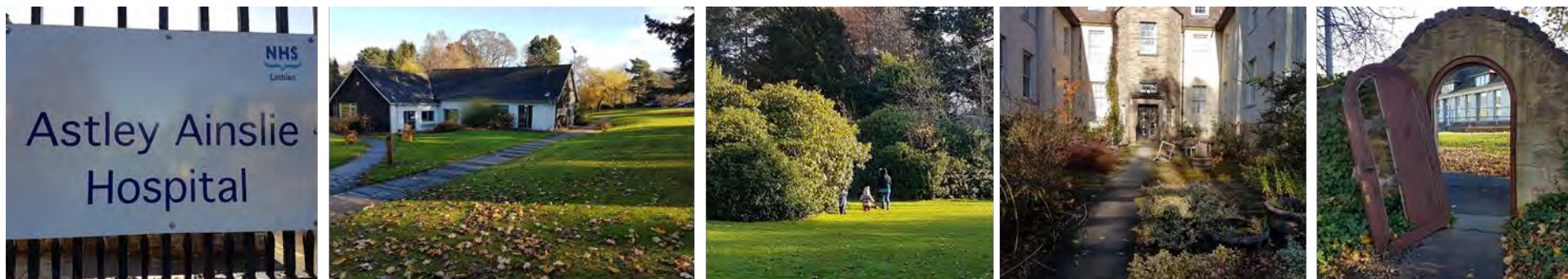


## Annex 6: Key NHS Lothian hospital site briefings and site-specific actions

### (a) Astley Ainslie Hospital, Edinburgh

The Astley Ainslie Hospital provides rehabilitation services for adults with acquired brain injury, stroke, orthopaedic injuries, limb amputation, and progressive neurological disorders such as multiple sclerosis (MS). Rehabilitation outpatient services are available for these patient groups, with the exception of orthopaedic patients. Other outpatient/community-based programmes include chronic pain, cardiac rehabilitation and angina management. The South-East Mobility and Rehabilitation Technology (SMART) Centre provides a wide range of rehabilitation technology services. These include mobility and postural services (wheelchairs and special seating), prosthetics, and bioengineering services (artificial limbs and special equipment), a disabled living centre and gait analysis service.



Set in attractive wooded grounds, most of the wards also have outdoor seating areas and verandas. Landscaping of the 45 acre grounds was executed in the early 1930s by Roland Edgar Cooper, just prior to his becoming Head Curator of the Royal Botanic Gardens Edinburgh. The hospital is within the Grange Conservation Area.

NHS Lothian is planning to vacate the Astley Ainslie Hospital site by 2023 and expects to offer the site for sale from Autumn 2020. There are several community and amenity groups that have an interest in the future uses and development of the site, including a potential community asset transfer.

#### Green health activities

The Cyrenians have worked with physical rehabilitation patients, taking activities to them. With sessional staff, they have worked with dementia wards and the resident community of people with learning disabilities. They currently have funding from the Mental Health Acute ward. Working with TCV, they are improving three ward gardens, with funding from ward budgets.

A signed and interpretive walkway has been developed around the site by the Friends of the Astley Ainslie. The start board indicates that maps are available from the wards and the RVS Café – but none were available. The route would benefit from additional signposts and/or waymarks.

Starting from the RVS Café, the 15-minute bronze Ramblers Medal Route follows a circuit within the hospital grounds, the 30-minute silver route extends to Blackford pond and the 60-minute gold route walks through Bruntsfield links and to the Meadows.

The landscaped parkland is regularly used by local people for walking and jogging. An outdoor children's nursery currently operates within the grounds.



### Future opportunities

*The extensive grounds and wooded areas offer great potential for the development of community gardens (in the old walled garden), Branching Out, outdoor children's nurseries and forest schools.*

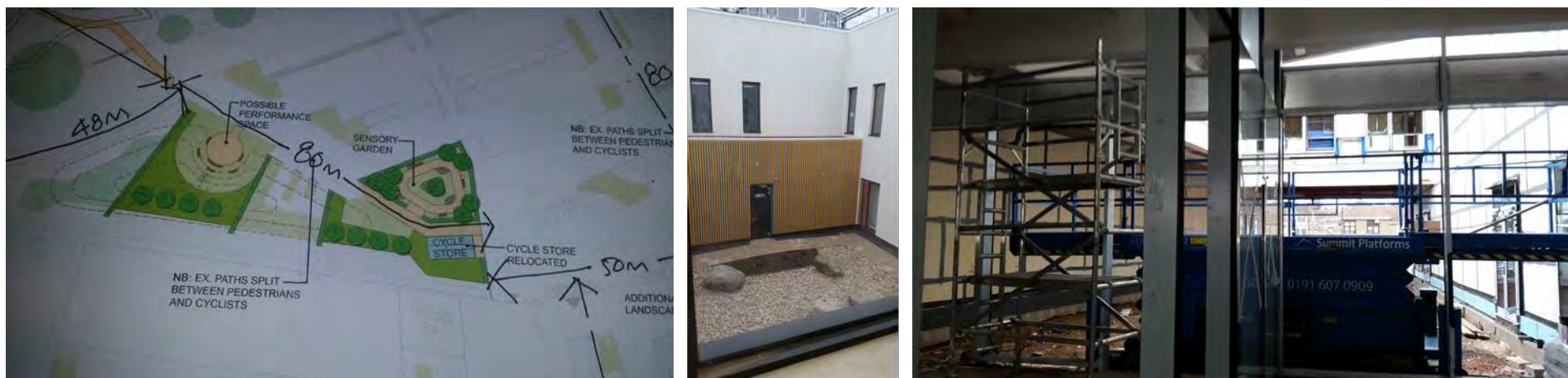
*Whilst the planned disposal of the site means that significant capital investment is not recommended, little financial investment would be required to increase use of the site for outdoor nurseries and Branching Out.*

*A community garden could be developed utilising a modular approach as pioneered in Glasgow for growing on stalled spaces – the growing modules can easily be relocated to other sites.*

*With extensive areas of mown grass, there is an opportunity to introduce more relaxed management in line with the Living Landscapes approach.*

## (b) East Lothian Community Hospital

East Lothian Community Hospital will be a modern, purpose-built hospital bringing together services from Roodlands and Herdmanflat on to the same site. It includes the re-provision of all services and will include outpatient services and mental health and palliative care wards. At November 2018, the outpatient facility has opened and the site is still in development



Greenspace and arts projects are being developed and delivered on the NHS estate as an integral part of the build of the new hospital. The projects are outlined in the 'Holistic arts and environment strategy for East Lothian Community Hospital' and have evolved during the commissioning and implementation phase. The aim is to *“create an inclusive, people-centred healthcare environment where nature and the arts are instrumental in improving the physical and mental wellbeing of patients, staff and visitors.”*

Edinburgh and Lothians Health Foundation has committed £500,000 towards the project, and the project team are augmenting this by attracting funding from external sources.



Greenspace and green health projects include:

- Pathway poetry (including physical therapy garden)
- Woodland arena
- Green gym
- Eco playscape
- Outpatient department courtyards
- Mental health ward garden
- Sanctuary
- Community garden/raised beds for growing fruit and vegetables

The Outpatient department courtyards are already in use. The mental health ward garden and Sanctuary are being constructed. The area for the community garden has been set aside and needs input from the community in terms of design; there are plans to involve Blooming Haddington.

The pathway poetry (including physical therapy garden), woodland arena and green gym have evolved into one project but are spread across the site to include seating areas, areas for gathering and sculptural elements. An artist is working with the physiotherapy team to develop this.

The team have also worked closely with Sustrans and East Lothian Council access officer to develop infrastructure for cycling and walking. A shared cycle/walking path will link to the centre of Haddington.

A community hall is being built on site to replace a hall used at one of the old hospital sites by community and third sector groups in the evenings and weekends. The same groups have been involved in the design and commissioning of the hall.

Princes Trust North Berwick and local schools are interested in involving local young people in industrial design type projects and in the build and care of the gardens when the site is developed. Some of the art projects have created a link between the University of Edinburgh Art School and local children.

The project team considers these links to the wider community in the design phase crucial to the future sustainability of the spaces and gardens *“once we go, the only thing keeping all this sustainable is the involvement of the community.”* We want to create *“custodianship for the future.”*

Future actions

*A coordinator/curator is needed to manage this as a coherent programme to avoid disconnected pieces of art work and spaces, as well as ensuring ongoing involvement of a wide range of community groups and third sector partners*

*Ensure management plans are in place for the greenspaces and courtyard, together with ‘activation’ plans to ensure the green health opportunities created on the site are fully utilised*

### (c) Edinburgh Royal Infirmary

The Royal Infirmary of Edinburgh is a major acute teaching hospital located on the Edinburgh BioQuarter. With a 24-hour accident and emergency department, it provides a full range of acute medical and surgical services for patients from across Lothian and specialist services for people from across the south east of Scotland and beyond.



Whilst the Infirmary has very little greenspace within the NHS Estate, it is adjacent to an extensive area of public greenspace – the new Little France Park.

#### Green health activities

Little France Park is on land owned by City of Edinburgh Council and they have worked with Edinburgh & Lothians Greenspace Trust (ELGT) to develop the park. There has been community involvement in woodland planting. A network of paths has been created with some signage and notice boards. A 1.5km lit cycleway through the park provides new off-road links to the hospital and a bike docking station will be installed. An extension of the cycleway is planned up to 'The Wisp' and linking to Shawfair station.

The entrance to the park from the Infirmary grounds is now signed but it is tucked away near the service delivery area and mortuary (we understand the creation of this access point was opposed by Consort) and the road crossing is not conveniently located.

Just uphill from the hospital, through Little France Park, is Craigmillar Park where the ELGT Community Ranger has been leading health walks and running community events.

Within the ERI grounds, and adjacent to the perimeter road, is a trim trail. There is no longer signage at each trim trail stop and several pieces of equipment are damaged and in need of repair.

Seating is extremely limited within the grounds, with just a few picnic benches which could be better sited.

The bronze Ramblers Medal Route stays within the hospital grounds, the silver route extends into Little France Park and the gold route goes up to Craigmillar Castle Park. There is no signage for the Medal Routes and no information was seen on-site.



#### Future opportunities/actions

*Consult with staff about whether trim trail would be used if repaired and signed (if not, the remove the broken equipment)*

*Make the access point between the hospital and Park more obvious, attractive and welcoming – and explore potential to develop more access points*

*Explore opportunities to use the new Little France Park for green health activities – including involvement in practical work to improve/enhance the park e.g. woodland planting*

*Consolidate, develop and expand current programme of health walks and community events at Craigmillar Castle (and extend into Little France Park)*

*Promote active travel opportunities for staff and visitors*

*Provide information about (and sign) the Ramblers Medal Routes*

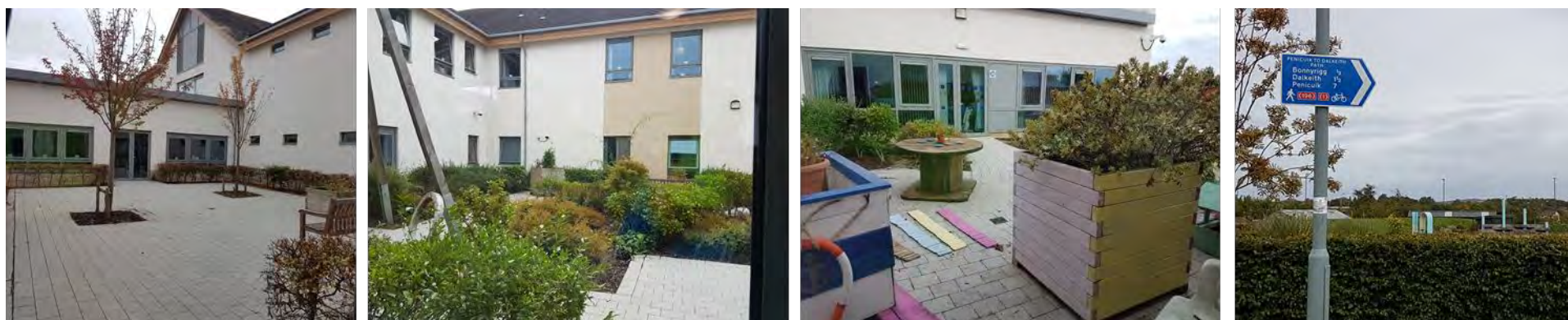
*Review on-site seating*

Note: the PFI build/management contract for the site may make it difficult to secure on-site changes and new access points in the boundaries



