



RHS Gardening for Health & Wellbeing Award – Criteria, 2024

Gardens and gardening make people feel better and anyone anywhere can enjoy their healing power. It is increasingly acknowledged that gardens and green spaces are associated with better physical, social and mental health. As the population ages and healthcare costs spiral, social prescribing and preventative healthcare will take on renewed importance. There is an opportunity for gardening to play a central role in improving our nation's mental health and wellbeing.

This award recognises the efforts of a group in creating a community garden that maximises the health benefits for those taking part and their wider community.

Assessment Key

Each entry assessed on its own merits, with no medal levels awarded. The scores are to help each Region/Nation select a winner for each category, and to help the RHS select an overall winner from across the UK. The scores are not be shared with groups.

Please score against each aspect, with a mark out of 5, using the following key.	
• 0	Criteria not met;
• 2	Criteria somewhat met, but with significant scope for improvement;
• 3	Criteria well met, but with some scope for improvement;
• 4	Criteria very well met, with only small scope for improvement;
• 5	Criteria fully met.
Please note any examples given are for illustration only, and groups might meet the criteria in many other ways.	

Health & Wellbeing Award Criteria & Score Card

Section A: Health & Wellbeing Purpose – 40% of marks, out of 20	
• Creating, designing, planting and building gardens that supports the positive health and wellbeing of all users, e.g. a sensory garden to improve users' wellbeing, stimulate the senses, or boost mood.	/5
• Designing spaces to meet specific users' needs, e.g. creating areas for privacy and reflection alone or as a group, or to support activities such as growing vegetables, art therapy, or mindfulness classes that can benefit health and wellbeing.	/5
• Demonstrating best practice approaches to developing or managing spaces; e.g. consulting with users to inform plans, considering health and safety features such as accessible pathways or appropriate adjustments, or safeguarding to create a safe environment for all.	/5
• Establishing partnership opportunities and working with others to improve people's health and wellbeing, e.g. working with charities to provide gardening activities for those that are experiencing social isolation, creating 'green' social prescribing networks with GP surgeries etc.	/5
<u>Section A Total:</u>	<u>/20</u>

Section B: Demonstrating Impact – 30% of marks, out of 15	
<ul style="list-style-type: none"> • People enjoy participating in or contributing to gardening activities and reporting positive health and wellbeing benefits as a result, e.g. the group is collecting feedback from participants to find out levels of satisfaction, and making improvements where necessary etc. 	/5
<ul style="list-style-type: none"> • Measuring success in supporting the health and wellbeing of gardening volunteers, participants and users, e.g. Using the '5 Ways to Wellbeing' or similar tools to measure or monitor impact. (mind.org.uk/workplace/mental-health-at-work/five-ways-to-wellbeing/) 	/5
<ul style="list-style-type: none"> • Providing learning and skills development opportunities to help people understand the beneficial impact of gardening on health and wellbeing, e.g. sharing positive stories online, creating discussion forums, holding workshops, etc. 	/5
<u>Section B Total:</u>	<u>/15</u>
Section C: Community Engagement - 30% of marks, out of 15	
<ul style="list-style-type: none"> • Enabling the wider community to be involved as volunteers, participants or garden users, so that everyone can enjoy and reap the health and wellbeing benefits. 	/5
<ul style="list-style-type: none"> • Raising awareness of benefits of gardening for health and wellbeing through campaigns, activities and interpretation, e.g. use of information boards, printed materials, digital presence, etc. 	/5
<ul style="list-style-type: none"> • Enabling participants to help others in the wider community, e.g. creating allotment gardens, growing food for the community food banks, building new support networks, etc. 	/5
<u>Section C Total:</u>	<u>/15</u>
<u>Overall Total:</u>	<u>/50</u>

Assessor's Report	Between 150 – 600 words

Visual Evidence
Please submit this entry, along with up to 4 labelled images, or a link to a video of up to 2 minutes. Please see RHS guidance around photos and permissions. If including a video link, please add here: