

**PWYLLGOR CRONFA ELUSENNOL
CHARITABLE FUNDS COMMITTEE**

DYDDIAD Y CYFARFOD: DATE OF MEETING:	21 June 2024
TEITL YR ADRODDIAD: TITLE OF REPORT:	Development of Therapeutic Gardens at Prince Philip Hospital
CYFARWYDDWR ARWEINIOL: LEAD DIRECTOR:	Andrew Carruthers, Director of Operations
SWYDDOG ADRODD: REPORTING OFFICER:	Nicola Llewelyn, Head of Hywel Dda Health Charities Guto Davies, Service Manager Older Adult Mental Health Services Stuart Bancroft, Assistant General Manager Prince Philip Hospital

Pwrpas yr Adroddiad (dewiswch fel yn addas)

Purpose of the Report (select as appropriate)

Ar Gyfer Penderfyniad/For Decision

**ADRODDIAD SCAA
SBAR REPORT**

Sefyllfa / Situation

This paper presents a funding request of £2,088.00 to appoint a professional services cost advisor to provide a project outturn cost for the development of therapeutic and dementia friendly gardens at Prince Philip Hospital (PPH).

Cefndir / Background

Mynydd Mawr ward is a 15 bed elderly care rehabilitation unit and Bryngolau ward is a 15 bed Older Adult Mental Health Unit. The wards are located next door to each other on the ground floor of PPH and both wards have access to enclosed outdoor spaces. However, these areas are not currently in use and are not suitable for the patient groups cared for on the wards for the following reasons:

- The paths and walking areas are uneven as the tarmac has lifted due to tree root progression.
- There are no handrails to support frail patients.
- Seating and raised boarders have become unsafe and rotten.
- Plants and shrubs have prickles and thorns.
- There are no covered areas to provide shelter from the sun or light rain.

It has long been recognised that patients of Mynydd Mawr and Bryngolau wards would benefit significantly from having access to safe, stimulating and therapeutic outdoor spaces. The ward teams have been working since 2018 to develop and implement plans for improvement works. However, due to lack of sufficient funds and delays as a result of the COVID-19 pandemic these plans have not been realised.

In 2023, a Project Team was formed to oversee the project and delivery of a capital scheme to modernise and improve the outdoor spaces at Mynydd Mawr and Bryngolau wards. The

Project Team is comprised of representatives from the PPH Unscheduled Care and Mental Health and Learning Disabilities (MHL) management teams, PPH Estates Team, HDdUHB Design Team, and the Hywel Dda Health Charities (HDdHC) Fundraising Team.

In November 2023, the HDdHC fundraising team launched a capital fundraising appeal to raise funds to improve the outdoor areas, a key objective of the charity's 2023/24 work plan.

Asesiad / Assessment

1. The proposal

The main aim of the PPH gardens project is to create individual therapeutic and dementia friendly gardens for Mynydd Mawr and Bryngolau wards to improve the experience and rehabilitation of patients to help aid recovery and thus decrease their length of stay in hospital.

There is a growing body of evidence¹ (see below) that documents the benefits of access to nature and green spaces for both mental and physical health, including positive outcomes for heart rates and blood pressure, stress levels, mood and self-esteem.

The vision is that the new gardens will provide a mix of sensory, multipurpose spaces for patients, staff and visitors to enjoy. The spaces will be enclosed for safety, privacy and security and have consideration for hard and soft landscape materials appropriate to dementia care.

The gardens will provide tranquil, intimate spaces with seating and sensory planting which will provide colour, fragrance and texture all year round as well as attracting wildlife. The gardens will also include multi-purpose areas to accommodate rehabilitation exercise and activities.

The gardens will create sanctuary and immersion in nature; a natural and accessible place away from the wards, a place for patients to meet with family and friends, a place for relatives to take a break or enjoy privacy with their loved-one, and for staff to take a well-earned break.

2. What will be delivered?

To achieve the aim of the project, the following upgrading works to the existing gardens will be delivered:

- Creation of dementia friendly walk and pathways.
- Handrails around main walkways for increased safety and stability.
- Level and bound surfaces suitable for wheelchairs and to prevent trip hazards.
- Sheltered outdoor spaces for dining, resting and therapy.
- Smaller intimate spaces for quiet contemplation and private time with visitors.
- Spaces adjacent to seating areas for wheelchair users, and wheelchair-accessible outdoor furniture.
- Creation of new raised bowls lawn with edge ditches and other multiuse spaces.
- Gardening activities to keep patients active and engaged, introducing a potting shed and accessible raised planters which everyone can reach.
- Artwork and installations to stimulate the senses.
- Planting of dementia-friendly herbs and fruits to stimulate sight, touch and smell.
- Tactile, colourful and varied planting and grass areas to stimulate the senses, evoke memories and vary textures underfoot.
- Bird feeders and native rich planting to encourage birds and other wildlife to visit and provide birdsong.

¹ <https://nhsforest.org/evidence/>

The project brief has been developed by the Mynydd Mawr and Bryngolau ward teams and approved by the PPH Unscheduled Care and MHL D management teams.

Preliminary concept designs have been prepared by the HDdUHB Design team:

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Site Location Plan 1:1000

Description of Work: Bryngolau Ward Garden, Prince Philip Hospital

- Removal and disposal of existing terraced area (area 200m²).
- Prepare ground levels.
- Remove and dispose of existing planters.
- Supply and fit new polymer resin area (size 200m²).
- Supply and install six 400mm diameter steel powder coated handrail system around planting area.
- Reduce timber boundary fence.
- Pressure wash existing disabled area (area 50m²).
- Ground excavation and 1.0m x 1.0m x 1.0m(2) base for putting shed.
- Supply and build roofed putting shed.
- Supply and build 2 no. 600 x 3.2m pergolas with seating area.
- Supply and build 1 no. 1.0m x 1.0m x 1.0m(2) raised beds with edge ditch.
- Supply and build 1 no. 1.0m x 1.0m x 1.0m(2) raised beds with low maintenance planting.
- Re-level level area for the new path.
- Vegetation cut back and clearance to existing boundary hedge.

Walking

- Walking and/or other activities to keep some active and engaged.
- Raised platform for both sensory and tactile planting, to make sensory and provide colour, smell, touch.

Accessible

- Handrails around main walkways for increased mobility.
- Accessible planters, to enable all users access to plant beds.
- Access subject to meeting area for wheelchair users, and wheelchair accessible outdoor furniture.
- Level surface and board surface, suitable for wheelchairs and avoiding trip hazards.

A garden for all five senses

- Planting, removal and installation designed to stimulate senses, and make sensory.
- Use fragrant and colorful low maintenance planting to create visual impact and stimulation rather than planting and borders to encourage touch and other senses to provide sensory options for wheelchairs. Consider use of water if possible.
- Areas for tactile planting, herbs and fruits to stimulate sight, touch, smell and taste.
- Tactile and sound planting touch screen. Area of grass to vary textures underfoot.
- Artwork and subject area designed to provide triggering memory (i.e. recalling a childhood game or activity).

Description of Work: Mynydd Mawr Garden, Prince Philip Hospital

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GIG NHS Bristol and the Glos. Health Partnership
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 University Health Board

Project: Proposed Refurbishment & Modernisation Works at Bryngolau and Mynydd Mawr Gardens, Prince Philip Hospital, Llanelli

16/10/2023

A selection of 3D images which provide an impression of the proposed gardens are provided as Appendix 1.

3. Financial position

3.1 Availability of funding

The combined value of charitable funds held by Mynydd Mawr and Bryngolau wards is £138,037.04 (as of 31 March 2024). The value of funds held by Mynydd Mawr ward has increased significantly following the recent receipt of a generous legacy from a former patient.

The value of funds earmarked for the project by the PPH Unscheduled Care and the MHL D management teams is £108,786.75 (as of 31 March 2024).