### (d) Midlothian Community Hospital

The community hospital provides 88 beds - 40 frail elderly continuing care beds and 48 frail elderly mental health beds. These include 24 assessment beds for older people with mental health problems and 24 continuing care beds for older people with mental health problems. The community hospital also includes a day hospital for older people with mental health problems, a dedicated physiotherapy and occupational therapy service, an out-patient department, including x-ray service, child health clinics, and a range of other health services, including Lothian's GP Out-of-Hours service.



#### Green health activities

The principal Green Health activity on-site is the Community Garden, managed by the Cyrenians. NHS Lothian provide use of the land and the garden was developed with funding from ELHF, SNH Green Exercise Partnership, Morrisons and other small grants.

The garden draws on 7½ years' experience of managing the community garden at Royal Edinburgh Hospital. There is a Manager and Coordinator on site but generally limited engagement with hospital staff and patients. Although staff use the garden on lunch breaks and hospital visitors often sit and walk around the garden.

A Green Learning Tutor was appointed (with SNH funding) to increase engagement with health population. There is a good relationship with Occupational Therapy and a dementia friendly garden has been developed. There are also indoor spaces/courtyards within the hospital.

The main focus for the Community Garden is the wider community – regular users include:

- young people excluded from school (PAVE) from Dalkeith and wider community – teacher seconded from Dalkeith High
- Health in Mind (SVQ, John Muir Awards) – new workshop space

The Cyrenians are looking to work with Bonnyrigg Development Trust to develop kitchen area.



Building relationships with NHS staff has been a challenge due, for example, to changes in staff. It takes time to develop relationships and build trust. NHS staffing levels on wards means that it is often not possible for staff to bring patients out to the garden, and so there has been some work to bring the garden on to the wards. The Cyrenians are now working to train staff to use the courtyard areas and to demonstrate the benefits of therapeutic gardening.

Staff use garden to eat their lunch, visitors to hospital use the space and in the evening, there are some dog walkers. Garden produce available through small honesty stand and some taken home by volunteers

The bronze Ramblers Medal Route follows a circuit around the hospital and the community garden, the silver route extends through fields and the gold route uses the cycleway along the disused railway line. A poster in the hospital provided general information about the Medal Routes app.

National cycle routes 1 and 196 run on the south side of the hospital site and connect to Dalkeith and Bonnyrigg providing active travel options. The route is well-signed.

### Future opportunities/actions

*Support and train staff to use internal spaces and courtyards*

*Develop a programme of outreach 'gardening parties' to develop skills for ward staff to revitalise courtyards – potentially supported by a [mini] hospital community ranger*

*Secure sustainable funding for current community garden activity*

*Investigate opportunities to provide water and power to the community garden site*

*Recruit a green health champion within the hospital*



## (e) Royal Edinburgh Hospital

The Royal Edinburgh Hospital provides acute psychiatric and mental health services, including treatment for learning disabilities and dementia. Its specialist services include centres for the treatment of eating disorders, alcohol problems and young people's mental health.

The Royal Edinburgh Hospital is currently being redeveloped on its existing site. The completed phase one redevelopment includes new accommodation for the adult acute mental health inpatient service, older people's mental health assessment, Intensive Psychiatric Care Service (IPCU) and the new Robert Fergusson national brain injury unit. The visualisation for phase two showcases the external open space and parkland areas.



### Green health activities

There is extensive greenspace in the mature, parkland setting of the hospital campus. This is utilised to provide a range of green health activities, however, only a small area of the grounds is regularly used. Historically there appears to have been no strategic overview or plan to inform the activities which have developed in an ad hoc way. There are examples of good practice, but also gaps in provision and the potential for more effective use of space and coordination. The appointment of a part-time Coordinator/Development Worker is developing linkages between third sector providers and NHS colleagues, but this post is only funded to April 2019.

