

Cultivating Wellbeing:

Unpacking the Health and Well-Being Benefits of Growing Edible Plants for NHS24 Employees

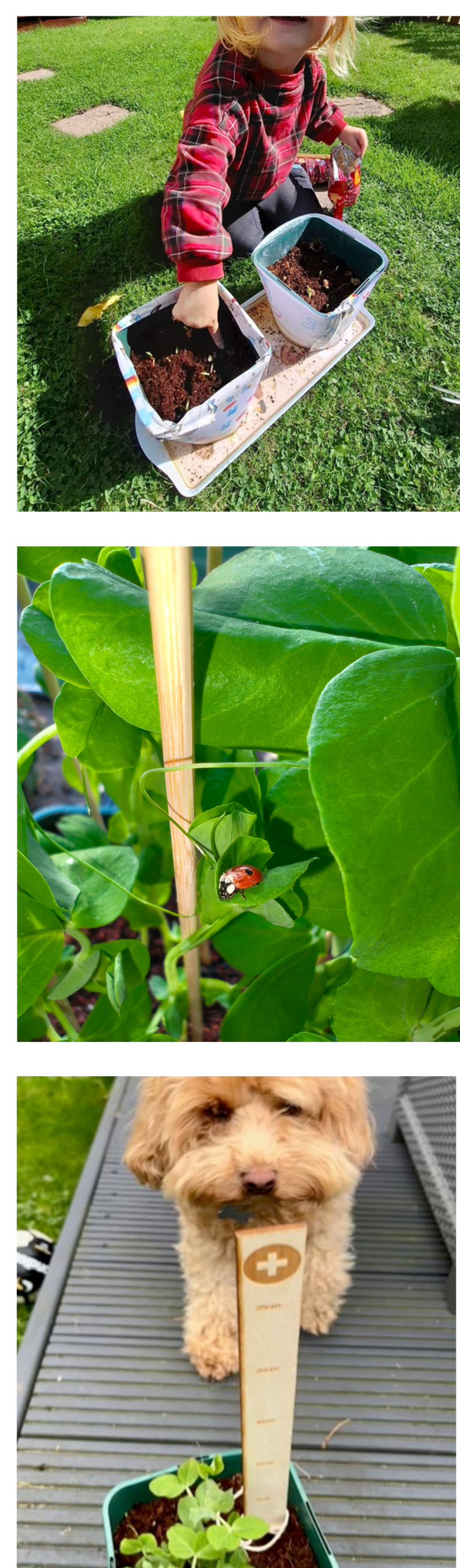
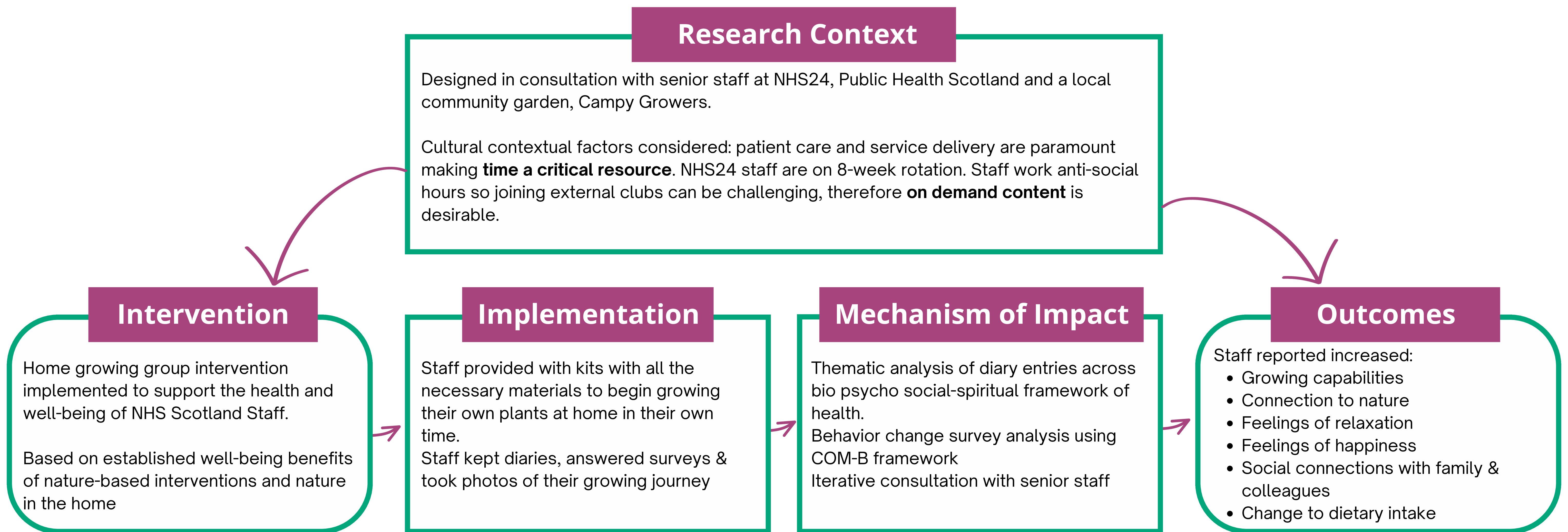


Authors

Dr Laura MacLean, Dr Andrew Wodehouse, Dr Sarah Morton, Dr Sarah Bowyer, (Do we include NHS partners names e.g., Freddi?)

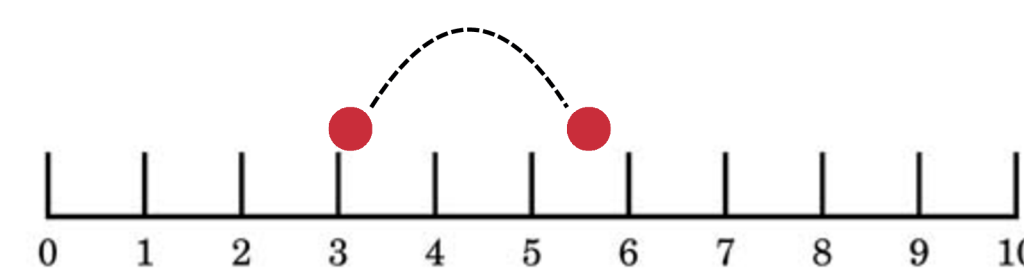
Affiliations

Design HOPES, The University of Strathclyde, The University of Edinburgh, NHS Highland, NHS 24, Public Health Scotland, Campy Growers

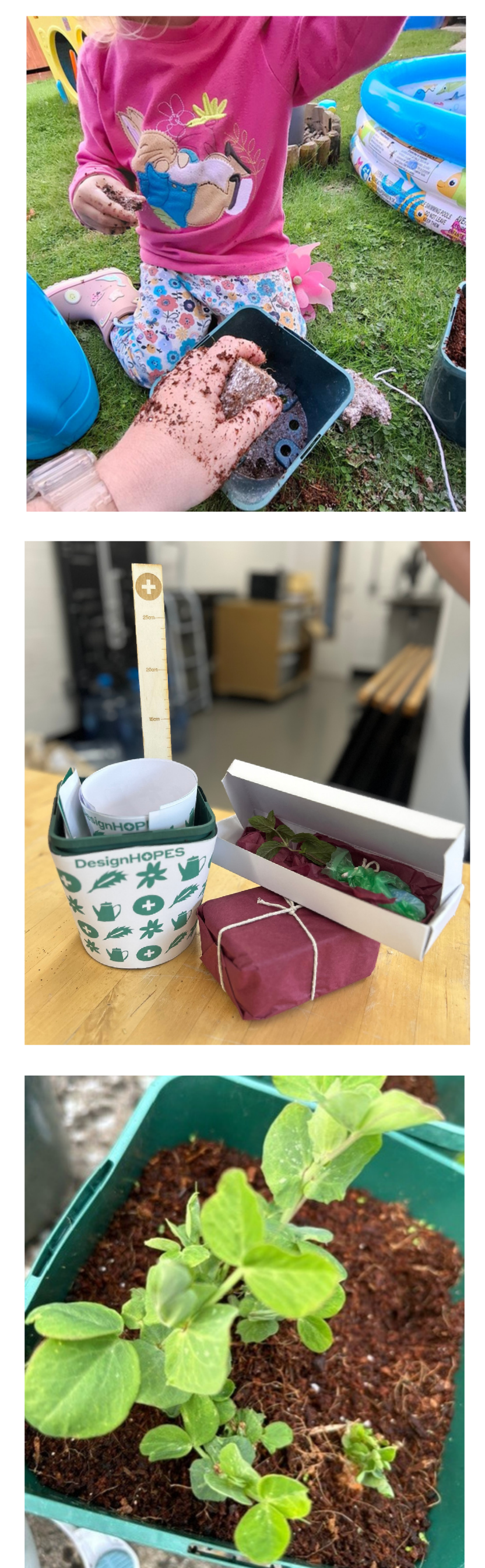
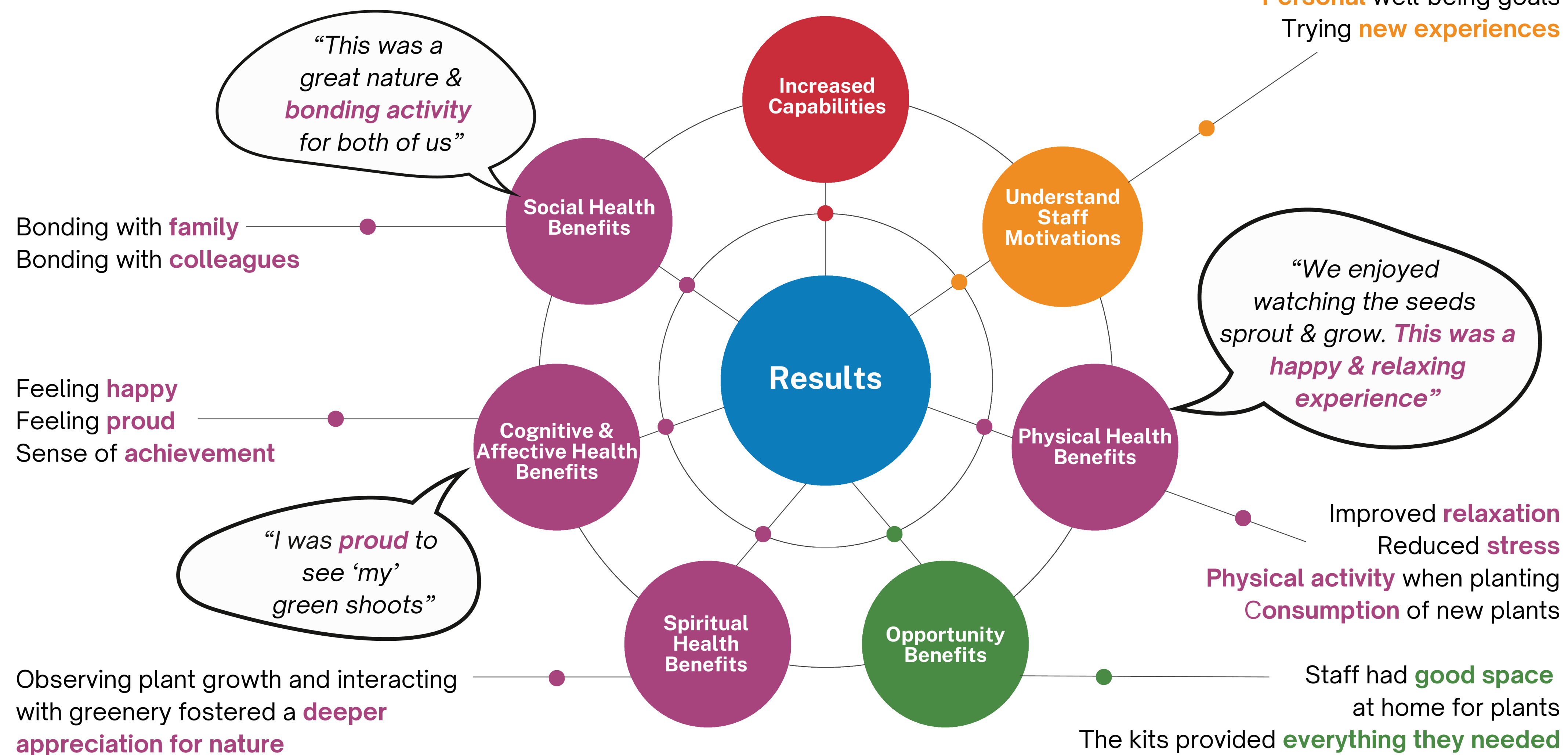


