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What do we know about Green Care?

Dr Debbie Clayton and Dr Jenny
Mercer

Therapeutic Landscapes

“certain localities have an attraction which gives us a certain indefinable sense of well-being and which we want to return to, time and time again” (Jackson, 1994)

What is your ideal place?















Preference for natural environments

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Natural scenes receive higher ratings for beauty than urban scenes (Ulrich, 1993)

BUT WHY?



Evolutionary Adaption

Adaptive preference (Kaplan and Kaplan, 1989)

Preferences for grand view of the landscape with potential for resources

Refuge from danger or threat

Biophilia

Humans have an “innately emotional affiliation... to other living organisms”
(Wilson, 1984)

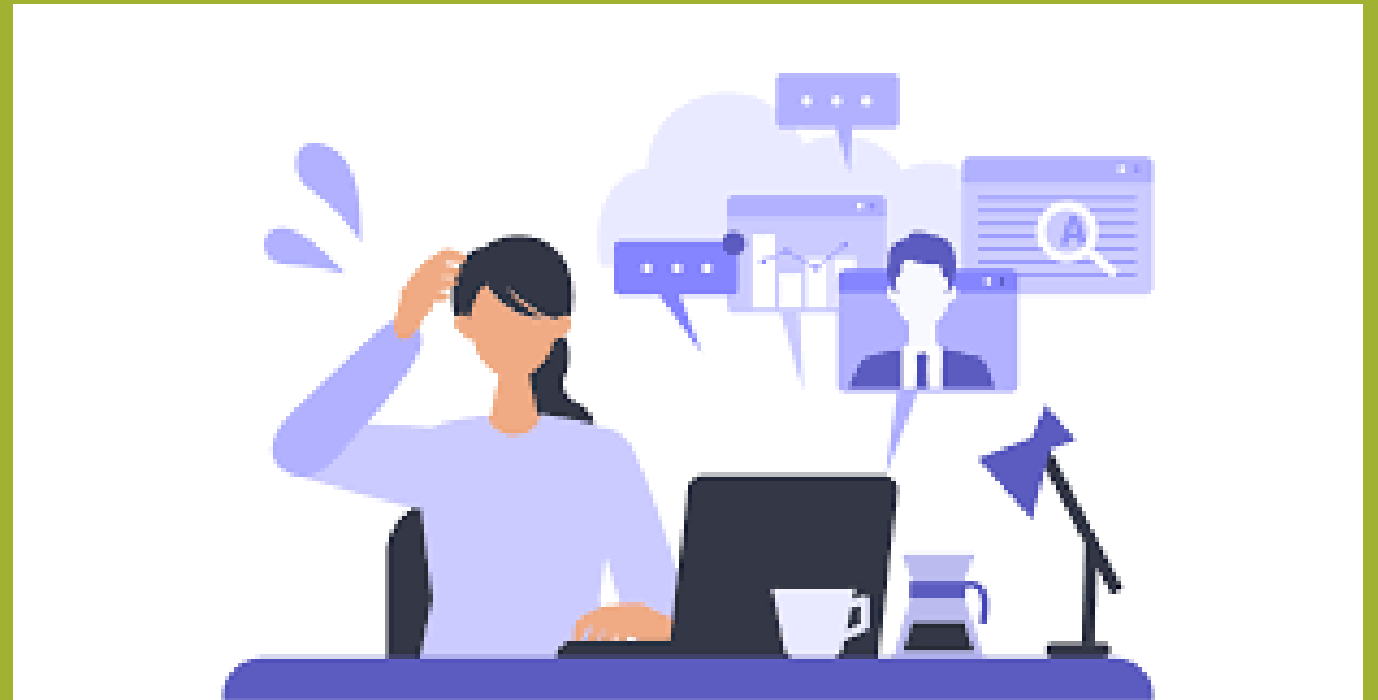


Attention Restoration Theory (Kaplan & Kaplan)

Being away from routine
Soft fascination
Extent
Compatibility

Nature may help renewal of
Cognitive resources
Psychological responses
Physiological responses

Boost creativity
Increase prosocial behaviour



Directed Attention Fatigue

Difficulty concentrating

Irritability

Increased Errors

View of nature (Ulrich, 1984)