In 2013, the Staff Health and Wellbeing Group developed the **Walkways project** to provide walking routes in the grounds. These routes are illustrated on a large map board inside the entrance and have been signed and waymarked, but some of the signage is now missing (this may be due to phase one siteworks).

The grounds of the hospital potentially provide an informal recreational greenspace for the surrounding community but the sign at the main gate 'Private Grounds – No right of way' whilst legally correct, is a deterrent to access.

The NHS provide both recreational and clinically therapeutic green health activities through the work of Occupational Therapists and Ward Activity Coordinators. A range of third sector providers, including Cyrenians, TCV, Artlink and SAMH, operate at The Hive.



Green health activities on site include:

- **Community Garden**  
The Cyrenians have worked on the community garden for 7½ years, moving to the current site 3½ years ago. Use is mainly wider community involvement.
- **Gardens at the Islay learning disability unit**  
Edinburgh & Lothians Greenspace Trust undertook the consultation and Cyrenians worked to develop shared garden. There has been limited use of the shared garden because of access issues. Each unit (3-4 flats) also has own garden. The Cyrenians currently work with some people in the unit.
- **The Orchard Clinic garden**  
This garden is within the forensic mental health unit and so is an enclosed secure space with different processes and limited access. There is a shared garden but not everyone in the unit is able to use it.
- **Ward gardens**  
The wards generally have little or no money for garden projects, although some receive funding through ELHF, and some of the gardens are very well cared for and actively used by patients.

The current site redevelopment is causing anxiety and uncertainty to some established greenspace and arts services, particularly in relation to the Glasshouses which are currently used by Artlink and the Cyrenians.

Staff and patient allotments were previously provided on-site, but these were removed in 2014 as the site was required to accommodate the phase 1 redevelopment works.

The orchard area was retained behind the new buildings – this is said to be the oldest (or one of the oldest) orchard sites in Edinburgh. A pathway and bespoke seating (created by the Grassmarket Community Project) encourages use by patients and visitors.





Through the redevelopment there is a real opportunity to use the grounds as a resource in the same way as the internal spaces, creating a variety of functions e.g. gardening, walking, relaxation, meeting, eating. Whilst the grounds are attractive, there are limited seating areas and little shelter (from rain and wind) which may limit informal use of the grounds by patients, staff and visitors.

The extensive nature of the grounds and the large extent of mown grass provides opportunities for a Living Landscapes approach to grassland management to reduce costs and increase biodiversity and visual attractiveness.

Taking an overview of activities and providers on the site would enable opportunities for increased collaboration and more effective use of space.

### Future opportunities/actions

*Update hospital campus map to highlight walking routes, greenspaces and activities – and keep updated during the various phases of planned redevelopment work – and replace missing signs and waymarks*

*Green Health Coordinator post based at Royal Edinburgh Hospital to liaise between the different departments, estates and on-site green health providers to improve communication and develop opportunities for more collaboration and co-production*

*Identify a green health budget within the funding package for further phases of the re-development*

*Ensure appropriate locations and facilities for all current green health providers in future development phases*

*General principle: where sites are being redeveloped, facilities and space currently used for green health activities should be provided for in the new development with spaces/facilities as good (or better) than existing*

*Develop a greenspace site management plan and adopt a Living Landscape approach to management*

*Explore with Inspiring Scotland and City of Edinburgh Council the potential for children's outdoor nursery to be located within hospital grounds*



## (f) St Johns Hospital, Livingston

St John's Hospital is a modern teaching hospital that provides a comprehensive and expanding range of services for the people of Lothian and beyond. It has a 24-hour Accident and Emergency department and a range of specialist services including burns treatment and plastic surgery. There is a full paediatric service at the hospital, including an acute receiving unit, special baby unit, paediatric ward and a comprehensive range of outpatient services.



### Green health activities

The estate boundaries are quite tight, with most of the external site occupied by parking and roads. There is generally limited greenspace on-site. However, the hospital is immediately adjacent to **Howden Park** which is an extensive greenspace area and has the potential to provide the location for a range of green health activities.

