

Urban Gardening as an Opportunity for Occupation-Based Participatory Citizenship

a presentation by students of HAWK Hildesheim,

BSc Degree Course Occupational Therapy

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Structure

- **The Neighbourhood: Hildesheim Nordstadt**
- Occupational Therapy And Community Gardening
- Looking For Suitable Sites
- Kick-off-Project: Raised Bed
- Concept: International Garden
- Conclusion

The neighbourhood: Hildesheim Nordstadt

- Community development initiative in a poor neighbourhood
 - This neighbourhood is Hildesheim-Nordstadt



The neighbourhood: Hildesheim Nordstadt

- One aspect of community development is the initiation of community activities through the design of public space
- In Nordstadt there are people of different cultures, ages and social backgrounds
- There are few parks and green areas



Picture: Anne-Sophie Arens

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Occupational Therapy and Community Gardening

- Community gardening as a possibility of recognition and inclusive of people with a migration background
- Health-promoting effects
- Support in the development of personal initiative

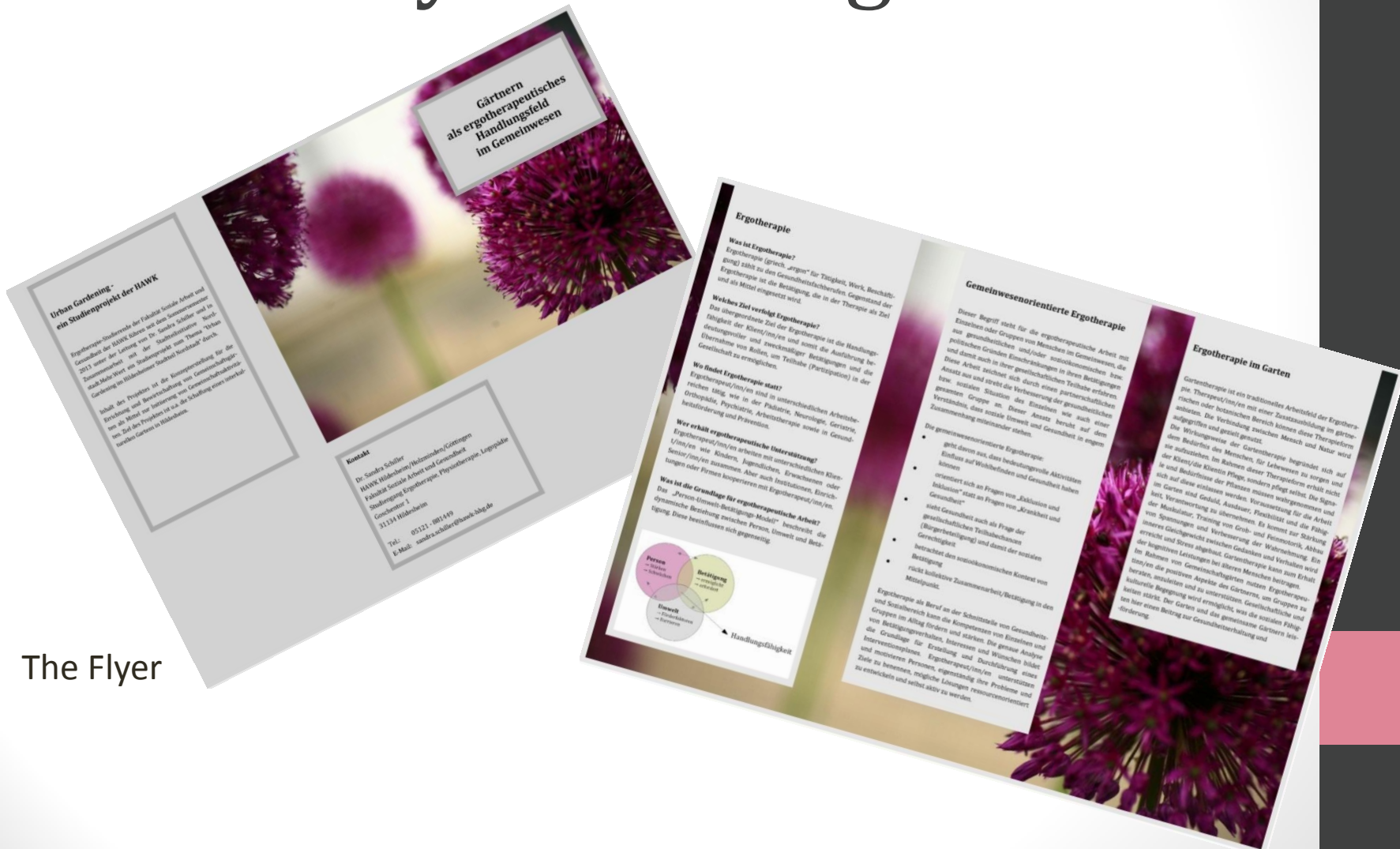
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Occupational Therapy and Community Gardening



