



# Plants to the rescue - Mental and psychological supporters in the recession

Wednesday 30 September 2009

SCI HQ, London, UK

Organised by SCI's Horticulture Group



- 09.30** Registration & Refreshments
- 10.15** **Chairman's Welcome & Introduction**  
Prof. Geoff R Dixon, Reading University & Greengene International
- 10.25** **Keynote Address: Plants relieve mental stress**  
Dr William Bird, Natural Health Adviser to Natural England
- 11.00** **Yes we can ... change health, welfare & overheads with plants**  
Mr Jonathan Read, Plants for People
- 11.25** Refreshment Break
- 11.55** **Contact with nature and plants improve psychological health: What is the evidence?**  
Dr Jo Barton, Lecturer in Sports and Exercise Science, University of Essex
- 12.20** **Plants and the Community**  
Dr Ruth Taylor, Head of Education, Royal Horticultural Society
- 12.45** Panel Discussion, Questions and Answers
- 13.00** Lunch
- 13.50** **Chairman's Introduction**
- 14.00** **Plants and a healthy society**  
Dr Tony Kendle, Foundation Director, Eden Project
- 14.25** **Plants and recreational health**  
Prof. James Hitchmough, Professor of Horticultural Ecology, University of Sheffield
- 14.50** **Trees in Towns II: a call to action**  
Dr Mark Johnston MBE, Arboriculture and Urban Forestry, Myerscough College
- 15.15** **Working to change the world with the Green City**  
Mr Mark Long, National Representative, Plant Publicity Holland UK and Ireland Bureau
- 15.40** Panel Discussion and actions
- 16.00** Close

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## **synopsis**

Plants have an enormously beneficial impact on human psychological welfare and mental health.

Research shows that plants present in an environment reduce human aggressive tendencies and have calming effects. The result is added efficiency and effectiveness. Rates of absenteeism and illness fall when plants enhance the work place. Sharing common interests in plants helps community cohesion and diminishes sectional rivalries. The costs of well planned and planted environments are minimal compared with the benefits derived.

This conference will highlight outcomes from current research demonstrating the benefits derived from human association with plants. Internationally recognised authorities in this subject will present their findings and indicate how the beneficial effects of plants may be increased, encouraged and maximised. Using plants in human environments requires effective interior and exterior landscape planning and management.

## **attendees**

This is a 'must attend' meeting for business and industry executives interested in using plants to improve staff performance, for planners and politicians involved with enhancing national effectiveness, for horticultural, biological and medical scientists and teachers engaged in maximising human health and welfare benefits and for media representatives wishing to spread information and knowledge of the achievements and opportunities available.

## **organising committee**

Geoffrey Dixon, Reading University & Greengene International  
Mike Fitt OBE, London in Bloom  
Peter Grimby, Commercial Horticultural Association  
Rachel Hine, University of Essex  
Tim Hughes, Royal Horticultural Society  
Colleen Smith, Plants for People  
Fiona Tooke, The Eden Project

## **information on SCI**

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**Plants to the rescue**

30 September 2009 @ SCI HQ, London, UK

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