Hospitals patients for gallbladder surgery

Patients either had:

- a view of nature

- a view of brick wall

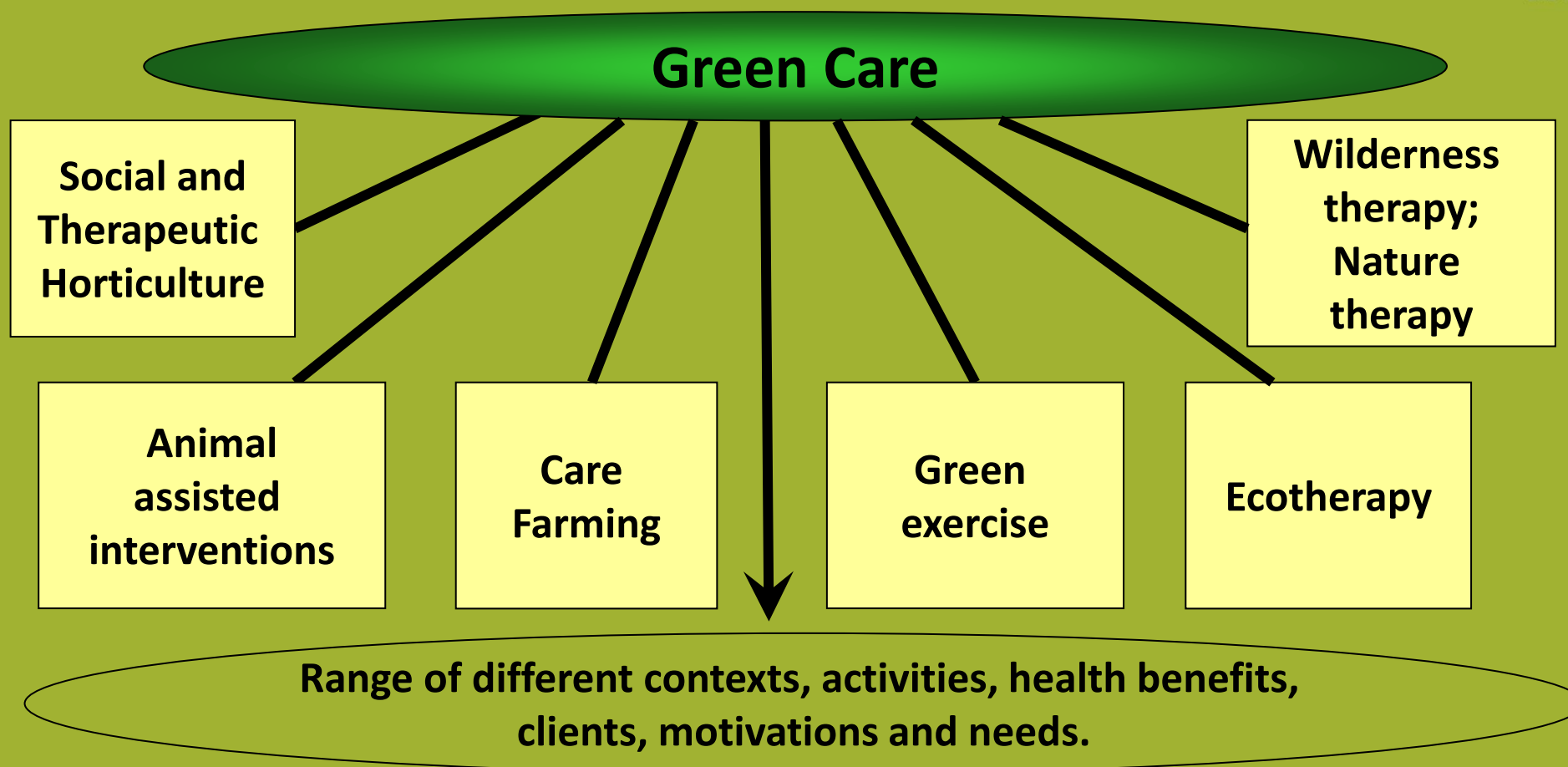
Those with view of nature:

- Took fewer painkillers

- Stayed for 1 less day

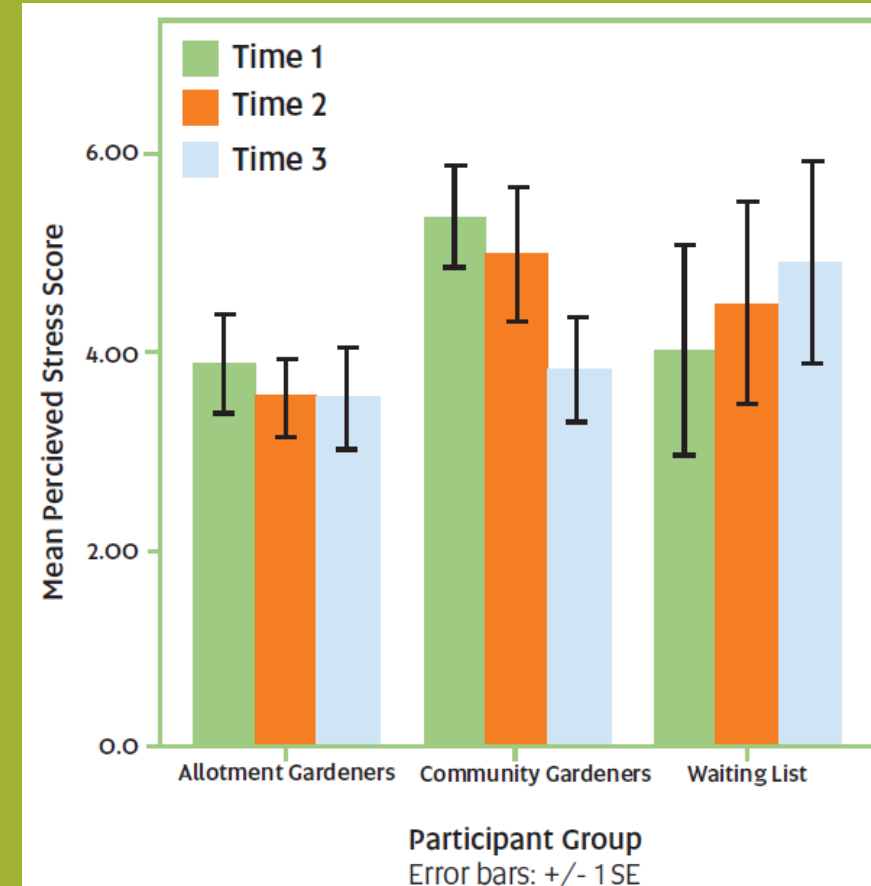
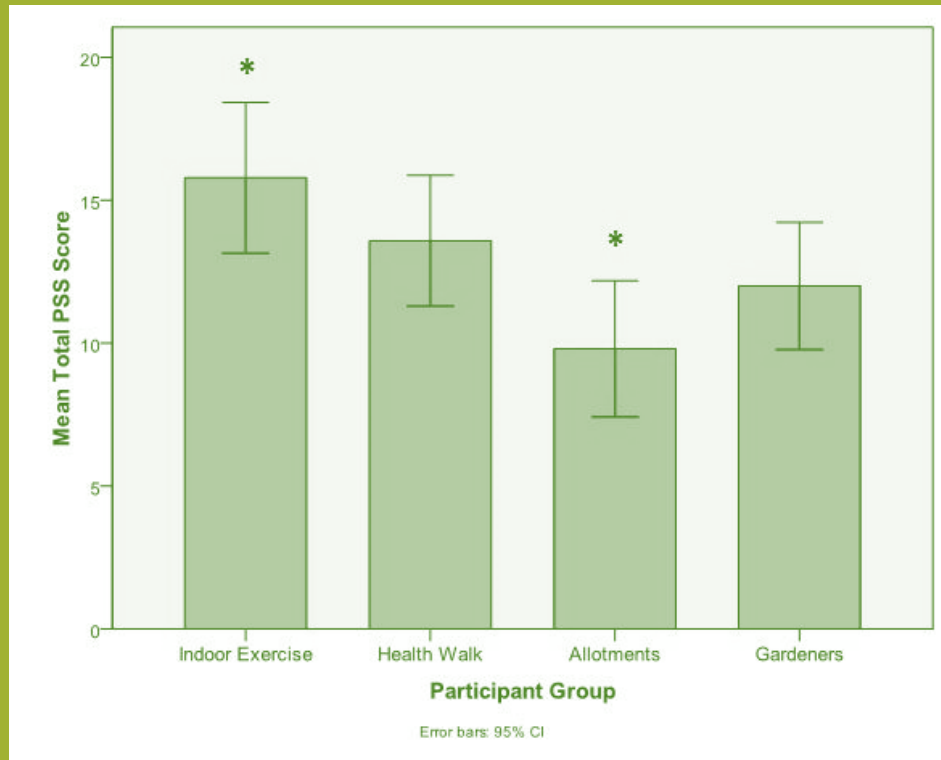
- Received fewer negative evaluations from staff