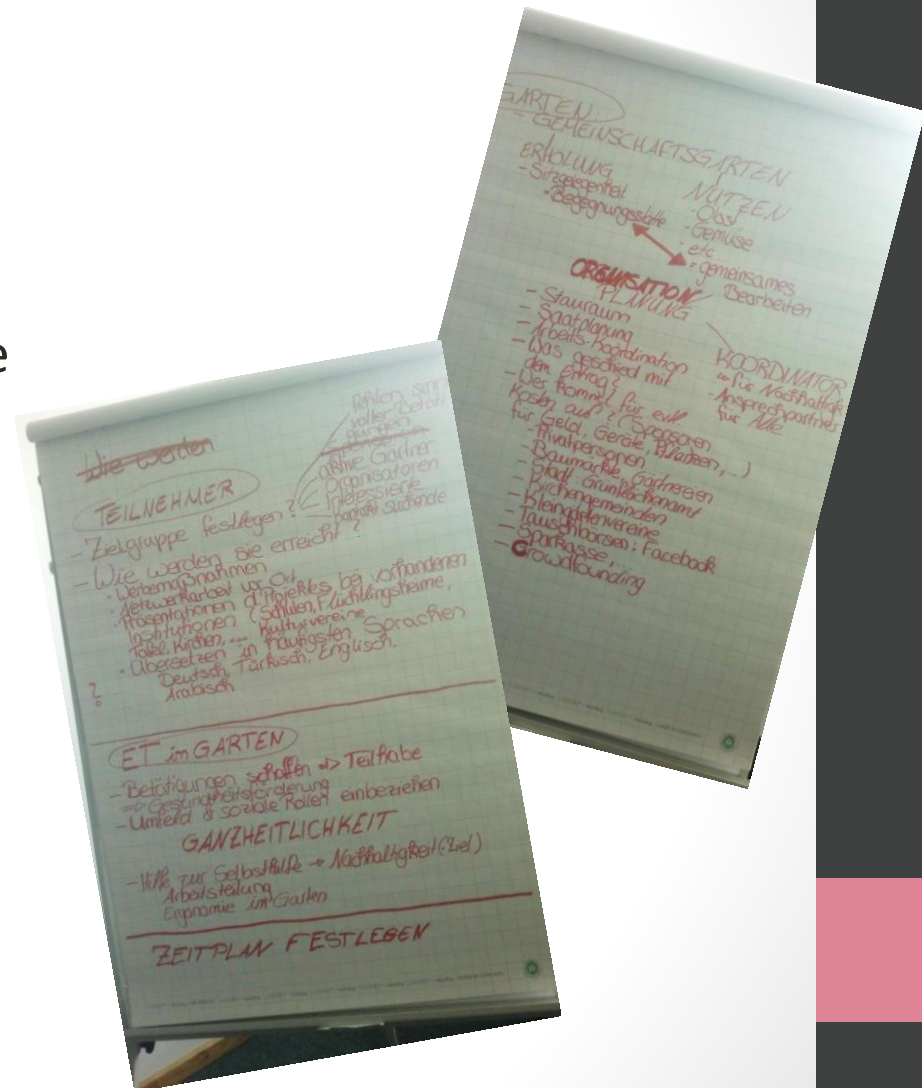
The Flyer

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Looking For Suitable Sites

- Brainstorming to find ideas for putting our project into practice
- Basis for any further planning we needed to locate suitable sites for urban gardening projects in nordstadt
- Those should provide the opportunity to lay out different gardens with public access



Looking For Suitable Sites

- The search took place in various ways:
 - Talking with a community worker
 - He drew our attention to a playground which will be dismantled soon
 - We ourselves went for walks and bike rides in this part of the city to get an overview about possible gardening sites
 - the search resulted in several potential sites
 - We contacted various housing companies
 - they were not able to help us with a suitable site

Looking For Suitable Sites

- All potential sites were collected in a list
- Basis for future urban gardening projects by students and other interested persons in the neighbourhood

