

Cultivating Wellbeing:

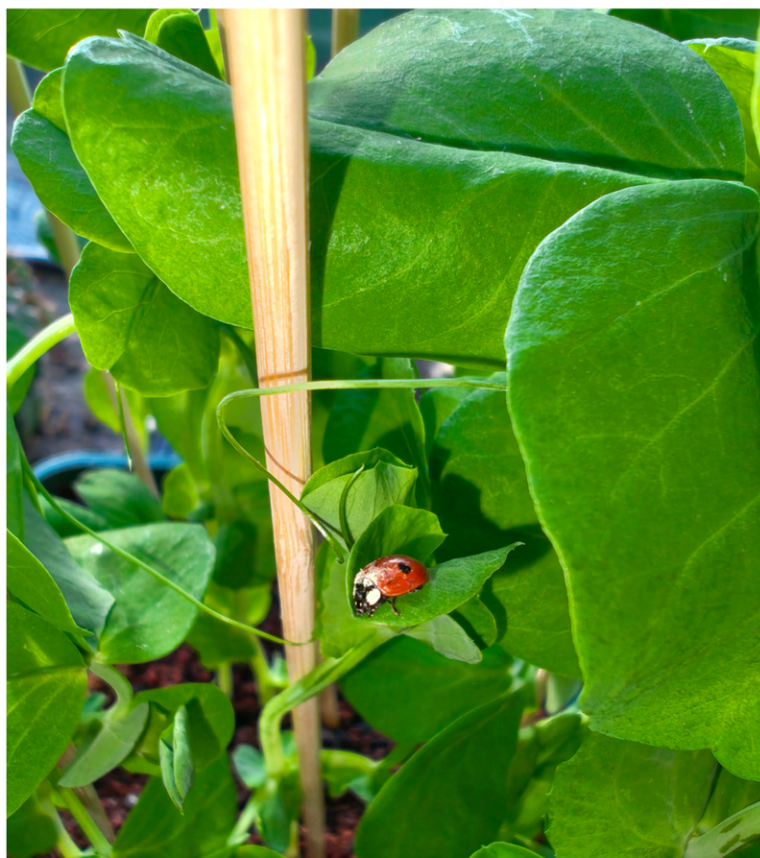
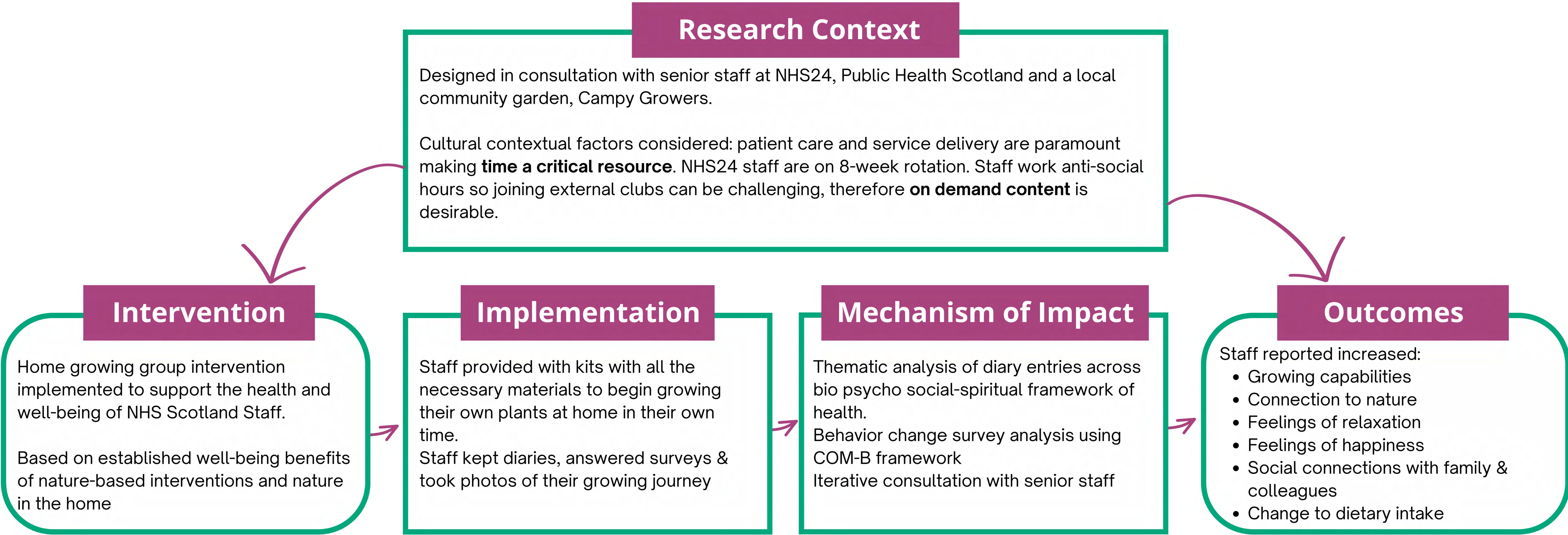
Unpacking the Health and Well-Being Benefits of Growing Edible Plants for NHS24 Employees

