The BMA Garden
for Health & Wellbeing

London Open Garden Squares Weekend

Saturday 17 June 2017
10am – 6pm
BMA House, Tavistock Square, London WC1H 9JR

Book now www.opensquares.org

The picturesque garden of the British Medical Association (BMA) Headquarters is a hidden secret in central London, designed by architect Sir Edwin Lutyens and on the site of Charles Dickens’ own house and garden. Our 2017 planting explores medicinal herbs and their historical role in health and nutrition.

This year, through interactive exhibits and onsite experts, our garden will showcase local community organisations using gardens to improve health, wellbeing and nutrition of patients and communities in London.
2017 Community Showcase

University College London Pharmacy School
Forgotten Plants for Medicine and Nutrition
Throughout the day students and teachers from the UCL School of Pharmacy will provide guided walking discussions to explore the scientific and nutritional aspects of medicinal plants, particularly those growing in the BMA Garden. Guests to the garden can learn about the history of botanical medicines, and their role in modern day medicine and nutrition.

Yoga and Wellbeing Sessions
Gardens for Mindfulness and Wellbeing
The garden can be a therapeutic place of peaceful relaxation and reflection. Yoga and wellbeing teacher, Carol Stuart will offer guests a unique sanctuary within the garden to explore the concept of mindfulness and relaxation through participating in guided meditation and simple yoga and breathing exercises that can be incorporated into our busy lives or to compliment the care for patients.

Charles Dickens Museum London
The Culinary Garden of Charles Dickens
Our garden is built on the site of Tavistock House, the home of Charles Dickens from 1851 to 1860, where he wrote Bleak House, Hard Times, and Great Expectations. Experts from the Dickens Museum will be on hand to talk about his interest in plants and food. Of particular curiosity is the little-known cookbook ‘What Shall We Have for Dinner?’ written by Mrs Charles Dickens under the pen name of Maria Clutterbuck, featuring foods that may have grown on this site.

Grounded Ecotherapy
London’s most unique horticultural therapy project
Grounded Ecotherapy offers recovery for people and places, helping those who have suffered mental health, substance misuse issues or homelessness, to get back on their feet. Meet the members of this unique project who create thriving green spaces from neglected urban environments, with extensive knowledge and skills in horticulture.

Thrive UK
Gardens Changing Lives and Improving Health
Gardening can help rebuild a person’s strength after an accident or illness, and can provide a purposeful activity for someone coping with a difficult period in their life. It can lift moods and help people to connect with others, reducing isolation by forming friendships and improve communications skills. Meet the members of Thrive UK who are using gardening to change the lives of disabled people.

Urban Growth Project – Jobs in Mind
Horticultural Training to Improve Mental Health and Wellbeing
Urban Growth helps individuals with severe and enduring mental health issues develop personal and vocational skills through horticultural training. Meet the members of Urban Growth who use practical and therapeutic work-based programme training to help participants improve their mental health, wellbeing and learn valuable vocational skills.

Lambeth GP Food Co-op
Gardens Uniting Patients, GPs and Community
Meet the team from the Lambeth Food Co-op, co-operative of patients, doctors, nurses, and Lambeth People who have created a network of food growing gardens across the NHS in Lambeth. We build gardens in GP surgeries, where patients, especially those with long term health conditions learn how to grow food in a safe and secure environment. Lambeth GP Food Co-op was awarded “Celebrating Excellence in Patient Participation in Healthcare’ by NHS England in 2016.

Progress
Empowering People and Communities through Gardens
Progress engages people from the local community by organising horticultural activities in areas in need of regeneration. Meet the members who teach participants about gardening skills, with the aim of developing mental and physical wellbeing and positive transferable skills through such practices. We are also working with agriculturalists in Italy, to share sustainable practices across continents.

Londonwide LMCs
Improving Patient Care through GP Practices
Londonwide Local Medical Committees (LMCs) is the voice of GPs in the capital, representing 7,000 GPs and over 1,300 practices in London. They ensure that London GPs and their practices have access to the support they need to help them provide the best possible service and excellent care to their patients.

The 2017 BMA Garden for Health and Wellbeing project has been curated by Daniela Sikora, BMA Gardener, and Mark Stuart, BMJ Clinical Lead for Pharmacy, Nursing and Allied Health.