

# Chelsea Fringe Festival

*The alternative garden festival*

# The BMA Mind Garden

**2016 Chelsea Fringe lecture series 26 May & 9 June**  
**BMA House, Tavistock Square, London WC1H 9JP**



The garden of the British Medical Association will be the setting for a series of evening lectures and discussions on how gardens, plant medicines and 'green prescriptions' can contribute to the health and wellbeing of patients. There will be two evening events presented as part of the **Chelsea Fringe Festival**. During each evening, guests will be inspired by two special presentations and take a guided tour of the BMA Mind Garden.

#### **PROGRAMME SUMMARY**

**Thursday 26 May 4pm – 6:30pm**

Gardening and plant medicines for mental and social health

**Thursday 9 June 4pm – 6:30pm**

Green prescribing: promoting health through gardens and lifestyle

**Bookings essential – book now**  
**[bma-mind-garden.eventbrite.co.uk](http://bma-mind-garden.eventbrite.co.uk)**

#### **About the BMA 'Mind Garden'**

This elegant town garden of the British Medical Association (BMA) Headquarters is a hidden gem 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 to the side of BMA House. Planting is refreshingly green around a central oval pool and the use of herbal medicines and physic plants among the planting bears witness to the continuing role of plants in contemporary pharmacology.

For those with literary interests, The Garden is built on the site of Tavistock House, once the home of novelist Charles Dickens. Within the Garden there is a plaque marking the foundations of the house in which Dickens lived from 1851 to 1860. During this period he is thought to have written, Bleak House, Hard Times, and Great Expectations.

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

**Thursday 26 May 4pm – 6:30pm**  
**Gardening and plant medicines for mental and social health**

**Programme**

Doors open 4pm.

Welcome from Daniela Sikora, BMA Gardener and Mark Stuart, BMJ Pharmacy, Nursing and Allied Health Clinical Lead

Chairperson: Dr William Bird MBE

**4:30pm 'Medicinal plants and the mind'**  
**Presented by Professor Michael Heinrich, University College London**

Medicinal plants are commonly employed to treat conditions like 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. In this presentation the possibilities and limitations of using such products will be discussed.

**5:15pm 'Using gardening to improve health and transform lives'**  
**Presented by Dr Sean Morrissey, Thrive UK**

Social and therapeutic horticulture is the process of using plants and gardens to improve physical and mental health, as well as communication and thinking skills. This presentation will explore how gardening can bring about positive changes in the lives of people living with disabilities or ill health, or who are isolated, disadvantaged or vulnerable.

**Followed by discussion and networking in the BMA Mind Garden.**  
**6:30pm close**

**Thursday 9 June 4pm – 6:30pm**  
**Green prescribing: health through gardens and lifestyle**

**Programme**

Doors open 4pm

Welcome from Daniela Sikora, BMA Gardener and Mark Stuart, BMJ Pharmacy, Nursing and Allied Health Clinical Lead

Chairperson: Fiona Godlee, Editor in Chief of The BMJ

**4:30pm 'Prescribing activity to improve health and wellbeing'**  
**Presented by Dr William Bird MBE**

Getting people physically active not only improves health and wellbeing, it also saves public money and improves our environment. Dr Bird is a GP who has been at the forefront of setting up schemes to encourage the prescribing of lifestyle interventions to promote health in communities. In this talk he will explore the evidence of how the natural environment can improve health outcomes in patients, and how healthcare professionals can incorporate physical activity into their patient's care.

**5:15pm 'Gardens to improve health – uniting patients, healthcare providers and the community'**  
**Presented by members of Lambeth GP Food Co-op**

Lambeth GP Food Co-op is a co-operative of patients, doctors and nurses who have created a network of food growing gardens across the NHS in Lambeth. The impact of this project on patients with long term conditions, and the way the initiative is delivering nutrition and health education will be discussed.

**Followed by discussion and networking in the BMA Mind Garden.**  
**6:30pm close**