Authors

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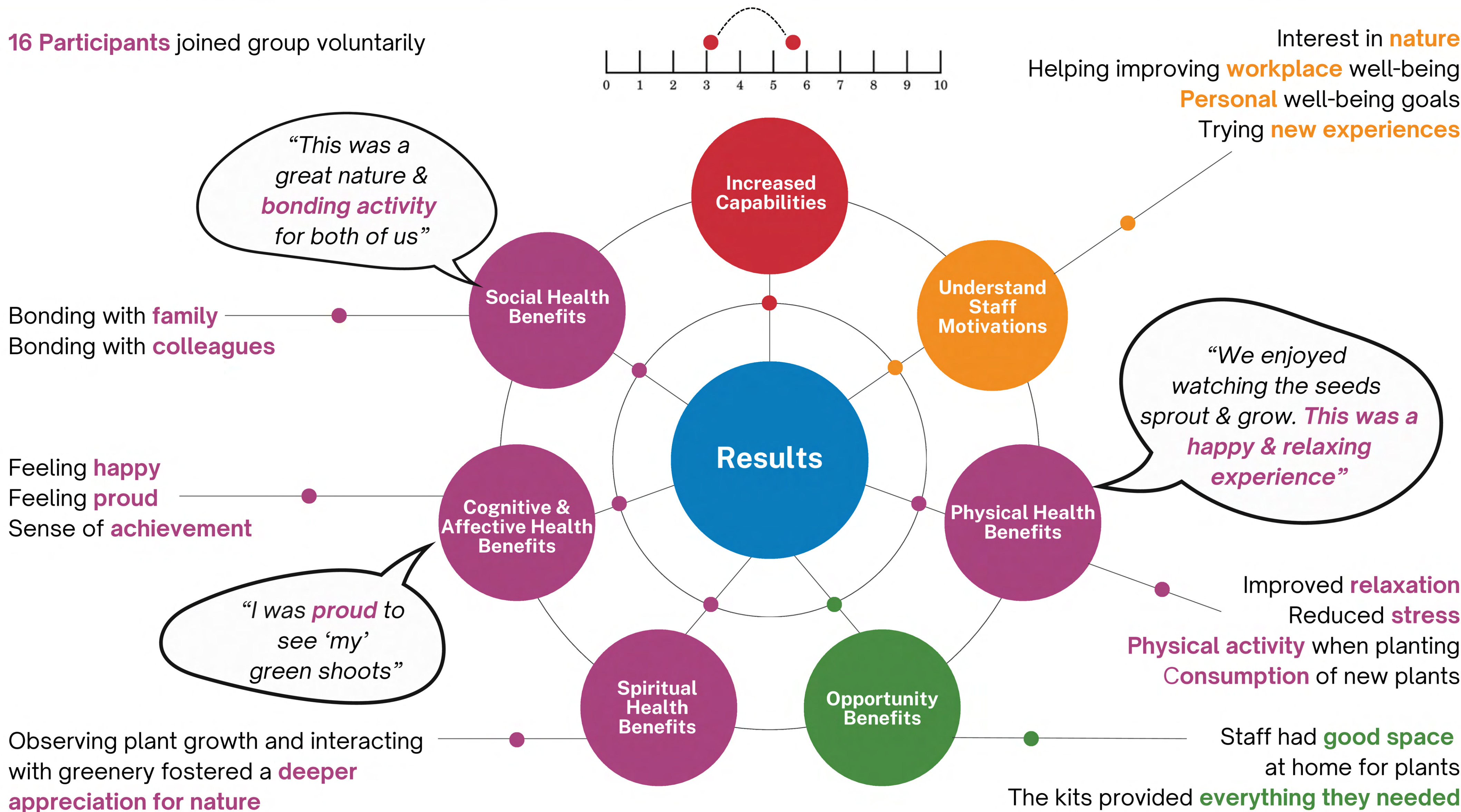
Affiliations

