

NHS Orkney - Growing our Greenspace Polytunnel Project



Work begins on the site with ground being broken on 4th April 2022



Realistic Medicine Funding

Deliverables: This project delivered on all five key themes of 2020-2021 Realistic Medicine report

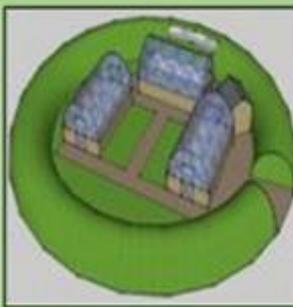
- 1. Health of the Nation**
- 2. Delivering Personalised Care**
- 3. Reducing Health Inequalities**
- 4. Sustainability of our Workforce**
- 5. Green and Sustainable Healthcare**

Engagement began with the local community, staff and patients being asked for feedback to help plan development.



**WE WANT
TO HEAR
FROM YOU**

**NHS Orkney are building three polytunnels in
The Balfour Hospital grounds.**



The polytunnels aim to improve health and wellbeing.

We welcome everyone's feedback.



Complete the survey using the link below or scan the QR code.

<https://forms.office.com/r/K58yhkVntF>



Green Exercise Partnership

An overview

By July 2022 the polytunnels were completed and an open day was arranged where staff and public could come and have a first look at the polytunnels.



**We invite you to visit NHS
Orkney's Polytunnels**



**NHS STAFF CAN
VISIT BETWEEN
12PM – 3PM
&
GENERAL PUBLIC
BETWEEN
4PM – 5.30PM**

**THE
POLYTUNNELS
ARE LOCATED AT
THE BACK OF THE
HOSPITAL**

**SEE STAR ON THE
IMAGE**



Disclaimer: Photographs will be taken on the day and may be shared via social media.



Green Exercise
Partnership

Comments

Comments included:

- *“I have enjoyed being in the space a great deal, even ten or fifteen minute spells leave me feeling more relaxed and re-energised. Returning to work feeling fresh and positive. I have managed to have my lunch there on one occasion and really enjoy being within the space. I look forward to spending more time there during my breaks as well as before and after work in the future. I was so chuffed to see all of my little seeds sprouting and growing. Leigh (Health Visiting Team)”*
- *“What can I say? I think I am privileged to be able to have two plots - not only for growing plants but also for the whole ambience of the place. My husband, 92, has restricted mobility so we often bring over a sandwich lunch to eat on one of the outside benches. And both of us can “dig”, weed and marvel at the speed of growth of everyone’s plants. It is a delightful space and I’m so looking forward to the dark days of winter. Well done to you for having the vision and determination to see the project through. Thank you so very much. Liz”*
- *“We’re thoroughly enjoying having our wee plot, it’s been good to get my partners’ 5-year-old daughter planting fruit and vegetables, to properly understand where all these things come from. It’s so great to have something like this at work, we’re very lucky 😊 Many thanks, Nicola”*

What has been learnt from this?

Have the polytunnels improved your general wellbeing?

- *“I love the polytunnels! Peaceful wee space to dig and delve and see green shoots turn into something edible.”*
- *“We really enjoy our time at the polytunnel, we have met some lovely fellow gardeners and had some fantastic chats about our plans for the plants that we have grown. In our tunnel we have a great community all helping each other out when needed. The children and ourselves always feel more relaxed and content after having our hands in the dirt.”*

Is there anything we can do to improve your user experience?

- *“Not sure there’s much. You’ve done lots of compost bins and given us free compost (that’s frankly amazing!).”*
- *“They could encourage us to use the space more – hold events in there etc.”*
- *“I would love to hear what people are using them for in the weekly comms or something.”*

We asked users what the polytunnels meant to them

- *“Having the tunnel means so much to us from understanding about seeds / plants having patience for the plants to grow, definitely enjoying the fruits e.g.: peas (so far) just having a lovely place to sit and think.”*
- *“Super facility that can be used by people to teach children and young people how we get a lot of our food, and that it can be done at home rather than buying everything. A good opportunity for them to gain appreciation of what is on their plates.”*
- *“They’re a space to be outside in work time or surrounded by nature. It can be a nice alternative place for having meetings with colleagues.”*