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The Raised Flower Bed

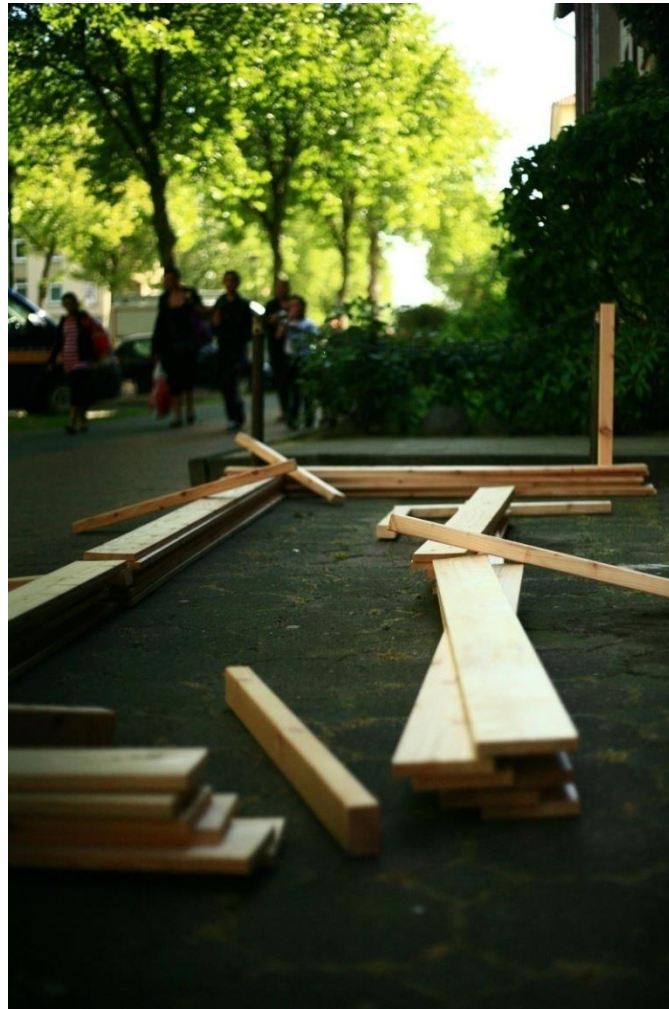


Picture: Dr. Sandra Schiller

The Raised Flower Bed

- Collaboration with the „neighbourhood shop“
 - We decided to jointly build a raised flower bed in front of the “neighbourhood shop“
- Therefore we....
 - drew a sketch of the raised flower bed
 - prepared a plan for possible flowers and eatable plants
 - wrote a list of the materials needed and a cost estimate
- Sponsors:
 - hardware store, garden centre, wood supplier, allotment association