Results: Bio Psycho Social Spiritual Health Benefits & Behaviour Change Potential

16 Participants joined group voluntarily



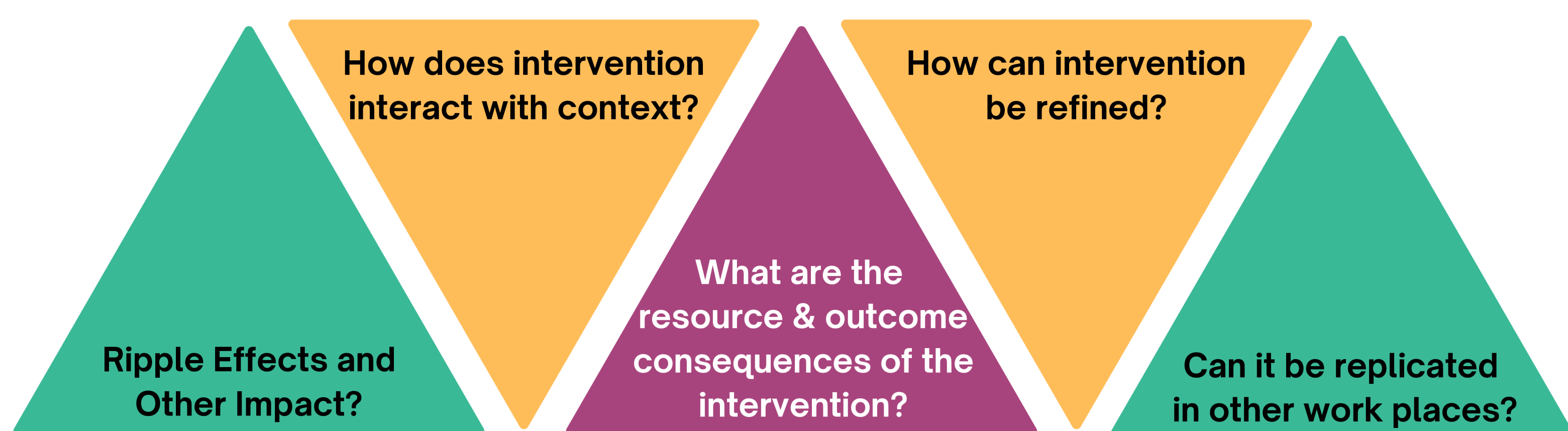
Interest in **nature**
Helping improving **workplace** well-being
Personal well-being goals
Trying **new experiences**



MRC Evaluation: Going beyond intended outcome

Time was the key challenge identified due to busy work demands. Recommend flexible options to accommodate diverse schedules.

Diaries and photos provided valuable data **but required high time commitment**. Explore easier data collection methods to reduce burden



Participants involved family in planting, watering, and decorating, **extending the interventions benefits to others**

By leveraging community garden resources to create low-cost kits, the **benefits to staff and their families proved highly worthwhile**

This pilot demonstrated the study's **feasibility**, with minor tweaks making it adaptable to other contexts

Conclusion

The intervention demonstrated clear **health and wellbeing benefits for participants**, alongside increased confidence in growing plants.

Many participants expressed a strong intention to continue growing, **highlighting the potential for sustained behaviour change**.

To ensure long-term impact, partnerships with gardening and nature-based organisations are recommended to provide ongoing support and resources. **Feedback from this pilot phase will inform the development of a scalable model tailored to other workplace environments**.

Stakeholders from NHS24 and Public Health Scotland **remain actively engaged in refining the programme for Stage 2**, where these enhancements will be implemented to maximise success and reach.