This can be broken down as follows:

Fund details	Type of fund	Balance 31.03.24	Proposed contribution	Status
T429 Bryngolau Fund	Legacy	£3,225.30	£3,225.30	Uncommitted
T691 Bryngolau Ward PPH	Unrestricted	£14,795.41	£6,774.70	Uncommitted
		£18,020.71	£10,000.00	
T253 Mynydd Mawr Rehabilitation Unit	Legacy	£25,142.64	£25,142.64	Committed in 2019
T742 Mynydd Mawr General Purposes	Unrestricted	£13,911.36	£13,911.36	Committed in 2019
T742 Mynydd Mawr General Purposes	Unrestricted	£67,175.58	£45,946.00	Uncommitted
		£106,229.58	£85,000.00	
		Balance 31.05.24		
T592 PPH Gardens Appeal	Restricted	£13,786.75	£13,786.75	Uncommitted
		£13,786.75	£13,786.75	
		Total £138,037.04	£108,786.75	

3.2 Fundraising appeal

The proposal to develop and launch a capital fundraising appeal for therapeutic patient gardens at Mynydd Mawr and Bryngolau wards was included in the charity's workplan for 2023/24, presented to the CFC for consideration in March 2023. Updates on the progress of the fundraising appeal have been provided to the CFC on a quarterly basis via the Integrated Performance Report.

The appeal is being delivered as a secondary purpose appeal where the priority is to apply donations to the primary purpose (develop therapeutic gardens for patients), with provisions made in appeal literature for what would happen to any funds left over after the primary purpose has been achieved or should not enough funds be raised to carry out the primary purpose.

The appeal has unfortunately not generated the level of charitable donations that was hoped during the first six months of delivery; as of 31 May 2024 the appeal had reached 14% of its fundraising target (£13,786.75).

This is despite extensive and regular printed and social media coverage, both online and in print, including a fortnightly appeal page in the Llanelli Star, a sustained social media campaign, a high-profile endorsement from rugby referee Nigel Owens, engagement with local businesses as well as a number of community and staff fundraising events taking place across the locality.

Fundraising and communications plans have been refined following the first six months of delivery and the Hywel Dda Health Charities (HDdHC) fundraising and communications team continues to drive the appeal, to raise further awareness and increase income levels to meet the appeal's target.

4. Next step – detailed cost plan

The CFC is asked to consider and approve a funding request of £2,088.00 (£1,740.00 & VAT) from the Support for Life General Fund (T600) to appoint a professional services cost advisor. This is deemed necessary to provide a project outturn cost in line with current market conditions and to advise on the scope and specification of the project. This cost is based on a formal quotation received following a quotation exercise and has been calculated by the supplier in accordance with the Welsh Procurement Alliance Framework.

Following establishment of the budget cost, advice will be sought from NHS Wales Shared Services Partnership (NWSSP) Procurement Services on the most appropriate procurement routes for the project.

For future charitable funded schemes or fundraising appeals of this nature, early engagement of external cost advisors to establish a budget cost estimate will be a requirement of the planning process. This was not part of the HDdUHB 'Mandatory Project Approval Process Prior to Tender for Construction and Engineering Projects' when this project was initially developed however following the lessons learnt from the Bronglais Hospital Chemotherapy Day Unit, this will now be an essential step of the planning process.

When the project outturn cost is known, recommendations will be presented to the September 2024 CFC meeting for consideration on how the project's objectives can be achieved, in line with the value of funding available. It is likely that this will involve a two-phase strategy for the delivery of the project, in line with the value of funding available.

5. Ongoing maintenance of the gardens

It is vitally important that once developed, the gardens are regularly maintained to the highest standards to ensure their longevity and that they can continue to be accessed by patients long into the future. It is proposed that the ongoing maintenance of the gardens will be undertaken as follows:

- PPH Estates team: Maintenance of grounds and gardens will be aligned with contractual arrangements for the PPH site. A planned preventative maintenance schedule for the upkeep of the gardens will be developed and the local Estates team will respond to reactive calls for ad hoc reported defects.
- Shades of Green: The Shared Prosperity funded project, in partnership with the National Botanic Garden of Wales, aims to recruit and train 150 volunteers that will provide a long-term opportunity for the involvement of patient cohorts, staff groups and community partners in helping to maintain the gardens.
- HDdUHB volunteers: A targeted recruitment for volunteers to specifically support the maintenance of the gardens will be undertaken. This will include working with local educational establishments, third sector organisations and businesses to proactively recruit support.
- HDdUHB Green Health Network: The local green health networks provide opportunities for staff across the health board to share ideas, project work and expertise in green health. Opportunities to support the ongoing maintenance and future development of the gardens will be promoted to the PPH network.

