

3 Hills Community Garden



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Why was 3 Hills set up?

The garden was created as one element of the communities of Priesthill & Househillwood being selected as one of 8 pathfinder pilot sites for the Scottish Government's '**Health Weight Communities**' programme:

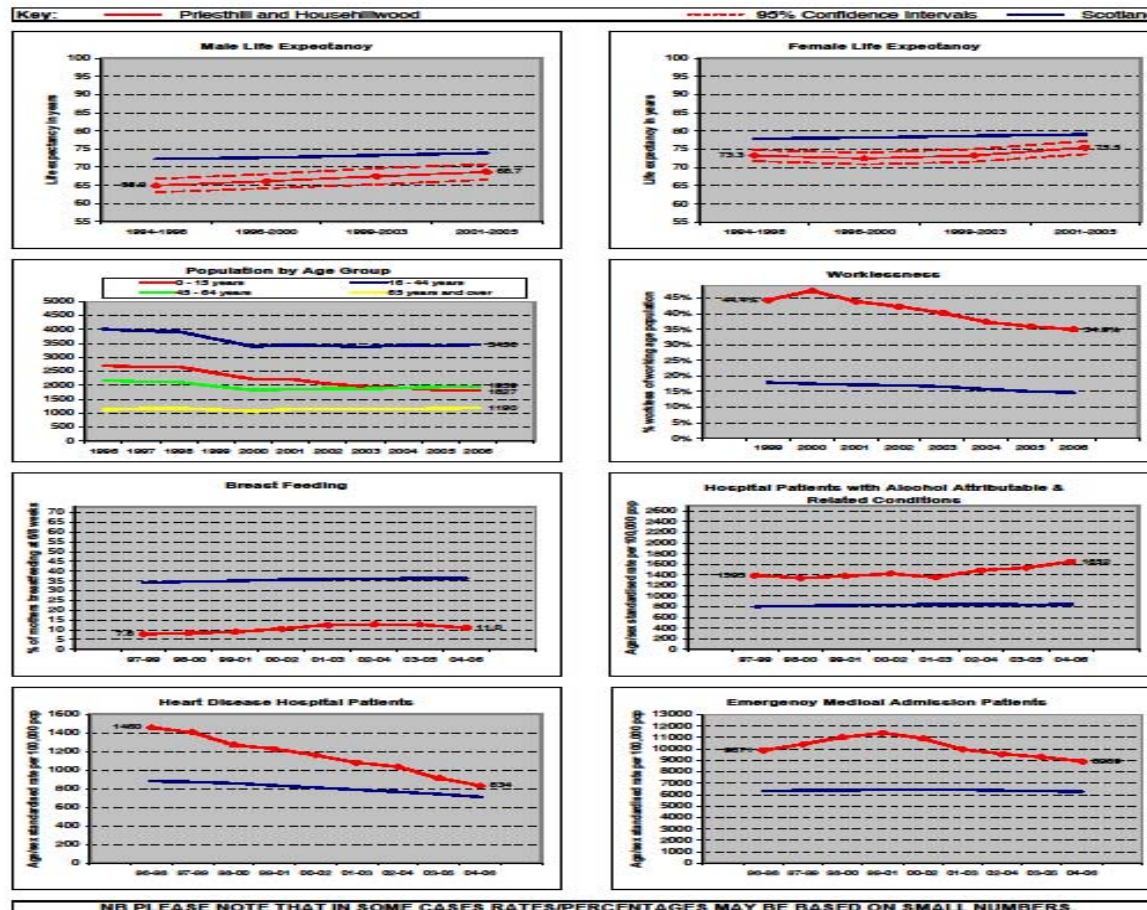
'The objective of establishing Healthy Weight Communities was to demonstrate the ways in which concerted and integrated community-wide approaches to engaging children and families in healthy eating, physical activity and healthy weight activities could have a greater impact on long-term health outcomes than current discrete activities'.

Why was Priesthill & Househillwood selected as a Healthy Weight Community Pathfinder Pilot ?

- **High levels of multiple deprivation and health need**
- **Identifiable community with some active community involvement**
- **Connected Existing Work:**
 - Live Active & Shape Up
 - Keep Well
 - Child Smile
 - Health Promoting School and School Health Programme
 - Cel 36 Funding- Maternal & Child Nutrition
 - Alcohol Prevention Programme
 - Paths to Health-Walk Glasgow Programme
 - Get Cooking, Get Shopping
- **Outdoor, recreational and green space**

Community Health and Wellbeing Profile-Priesthill & Househillwood

Priesthill and Househillwood



NB PLEASE NOTE THAT IN SOME CASES RATES/PERCENTAGES MAY BE BASED ON SMALL NUMBERS.

What does the initiative do ?

3 Hills Community Garden incorporates a number of community growing approaches in one site to provide:

- **Growing your own-** provides opportunities with individual beds, group beds & demonstration beds to take small steps towards health behaviour changes of increased physical activity and healthy eating
- **Natural outdoor play facilities-** to keep children active at playtimes & when their families are gardening
- **Opportunity for lifelong intergenerational learning-** teaching staff, the community gardener and members of the community gardening club to provide 'green classrooms', horticultural workshops and cookery demonstrations with home grown produce
- **Therapeutic environment to provide 'green prescriptions'** through NHS referrals- incorporates both social & quiet spaces with elevated raised beds and flat areas for wheelchair users

Kids Gardening Club & Adult Evening Workshop



Community Orchard Planting & Children playing in the 'Mud Kitchen'



Who were the participants and the partners ?

- 3 Hills Garden Steering Group & Committee
- Glasgow City Council- Greenspace Team
- Community horticulturalist
- NHSGG&C-South Sector Health Improvement Team
- Education Services- Burnbrae Nursery & Cleaves Primary
- Community Payback Team through GCSS
- Cordia
- Glasgow Housing Association
- 3rd Sector Organisations- Pollok Carers, Deaf blind Scotland
- Police Scotland- Community Police Officers

In what way was the approach asset based ?

- Community led & long-term approach to build sustainability through local school & community ownership
- Values use of existing resources- local people's time & skills and recycled materials used to make play features
- Confidence building & empowering through learning opportunities
- Enhanced relationships & mutually supportive community networks developed through opportunity to create together in a shared community green space
- Building a resilient community by providing 'Bridging capital' – links with people with different outlooks and values, to support people to Get on and adapt to changed circumstance and crises
- Enhanced partnership working & co-ordination within the local area
- Volunteering ethos & opportunities created

Before



After



3 Hills Harvesting for Health



**The garden has a website & Facebook page
and posts regular updates on Twitter:**

www.3hillscommunitygarden.webs.com

www.facebook.com/3HillsCommunityGarden

For Further Information

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