

## London Open Garden Squares Weekend

# The BMA Mind Garden

**Saturday 18 June 2016  
10am – 5pm**



Presented in collaboration with University College London and the Charles Dickens Museum London

The garden of the British Medical Association (BMA) Headquarters is a hidden secret in central London. It is a private garden, much esteemed by members and visitors to the BMA, but little known beyond. Architect Sir Edwin Lutyens designed this picturesque garden, and the extensive planting of medicinal herbs bears witness to the continuing role of plants in contemporary medicine.

Through our theme of the 'BMA Mind Garden' we will present a series of activities and lectures throughout the day to compliment your visit to our garden and highlight important ways plants and gardens can contribute to health, wellbeing and mindfulness for both patients and communities.

**Book now**  
[www.opensquares.org](http://www.opensquares.org)

The 2016 BMA Mind Garden project has been curated by Daniela Sikora, BMA Gardener, and Mark Stuart, BMJ Clinical Lead for Pharmacy, Nursing and Allied Health.

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### Programme of Special Events

#### Lectures

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**1pm – 1:40pm 'Medicinal Plants and the Mind'**

Presented by Professor Michael Heinrich, University College London

Medicinal plants are commonly used to treat conditions such as sleeplessness, mild mood problems, nervousness and other problems. If used for minor self-limiting conditions such as herbal medical products may offer useful treatment options. The evidence for therapeutic benefits of herbal medicines such as St John's Wort and valerian will be explored.

**2pm – 2:40pm 'Fever Trees and Food of the Gods'**

Presented by Marianne Jennifer Datiles, Professor Michael Heinrich; University College London

The history of botanical medicines will be explored in this fascinating presentation. It will cover the politics of the use of bark from the Fever Tree to treat malaria, how chocolate was branded a medicine and the 'Food of the Gods', and popularized as medicinal treatment by the Cadbury brothers in Bloomsbury. The story of the use of Opium as an all-purpose drug in Dickens' London will also be told.

**3pm – 3:40pm 'The Quality and Safety of Herbal Medicines and Supplements'**

Presented by Dr Anthony Booker, Professor Michael Heinrich; University College London

The regulation and quality and safety of herbal medicinal products will be discussed in this presentation. Research highlighting problems in the manufacturing and supply chain which can lead to poor quality and adulteration of products will be explored and the latest thinking on strategies to improve the quality of food supplements will be presented.

#### Throughout the day

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**Throughout the day: The Garden of Mindfulness and Wellbeing**

Presented by Carol Stuart, Yoga and Wellbeing Teacher

The garden can be a therapeutic place of peaceful relaxation and reflection. Throughout the day we will provide guests with a unique opportunity to explore the concept of mindfulness through a number of activities in and around the garden. These will include the opportunity to participate in or chat about relaxation techniques, guided meditation, and simple yoga and breathing exercises that can be incorporated into our busy lives or to compliment the care for patients.

**At home with Charles Dickens: life at Tavistock House, 1851-1860**

Presented by the Charles Dickens Museum London

For those with literary interests, the garden is built on the site of Tavistock House, once the home of Charles Dickens. There is a plaque marking the foundations of the house in which Dickens lived from 1851 to 1860. Here, he wrote Bleak House, Hard Times, Little Dorrit and A Tale of Two Cities. He also staged amateur theatricals in the converted nursery – famously titled 'the smallest theatre in the world!'. Throughout the day, the Dickens Museum team will be on hand to speak with guests about his life while living in Tavistock House, and this garden which he wrote about in his books.

**Gardens for Improved Health**

Presented by Lambeth GP Food Co-op

Lambeth GP Food Co-op was voted Best Sustainable Food Initiative by Public Health England and NHS Sustainability Unit in 2013. They build gardens in GP surgeries, and create safe spaces for people with long term health needs to meet other people and learn to grow food together. This initiative contributes to improving the health and wellbeing of local people as well as reducing social isolation and loneliness. Throughout the day, members will be onsite to discuss their work.