

Ack

Sandra Hutchings

From: Stennett Andrew (COLLEGE SURGERY PARTNERSHIP - L83092)
Sent: 08 October 2014 10:39
To: DPD
Subject: North West Cullompton Masterplan
Attachments: Proposal for a Community Health Garden CVICFH final draft.docx

The surgery would like to respond to the above consultation with our specific proposal around the Community Garden (please see the attached) and some general comments around siting the school.

Our main concern is the contamination of our car park for school runs and because of this we would prefer option 3, providing the environmental impact and concerns can be suitably mitigated.

Regards

Andrew

Andrew Stennett,
 Strategic Manager,
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**Proposal for a community “Health Garden” adjacent to
Culm Valley Integrated Centre for Health**

Outline

We would like to propose that there should be a community owned health garden adjacent to the Culm Valley Integrated Centre for Health. The Centre is a national demonstration site for the integrated health and care and has had numerous Ministerial, Royal and VIP visits. This proposal builds upon the Centre’s ethos of co-creating health with patients and the local community.

Community gardens are not a new concept but this one would be unique bringing together our health centre, local patient groups and voluntary services, the proposed new school and outside academic and horticultural/agricultural initiatives. We believe that the health garden would improve the health of those gardening and those visiting the gardens, create a sense of community, increase local social capital and contribute to Cullompton becoming a “Health Creating Community”. The inclusion of such a garden within current planning arrangements would be an example of visionary town planning, which put patients and the community first, providing local benefit and a national example of what is possible. The garden is also an opportunity to integrate the health ambitions of our Local Authority and general practice as well as those of local patients, people and developers.

It is an opportunity that will only come once and, if lost, be lost forever.

Detailed Proposal

The proposed community “Health Garden” would be adjacent to and just south West of Culm Valley Integrated Centre for Health and close to the proposed new school. It would be community owned, run by patients and volunteers and open to everyone.

The garden itself will consist of a number of small gardens all connected within an overall health theme. There will be an educational fruit and vegetable plot and also an herbal garden, which will provide information on horticulture, cooking (via the Centre’s Community Café) and nutrition. There will be gardens attended by specific patient groups such as a “Hope Garden” for mental health patients, a “Memory Garden” for patients with Alzheimer’s disease and a “Garden of Remembrance” for the bereaved. There will be raised beds for other groups such as the Centre’s groups for isolated elderly and fibromyalgia. It is foreseen that other patient groups (e.g. our diabetes group), voluntary organisations, local residents and others may want to have specified garden areas and our aim will be to be as inclusive as possible. We would also envisage there being a small area for quiet and easily managed animals such as chickens and rabbits, which have specific educational and health benefits. We would also hope to encourage the new school to have its own garden within the site. With an increasing elderly population, the garden will have a strong focus on maximising the health benefits to the old as well as to the young with a potential for the meeting of both being an added health benefit in itself. It will also create links with local care homes for the elderly and homes for patients with learning disorders or mental disability – some of which have small gardens themselves. We also foresee it providing a place of refuge and recovery for patients with long term mental health problems.

The organisation of the gardens will come under the Patient Group of Culm Valley Integrated Centre for Health. Ownership of the land itself might stay with the Local Authority, be passed to the Patient Group (as a registered charity), come under Culm Health Plus (which currently provides the café, complementary therapies and health facilitator) or be owned by a specially designed Community Interest Company. Both local GP surgeries will be involved and the mission of the garden will be “For patients and local people by patients and local people”.

The garden will have close links to local farming. It will have external links to education and horticulture (see below) and could become part of a national research project. These external linkages are likely to make the garden itself a national demonstration site showing what can be achieved when general practice and local Councils work together with and for patients and local people.

Background

This proposal has been the subject of discussion for over five years at a time, when it seemed likely there would be further development around the Culm Valley Integrated Centre for Health. The past and present Chairs of our Patient group have written to Mid Devon Council's Planning Department and a previous planning officer, David Scott, visited the Centre to look at possible options and detail. The garden has been a long term vision of the Centre, its patients and the local community.

The Culm Valley Integrated Centre itself is a National Demonstration Site of the College of Medicine with its mission of integrating primary care services and focussing on local health. It is recognised as a national leader in "de-medicalising" health and care with a strong emphasis on self-care, improving individual health and contributing to improving local health. The Patient Group, for instance, organises "health topics of the month", educational events, walk and talks and showcases paintings on health from local schools. The community café provides a venue for the wide range of different patient groups and demonstrations of healthy cooking. Our health facilitator providing a "social prescription" for patients who require help other than a prescription or a referral to hospital is unique and is now being developed as a national model of good practice. The Centre is thus a "co-production" between patients and professionals, which is necessary if the NHS is to remain sustainable.

