to the Scottish economy is £820M per year. A 1% decrease of inactive Scots, would save £3.5M per year. All forms of gardening are moderate exercise.

ACTION

PROMOTE gardening for health and well being

'The Active Schools programme

The active schools programme includes many physical activities and environmental education. Gardening should be a central part of this programme.

ACTION

SUPPORT gardening equally with sport

'Eating for Health'

A traditional allotment plot can supply fruit and vegetables for a family of four all year, reducing household expenditure and dramatically improving diet.

ACTION

ENSURE all Councils promote allotments

'Improving Mental Health and Well Being'

Projects in prisons, schools and hospitals show that gardening is a component of neurological and social rehabilitation projects

ACTION

LINK medical centres, community health projects and therapeutic gardens

Gardens and gardening increase the overall well being of the Nation economically, physically and mentally. They could drive forward employment, health, communities, biodiversity, environment and education. This potential growth should be championed in a vision for Scotland's gardens.

It is suggested that, within the time of this Parliament, **the First Minister** recognizes the importance of gardening to the well-being of the nation and instructs:

- a representative body to produce a strategy and action plan for a nationwide commitment to a gardening agenda.
- government agencies involved with employment and economic opportunities to assess the contribution the gardening sector could make to Scotland by improving the local environment, creating new business and making a real, practical difference to the urban and rural land-scape.
- the health service to recognise and promote the contribution gardening makes to health and well being.
- local authorities to make long term strategic provision for accessible gardening for local communities thus providing the means to implement the requirements of the planning regulations.
- councils, public agencies, professional bodies, education establishments, gardening societies to develop, in partnership, a range of policies which include the design and implementation of national and regional programmes of management, gardening skills and environmental research.