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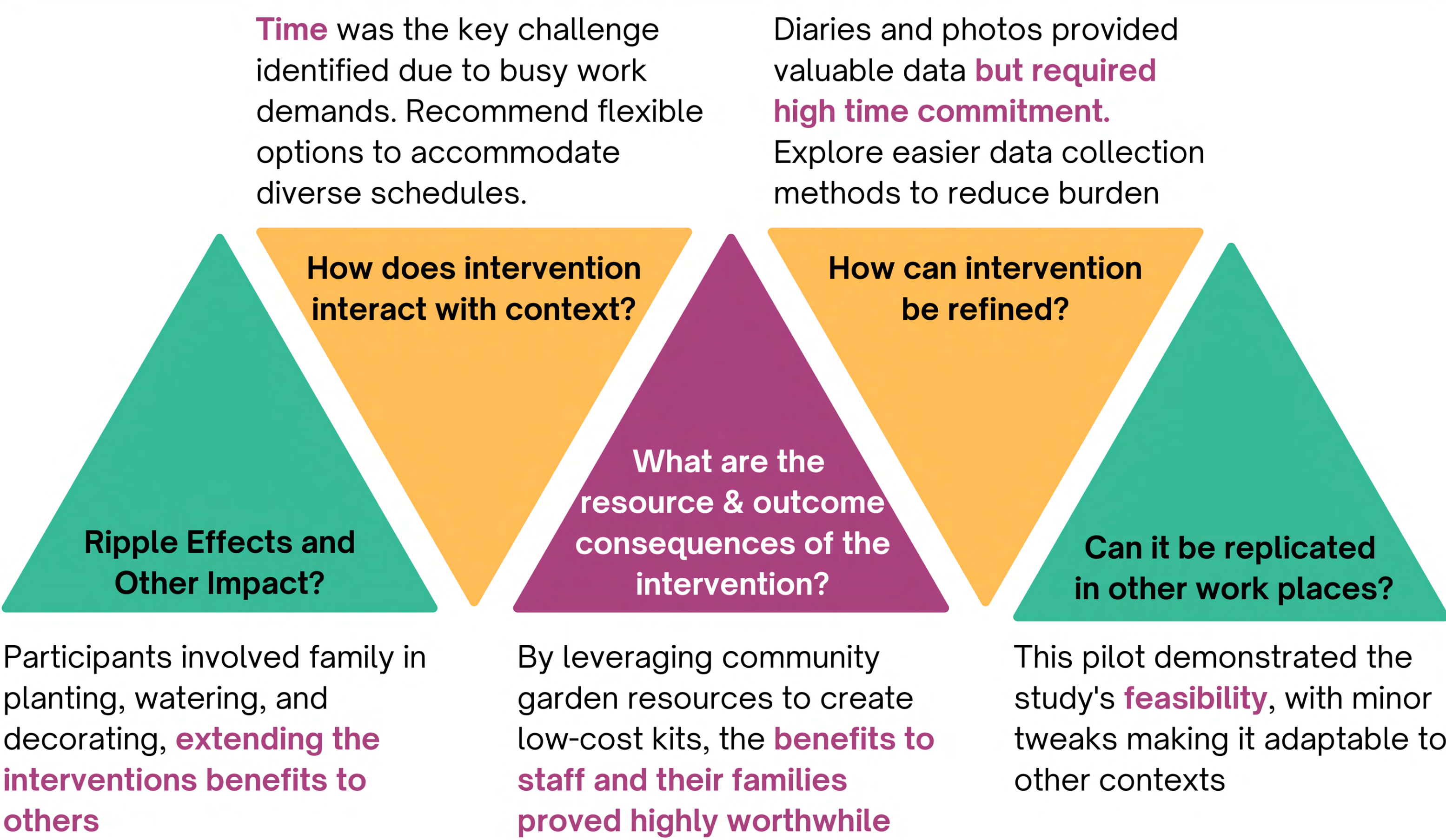


Results: Bio Psycho Social Spiritual Health Benefits & Behaviour Change Potential

16 Participants joined group voluntarily



MRC Evaluation: Going beyond intended outcome



Conclusion

The intervention demonstrated clear **health and wellbeing benefits for participants**, alongside increased confidence in growing plants.

Many participants expressed a strong intention to continue growing, **highlighting the potential for sustained behaviour change**.

To ensure long-term impact, partnerships with gardening and nature-based organisations are recommended to provide ongoing support and resources. **Feedback from this pilot phase will inform the development of a scalable model tailored to other workplace environments**.

Stakeholders from NHS24 and Public Health Scotland **remain actively engaged in refining the programme for Stage 2**, where these enhancements will be implemented to maximise success and reach.