There is a signed walkway through Howden Park, as well as numerous informal desire lines through the boundary hedge which indicate that the park is used by staff and visitors to the hospital.

TCV currently run a **Green Gym** in the Walled Garden in Howden Park. This may offer potential to develop a community garden for the hospital and local area. There is also potentially space to the rear of the hospital which could be developed as a community garden.

There are numerous internal and external **courtyards/gardens** but several looked to be neglected and under-used. A key exception was the Macmillan garden which illustrates what can be achieved in a relatively small space. Some of the internal courtyards were locked and had 'no entry' signs on their doors.

Postcards about the **Ramblers Medal Routes** app were available in the reception area. The bronze route is a circuit of the hospital and includes a length through Howden Park (this may limit its use by staff as they are not allowed to leave NHS grounds in uniform). The silver route extends through the Park and used the Almond and Alderstone paths. The gold route follows the river Almond and paths through the town.



Future opportunities/actions

*Feasibility study to investigate the potential to develop a community garden to the rear of the hospital or in the walled garden in Howden Park*

*Programme to rejuvenate courtyard areas and internal gardens*

- *Ensure that any privacy and dignity issues are dealt with from the inside (curtains, screens, blinds, etc) to open courtyards for patients, visitors and staff*
- *Support and train staff to use internal spaces and courtyards – potentially supported by a [mini] hospital community ranger and/or outsourced to third-sector organisation*

*Potential to investigate a ParkPower project with ground source heat system in Howden Park supplying heat and cooling services for the hospital*



## (g) Western General Hospital

The Western General Hospital provides a comprehensive range of general and specialist services to the people of Edinburgh, Lothian and beyond. The hospital has circa 570 beds (including day beds) and is home to the regional centres for cancer and clinical neuroscience, the Regional Infectious Diseases Unit, and the nurse-led Minor Injuries Clinic. Staff in the clinic treat more than 20,000 patients a year for a wide range of minor injuries and ailments.

There is generally limited greenspace on-site, with most of the outdoor estate providing parking areas, roads and walkways. There are several mature trees and grassed areas. Barrel planters across the site are well-tended and all contained flowers. The new Victoria building has nice planters and seats.



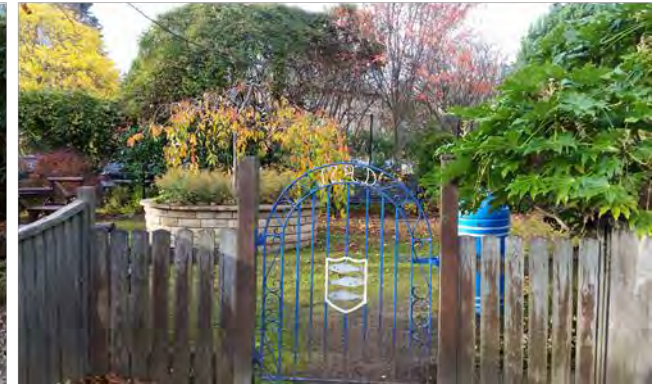
### Green health activities

The **FACE garden** was established in 1991. Located immediately outside the Edinburgh Cancer Centre, it is very well-used by patients and staff. This small and intimate space has level access to allow use by patients in wheelchairs and with drip trolleys. The garden is also popular with corporate organisations wanting to help the community as part of team-building activities. A regular maintenance agreement is in place with the Estates Department. There is concern that with planned redevelopments, this garden could be lost and so a key focus is ensuring space for a new garden within the redevelopment. The new sculpture being installed is designed to be able to be relocated easily.

**Amanda's Memorial Garden** is a larger space but less easy to access, beside the new Maggie's Centre. It is well-provided with benches (many bearing memorial plaques) and mature trees.



The **Ramblers Medal Routes** start at the Maggie's Centre with the bronze route being a circuit of the hospital. The silver route extends beyond the hospital to Craighleith, and the gold route walks through Inverleith Park to the Botanic Gardens.



*Future opportunities/actions*

*Ensure relocation of FACE Garden at the Western General Hospital is included in redevelopment brief/specification*