The Raised Flower Bed



The Raised Flower Bed



Picture: Carla Liebig

The Raised Flower Bed



Picture: Carla Liebig

The Raised Flower Bed



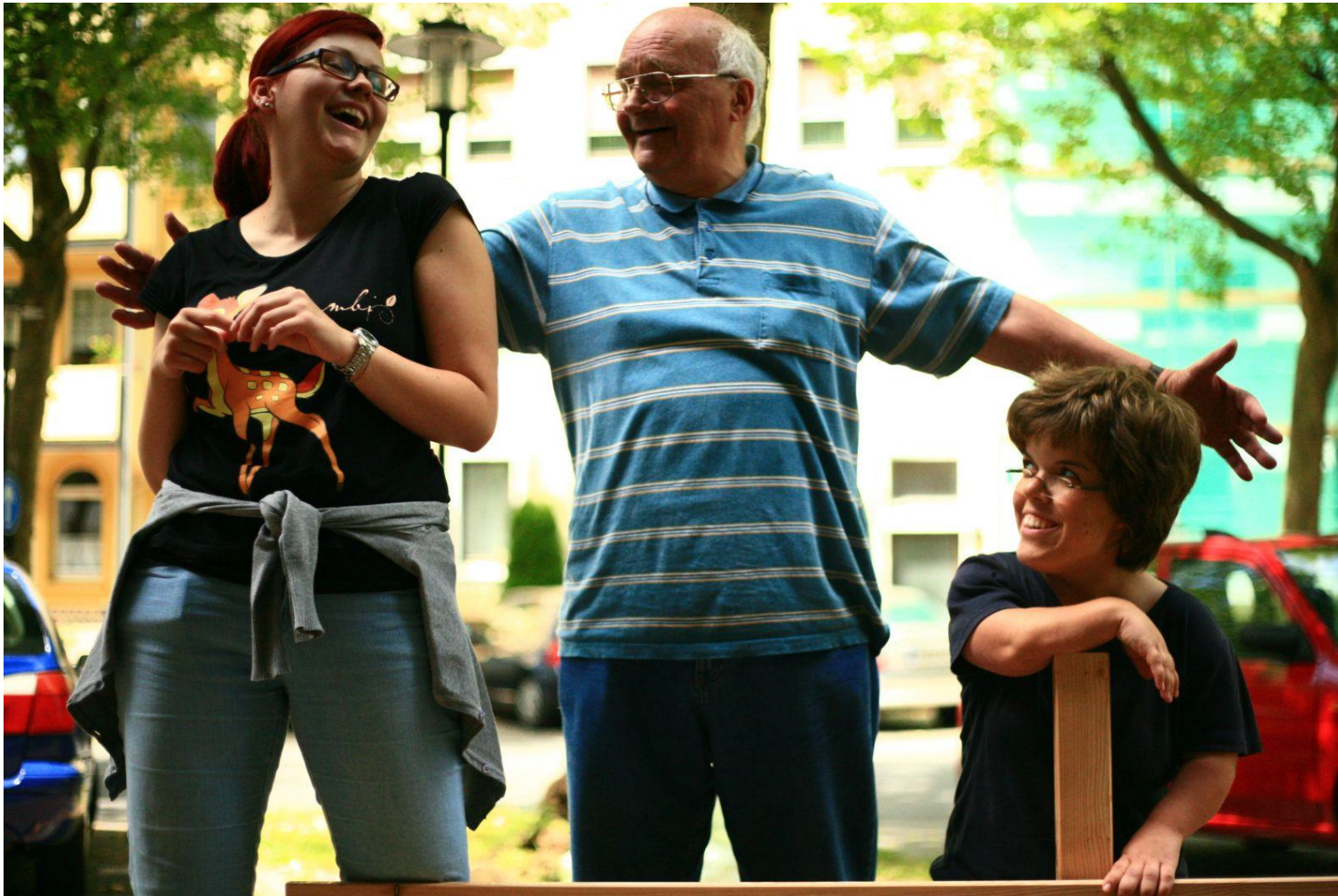
Picture: Rebecca Heim

The Raised Flower Bed



Picture: Carla Liebig

The Raised Flower Bed



Picture: Carla Liebig

The Raised Flower Bed



The Raised Flower Bed



Picture: Norbert Jaekel

The Raised Flower Bed



Picture: Carla Liebig

The Raised Flower Bed



Picture: Norbert Jaekel

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The Raised Flower Bed



The Raised Flower Bed



Picture: Rebecca Heim

The Raised Flower Bed



Picture: Rebecca Heim

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Picture: Rebecca Heim

The Raised Flower Bed



The Raised Flower Bed



The raised flower bed



The Raised Flower Bed



Picture: Hildesheimer Allgemeine Zeitung

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International Garden Hildesheim

- playground in municipal ownership
- imminent closure because of financial conditions
- concept for re-use needed
- dialogue with representative of the town: endorsement of the concept → positive feedback

International Garden Hildesheim

- Utilization Concept
 - inspection of the area
 - identification of given conditions

International Garden Hildesheim



Entrance to the
future garden

International Garden Hildesheim



International Garden Hildesheim



Picture: Dr. Sandra Schiller

International Garden Hildesheim



Picture: Dr. Sandra Schiller

International Garden Hildesheim



Picture: Dr. Sandra Schiller

International Garden Hildesheim

- Utilization Concept
 - discussion with active gardeners
 - seeking of professional opinions and advices

International Garden Hildesheim

- Utilization Concept
 - construction of an exemplary utilization concept:
 - central useful range with raised beds: well in the middle, four sections around
 - areas for passive usage of the garden and for social gatherings: places for BBQ, picnic, relaxation, sunbathing, table-tennis
 - herb spiral witch also can be used as scent- and touch-garden

International Garden Hildesheim

- Utilization Concept
 - flower field
 - boundary and plantation under trees with bushes, honey plants and edible wild herbs
 - construction of a compost
 - construction of a garden shed (idea: mobile cottage for selling fruit and vegetable)
- specific concept will be issued in collaboration with future project participants and cooperation partners

International Garden Hildesheim

- Clarification of basic conditions – further steps
 - finding of interested participants
 - introducing the project in the neighbourhood
 - talks with interested individuals and institutions
 - involvement of people:
 - who lack meaningful occupation
 - experience limited social participation
 - founding of an association

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Conclusion

- Using and expanding professional skills
- Gain experiences with occupational therapy in gardening and in the community
- Build a network and instruct community activities
- Gardening as health promotion
- The Garden as a meeting place and a topic of conversation

Conclusion

- Reflection of the whole process of the project with the “neighbourhood shop”
 - Formulate a common outcome
 - Clarify everyone’s requirements and expectations
 - Good planning and preparation
 - To encourage collective activities many people have to be brought together
 - Specific gardening skills are necessary

Conclusion

- Client-centred approach and community development approach
 - participatory relationship with shared decision making
- More self-initiative on the part of the members of in a community setting
 - They saw us as experts of the project
 - Different distribution of roles came about
 - Collaboration was then rather based on partnership
- This process presents new challenges for our work as OT's in the setting "community"

Conclusion

Thank you very much for your attention!