Our very small organic fruit and vegetable garden and herbal garden at the front of the surgery organised and tended by the patients themselves has been a focus of educational, horticultural and recreational interest. A number of patients, some with learning disorders, have asked if they could help with any future larger garden. The community "Health Garden" will provide an opportunity to build on the success of our tiny show gardens and the concept of patients and the local community co-providing health.

Given the national interest to date in the Integrated Centre with visits from Secretaries of State for Health, Health Ministers and Royal visits, we believe that the community health garden would maintain the momentum of our mission to co-create health with the local community and become itself a focus of further national interest.

Evidence

There is much evidence that a community garden would improve health outcomes and social capital. The evidence of this from inner city community gardens and farms is well documented and there is also good evidence from care farming, where working on farms and market gardens has been shown to improve physical and mental health. There is also plentiful evidence of the benefits of a "Green Gym" and the garden would provide these too. Research has also shown the health benefits of the elderly being in contact with animals quite apart from the health and educational benefits to children as well.

The Cornwall Integrated Health Schools Project involving three schools in Cornwall has shown the substantial benefits to children of linking health and education with an independent report showing benefits ranging from better educational achievement to less truancy. (Report can be supplied). The Integrated Schools Project in Cornwall, under the aegis of the Duchy Charity, could be linked

to our community garden project as one of the GP partners at College Surgery is a member of its steering group.

The community "Health Garden" will, however, be unique in terms of its linkages with local general practice, the school and the Council and there is an opportunity to assess the added benefits of such an integrated project.

Outside Linkages

The Integrated Centre is connected to a number of national academic organisations, which will be important in terms of assessing the impact of the garden and providing a national profile. One of the GP partners is a Visiting Professor at University College, London and at Westminster University. GP partners in the practice train medical students at the Peninsula Medical School and the Medical School has been involved in health research at the Centre. We also have close connections to the European Research Institute on Environmental Health (Plymouth) and envisage the Institute both researching and showcasing the Health Garden as it has been a strong advocate for green and blue gyms.

One of the GP partners led for health on the steering group of the "National Care Farming Initiative" with Lord Curry leading for agriculture. Linking the Health Garden to local farms and the National Care Farm movement should enable us to develop the concept of health improvement from working on the land beyond the Health Garden to local farms but with the Health Garden acting as its hub. A GP at the Centre is also on the Herbal Steering Group of the Royal Horticultural Society, which will enable us to get advice, support and profile from RHS. A member of the practice is Chair of the College of Medicine, which together with other organisations such as the British Herbal Association have offered their support to the garden if it should happen. One GP partner at the Centre is Mid Devon Locality lead for Devon Clinical Commissioning Group and another is President of NHS Clinical Commissioners (representing Clinical Commissioning Groups nationally) and they will be in a position to make the necessary health linkages between clinical leadership and the Local Authority, which will help us to develop and showcase the principles and practice of a community "Health Garden".

Conclusion

The proposal of a community "Health Garden" is a once in a lifetime opportunity to link local planning with a radical proposal to improve health. Bringing health, education and the local community together, this proposal offers Cullompton a unique opportunity to be a pioneer and to showcase a new way of improving the health and welfare of its patients and residents.

Sandra Hutchings

From: Stennett Andrew (COLLEGE SURGERY PARTNERSHIP - L83092) ·
Sent: 08 October 2014 13:05
To: DPD
Subject: RE: North West Cullompton Masterplan

Please can we just slightly amend the wording of our response as follows:

The surgery would like to respond to the above consultation with our specific proposal around the Community Garden (please see the attached) and some general comments around siting the school.

Our main concern is the excess pressure on our car park for school pick-ups /drop off and because of this we would prefer option 3, providing the environmental impact and concerns can be suitably mitigated.

Regards

Andrew

Andrew Stennett,
Strategic Manager,
College Surgery Partnership,
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From: DPD [mailto:DPD@middevon.gov.uk]
Sent: 08 October 2014 11:11
To: Stennett Andrew (COLLEGE SURGERY PARTNERSHIP - L83092)
Subject: RE: North West Cullompton Masterplan

Dear Sir
Thank you for your email.
Your comments have been passed onto our forward planning team for their attention.
Kind regards

*Sandra Hutchings
Planning Support*

From: Stennett Andrew (COLLEGE SURGERY PARTNERSHIP - L83092)]
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