



LIFE BEYOND THE MILITARY – OUTDOORS

Therapeutic Landscapes Conference, Sydney
14th October 2016

Horticultural Therapy and the military in the UK

Anna Baker Cresswell

It's great to be back!

Thanks so much for inviting me,
spent 4 happy years in Australia
in the late 80's.

My HT journey started in 2004
when my Mother died.
STH at Coventry University in 2005.

Started Gardening Leave in her
memory in 2007.



Horticultural Therapy for veterans in walled gardens.

1st referrals from Combat Stress in Scotland.

Walled garden with National Collection of poppies...

Tea and a spot of gardening
in a safe place.



Therapy v Treatment.

Need for evidence.

Professor Jacqueline Atkinson.

Veterans enjoyed meaningful
activity – hunter gatherers.



By 2010, 4 Gardening Leave projects in walled gardens including at the Royal Hospital Chelsea.

Home of the Chelsea Pensioners.

Military community starting to understand.



Visited Headley Court
for the first time.

Major Le Feuvre set up a
gardening project for injured
soldiers.

Needed to feel 'normal'

Young men with life-changing
injuries.



2012 Prince Charles opened the
Test Track.

2013 Major Pete posted to Germany.

ABC promised to carry on his work.

HighGround granted charitable status



Carol, Horticultural Therapist
started Feb 2014.

Clinical environment.

Keeping chickens....???



Farm Shop.

Therapeutic environment
for staff and patients.

Reasons for referral.

Horticulture by stealth.



Assistant and Gardening Volunteers.

KPI's.

Mental health and wellbeing.



HT now fully integrated into rehab interventions at DMRC.

3 year pilot ends in Feb 2017 – service will continue.



New DNRC opens in 2018.

Duke of Westminster's
legacy.

World class rehabilitation
for 21st century



Please come and visit us.

Any questions?



Thank you



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