

Thrive's Higher Education Partnership

HLSU011 – Social and Therapeutic Horticulture Diploma



Introduction

Social and therapeutic horticulture (STH) involves the use of plants by a trained professional to meet certain clinically defined goals. STH is particularly relevant for the promotion of independence, health and well-being amongst groups and communities of vulnerable people. This can be achieved by active as well as passive involvement.

The reported benefits of social and therapeutic horticulture include increased self-esteem and self-confidence, the development of horticultural, social, work, literacy and numeracy skills, an increased sense of general well-being and the opportunity for social interaction.

With more and more leading social and health care professionals advocating 'green care' approaches to health and well-being, there has never been a better time for new and existing practitioners of social and therapeutic horticulture to demonstrate their professionalism in response to new emerging opportunities.

Why this course?

Thrive's partnership with Coventry University and Pershore College stretches back over 20+ years. The Social and Therapeutic Horticulture Diploma is, therefore, one of the most established and credible qualifications available in the field anywhere. The number of overseas students that the Diploma has attracted over the years is a good indicator of the high esteem in which the course is held internationally.

Thrive, Coventry University and Pershore College are totally committed ensuring that all of our students graduate the Diploma completely 'fit for purpose' – ready to rise to the challenges of therapeutic and managerial roles and to provide the highest possible quality of care to all those they will support in the future. The Diploma provides students with the skills,

theory and practice required to become innovative and effective practitioners of social and therapeutic horticulture, either within existing health, social care and educational settings or in independent services.

Who is the Diploma for?

The Social and Therapeutic Horticulture Diploma is ideal for people who are already working in therapeutic horticulture, or for health, social care and educational professionals who understand and appreciate the importance of nature-based programmes. The Diploma will be of benefit to anyone with an interest in helping individuals who are vulnerable, isolated or living with disabilities, and especially current and future practitioners of social and therapeutic horticulture or those who will go on to manage therapeutic horticultural units.



What our students say

“ *What I learned on the course has played a part at every step of my journey. What you guys gave me has been utterly invaluable! I feel confident because your teaching gave me the information and the inspiration to believe in myself. Honestly, I can't thank you enough!*

– Jess, class of 2012/13

“ *Everything I learned at Thrive for the final module of the Diploma has helped me to get where I am now. I would be completely lost without the structure that the module provided. The ability to produce a coherent argument is invaluable. In fact I would say that the course is ahead of some organisations using social and therapeutic horticulture in its realisation of what is being increasingly demanded from investors and funders... I am truly grateful for all your guidance*

– Sarah, class of 2013/14

Teaching methods

The course is offered over one year, commencing in September and finishing the following July. Teaching on the Diploma is a combination of face to face contact, guided online learning, self-directed study and tutorial time. Students will normally attend 37 days spread across the course at Coventry University, Pershore College and Thrive's National Office.

Each 20 credit module expects 200 hours of study which comprises of face to face, guided and self-directed study and included tutorial time. The course is comprised of 3 x 20 credit modules and 2 x 10 credit modules leading to an expected total of 800 hours. Candidates may apply for Recognition of Prior Learning, which may exempt them from studying one or more of the modules.

Employability and career prospects

Many students who have graduated the Diploma are now playing important roles in shaping the field of social and therapeutic horticulture, and advancing the profession in a variety of health and social care services. This includes voluntary organisations, hospitals and community based services. Other participants have achieved promotion within their current jobs or been able to expand their own business.



Examples of projects that have been set up by graduates of the Diploma include Gardening Leave, Growing Support and Blossoms.

“ I am so happy and again cannot stress enough how fundamental the Diploma was in winning this tender!! This is the first large scale therapeutic horticulture project in Northern Ireland so we are all so excited

– Liz, class of 2011/12

Entry Requirements

Candidates will normally have experience of working in the field of Social and Therapeutic Horticulture as a practitioner or volunteer, and have previously attained studies in higher or other education. Applicants must provide two suitable references in support of their application.

Fees and funding

Current fees are listed on [Coventry University's website](http://www.coventry.ac.uk/course-structure/2013/faculty-of-health-and-life-sciences/cpd/social-and-therapeutic-horticulture-diploma/)¹. Please note that these fees may change from year to year.

Advice and guidance on **funding** is also available on [Coventry University's website](http://www.coventry.ac.uk/course-structure/2013/faculty-of-health-and-life-sciences/cpd/social-and-therapeutic-horticulture-diploma/).

¹<http://www.coventry.ac.uk/course-structure/2013/faculty-of-health-and-life-sciences/cpd/social-and-therapeutic-horticulture-diploma/>

How to apply

To apply for this course, please visit the pages on Continuing Professional Development courses administered by the Faculty of Health and Life Sciences at Coventry University on [Coventry University's website](#) and download an application form.

Further information

General enquiries about the Diploma or careers in social and therapeutic horticulture can be directed either to Thrive or to Coventry University. Specific enquiries about admissions, fees, entry requirements and recognition of prior learning, should be directed to the Health and Social Care Unit at Coventry University.

Finally, Thrive and Coventry University organise two **Diploma Taster Days** each year. For more information and to attend a Taster Day, please contact either Thrive or Coventry University.

You can contact **Thrive** by emailing diploma@thrive.org.uk or calling 0118 988 5688.

The Health and Social Care Unit at **Coventry University** can be contacted by emailing hscu.hls@coventry.ac.uk or calling 024 7679 5388 or 024 7679 5958.

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Thrive is registered as the Society for Horticultural Therapy.

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