Rachel Hine (2010)

Allotment gardening and lower levels of stress

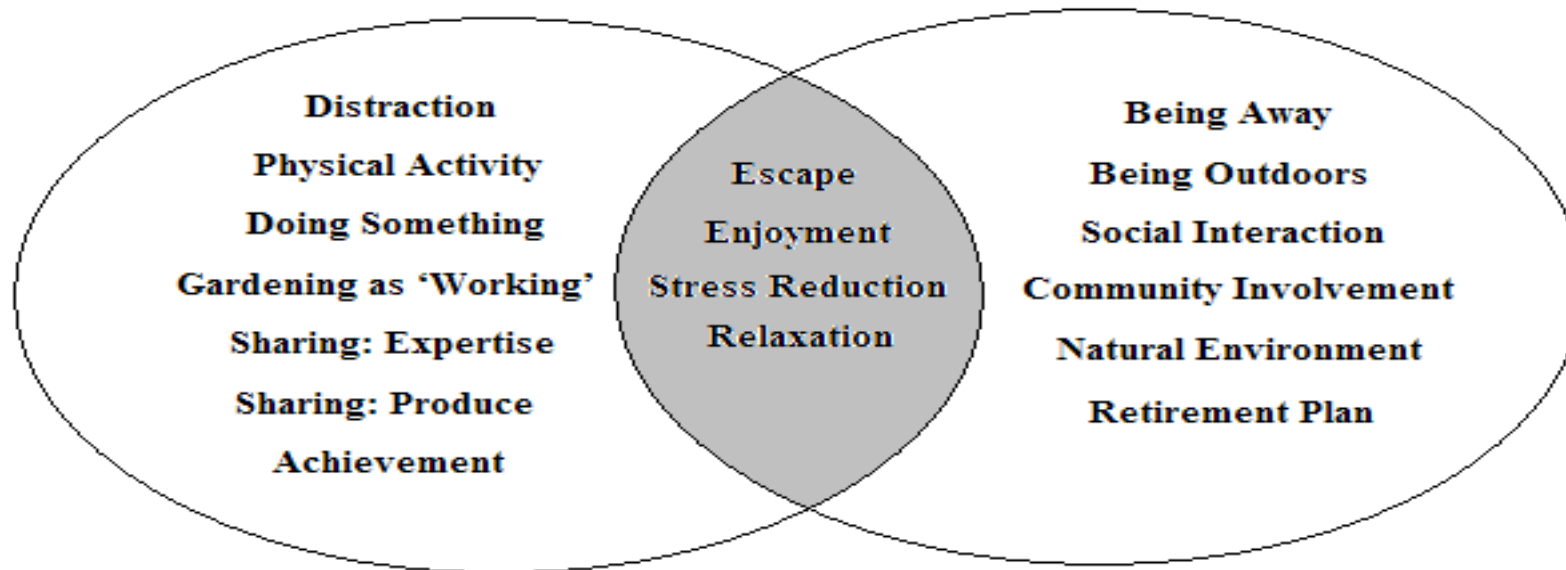


Hawkins, J., Thirlaway, K., Backx, K. & Clayton, D. (2011) Can outdoor physical activity contribute to reduced stress in older adults? *HortTechnology*

The Benefits of Allotment Gardening

Benefits of Gardening Activity 'DOING'

Benefits of the Allotment Landscape 'BEING'