Argymhelliad / Recommendation

The CFC is asked to **CONSIDER** and **APPROVE** a funding request of £2,088.00 from the Support for Life General Fund (T600) to appoint a professional services cost advisor to provide a project outturn cost for the development of therapeutic and dementia friendly gardens at PPH.

Amcanion: (rhaid cwblhau) Objectives: (must be completed)	
Committee ToR Reference: Cyfeirnod Cylch Gorchwyl y Pwyllgor:	4.20 The following thresholds are approved in the Charitable Funds Procedure: "Expenditure less than £10,000 shall only need approval by the nominated fund manager. All expenditure in excess of £10,000 and up to £50,000 will require the approval of the Charitable Funds Sub-Committee. Expenditure in excess of £50,000 will require the approval of the Charitable Funds Committee. Expenditure over £100,000 will require the approval of the Corporate Trustee".
Cyfeirnod Cofrestr Risg Datix a Sgôr Cyfredol: Datix Risk Register Reference and Score:	Not applicable
Parthau Ansawdd: Domains of Quality Quality and Engagement Act (sharepoint.com)	1. Safe 3. Effective 5. Equitable 6. Person-Centred
Galluogwyr Ansawdd: Enablers of Quality: Quality and Engagement Act (sharepoint.com)	4. Learning, improvement and research 5. Whole systems perspective
Amcanion Strategol y BIP: UHB Strategic Objectives:	1. Putting people at the heart of everything we do 3. Striving to deliver and develop excellent services 4. The best health and wellbeing for our individuals, families and communities 6. Sustainable use of resources
Amcanion Cynllunio Planning Objectives	Not Applicable
Amcanion Llesiant BIP: UHB Well-being Objectives: Hyperlink to HDdUHB Well-being Objectives Annual Report 2021-2022	3. Promote the natural environment and capacity to adapt to climate change 7. Plan and deliver services to enable people to participate in social and green solutions for health Choose an item. Choose an item.

Gwybodaeth Ychwanegol: Further Information:	
Ar sail tystiolaeth: Evidence Base:	Green health in Hywel Dda - Hywel Dda University Health Board (nhs.wales) Green Space for Health Centre for Sustainable Healthcare Evidence Archive - NHS Forest Health Report Summary - CONFIDENTIAL UNTIL 20 July 2023.pdf (gwentwildlife.org) How nature benefits mental health - Mind
Rhestr Termau:	Included within the main body of this report.

Glossary of Terms:	
Partïon / Pwyllgorau â ymgynhorwyd ymlaen llaw y Pwyllgor Cronfa Elusennol: Parties / Committees consulted prior to Charitable Funds Committee:	PPH Unscheduled Care management team MHLD management team HDdUHB Design team HDdHC fundraising team

Effaith: (rhaid cwblhau) Impact: (must be completed)	
Ariannol / Gwerth am Arian: Financial / Service:	No HDdUHB capital funds available to support a project of this nature hence a request for charitable funds being made.
Ansawdd / Gofal Claf: Quality / Patient Care:	The improvement works and creation of therapeutic and dementia friendly gardens will significantly improve the experience and rehabilitation of patients and help decrease their length of stay in hospital.
Gweithlu: Workforce:	This project will not result in any additional workforce costs however it will have a positive effect on the current workforce.
Risg: Risk:	There is a risk that the project will not proceed further if funds are not approved to appoint a professional services cost advisor. There is also a reputational risk if the funds raised to date for this project cannot be spent to achieve aims of the project.
Cyfreithiol: Legal:	Not applicable for this paper.
Enw Da: Reputational:	As this project directly benefits patients, their families and staff there is no likelihood of public/patient opposition.
Gyfrinachedd: Privacy:	Not applicable for this paper.
Cydraddoldeb: Equality:	An EqlA is not considered necessary for a project of this nature.

Appendix 1

**BrynGolau/Mynydd Mawr Dementia Garden.
Proposed Visuals**