Hawkins,J., Mercer, J., Thirlaway ,K. & Clayton,D (2013) “Doing” Gardening and “Being” at the Allotment Site: Exploring the Benefits of Allotment Gardening for Stress Reduction and Healthy Aging, *Ecopsychology*, vol5, pp110-125

Communal Gardening

Milligan (2004)

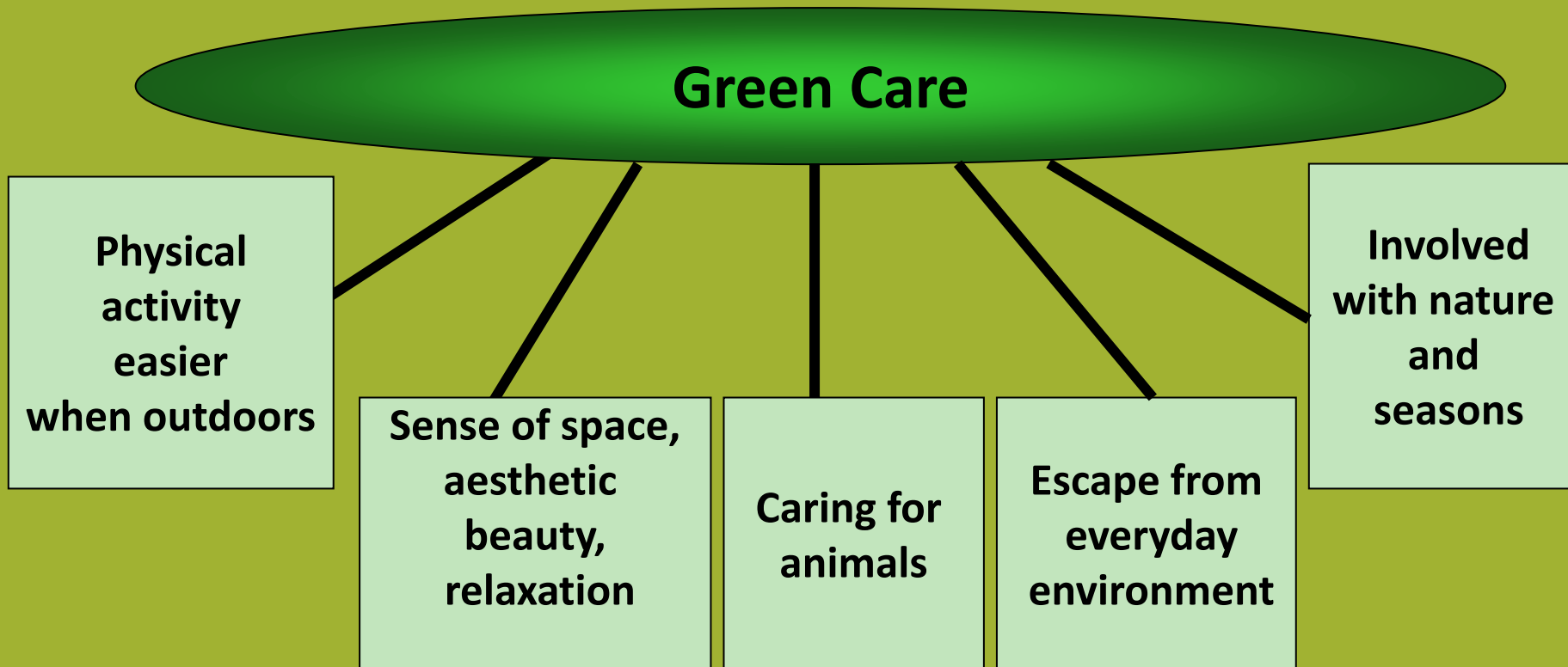
Range of benefits including emotional, social, sense of achievement

But some cautions:

“In my absence ‘Fred’ filled my prepared flower beds with plants from his garden, which was most disappointing. He wasn’t there to see my shocked face. So I started to clear a new plot and make it ready for planting so I could put in plants of my own choice”.



Why might green care be beneficial?



But also: opportunities to engage in creative activities, develop sense of responsibility, increase self-esteem, individual and group social support



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Diolch – Thank you

