

Ås, 12 June 2007

COST CONFERENCE

“Green care: Health effects, economics and policies”

a part of

COST Action 866 - Green Care in Agriculture

and hosted by

Austrian Horticultural Society, Vienna, Austria, 20-22 June 2007

PROGRAMME

June 20th, 2007

Location: Berufsschule für Gartenbau und Floristik, Donizettiweg 31, 1220 Wien
(how to find: <http://www.bsgf.at/Erreichbarkeit.html>; more plans of Vienna:
<http://www.wien.gv.at/stadtplan/>)

08.30 Start of registration
09.20 Short film about Vienna

Plenary sessions

09.30 Welcome and information on COST Action 866 by *Bjarne O. Braastad*,
Welcome addresses by *Peter Fischer-Colbrie*, Austrian Horticultural Society; and by
Michael Häupl, Mayor of Vienna (to be confirmed)
10.00 Farming for health across Europe. *Jan Hassink*, Wageningen University, the Netherlands
10.25 Education for sustainable development - an investment in the future. Implementation
strategies in schools. *Inge Schenk*, German Horticultural Society, Germany

Health effects of green care

11.00 Information on WG 1. *Joe Sempik*
11.05 Where Hope Grows: Gardening and Life Challenges. *Anita Unruh* and *Susan Hutchinson*,
Dalhousie University, Canada
11.50 Attention Restoration Theory: Empirical Work and Practical Applications. *Bernadine*
Cimprich, University of Michigan, USA

12.30-13.30 Lunch

13.30 Green care in the framework of health promotion. *Erja Rappe*, University of Helsinki,
Finland

Economics of green care

- 13.45 Information on WG 2. *Saverio Senni*
 13.50 Green care farming in the context of multifunctional agriculture. *Guido Van Huylbroeck*, University of Gent, Belgium
 14.30 Reconfiguring farm resources and territorial capital as resource base for green care activities. *Henk Renting*, Wageningen University, the Netherlands
 14.45 Evaluating the social impact of Green Care enterprises: The social budget. *Silvio Franco*, Tuscia University, Italy

15.00-15.30 *Coffee break*

Policies related to green care

- 15.30 Information on WG 3. *Thomas van Elsen*
 15.35 Concepts of green care in a social farm in relation to social policies in Northern Germany. History, present situation and future aspects. *Hartwig Ehlers*, Weide- Hardebek Farm, Germany
 16.15 Pathways of change in social farming: how to build new policies. *Francesco Di Iacovo*, University of Pisa, Italy
 16.30 The diversity of care farms and their multifunctionality – contributions and perspectives for nature and landscape development. *Thomas van Elsen*, FiBL, University of Kassel, Germany

Roundtable discussion **Chair: Bjarne O. Braastad and Christos Gallis**

17.00-18.15 Interdisciplinary cooperation in green care research; challenges and solutions. Discussion among national and international experts

- 19.30-- *Welcome Reception at the Federal Ministry of Agriculture, Forestry, Environment and Water Management*
 Short welcoming remarks: Minister of Agriculture, Forestry, or representative of the Federal Ministry of Agriculture, Forestry
- Buffet meal

June 21st, 2007

Location: Haus der Barmherzigkeit, Tokiostr.4, 1220 Wien (all WGs)

Workshops in WGs, parallel sessions:

Working Group 1 – Health effects of green care **Chair: Joe Sempik**

Empirical and experimental results and approaches in the study of green care

- 08.25 Chairman's Introduction to the day's session (10 minutes)
 08.35 Monitoring patient progress at the healthcare farm 'De Hoge Born': preliminary results from the first phase. *Erik Baars, Jan Hassink and Marjolein Elings*, Louis Bolk Instituut, Driebergen and Wageningen University, The Netherlands
 08.55 Selecting approaches and methods for researching Green care. *Joe Sempik*, Loughborough University, UK
 09.15 Animal-assisted therapy: effects on persons with psychiatric disorders working with farm animals. *Bente Berget, Øivind Ekeberg and Bjarne O. Braastad*, Norwegian University of Life Sciences and University of Oslo, Norway
 09.35 Mental fatigue – a perspective on stress. *Louise Nordgaard and Mette Kraag*, University of Southern Denmark
 09.55 Effects of green-care farms on quality of life of people with a psychiatric and/or

addiction history. Future research challenges on green care farming
Marjolein Elings, Plant Research International, Wageningen University and
 Research Centre, The Netherlands

10.15 – General Discussion – 15 minutes
 10.30

10.30 to 10.45 short break (15 minutes)

Observations on the state of practice of green care

10.45 Very brief introduction to the theme (5 minutes)
 10.50 How to be a care-farmer for €73: a shareholder survey of the Fordhall Community
 Land Initiative (UK). *John R Hegarty*, Keele University, UK
 11.10 Care farming in the UK – Recent research findings on i) the scope and range of
 Care Farms in the UK and ii) pilot study on the psychological health and well-
 being benefits of care farming in the UK. *Rachel Hine*, University of Essex, UK
 11.30 – Discussion of previous two presentations
 11.45

Qualitative observations and the development of practice in green care

11.45 Very brief introduction to the theme (5 minutes)
 11.50 Animal assisted therapy, pedagogics and activities with farm animals. *Luisa
 Demattio* and *Silke Scholl*, Austrian Council for Agricultural Engineering and
 Rural Development, Austria
 12.10 The correlation effect of horticultural activities – the influence of working with
 plants on human experiences. *Konrad Neuberger*, Association Horticulture and
 Therapy, Wuppertal, Germany

12.30 – 13.30 Lunch

Qualitative observations on the practice and benefits of green care (cont.)

13.30 Intensive rural programmes and the unmet need for personality disorder
 programmes. *Rex Haigh* and *Yolandé Hadden*, Thames Valley Axis Two Institute,
 UK
 13.50 Effects as stimulation for development of the Green Programme in CUDV Draga,
 Ig, Slovenija. *Irena Borštnik*, Draga, Slovenia
 14.10 A garden for Horticultural Therapy. *Giorgio Guerani*, *Cristiana Mangiacapra*,
Paola Canci and *Daniela Turan*, Hospital “G.B. Grassi” Azienda USL Roma D,
 Italy
 14.30 – Discussion on qualitative observations on practices and benefits
 15.00 (30 minutes)

15.00 – 15.30 Coffee break (30 minutes)

Theoretical and Conceptual Frameworks

15.30 – A theoretical framework and conceptual model of green care: presentation of the
 16.30 report of COST action members and discussion and amendments
 16.30 – Final Discussions
 17.00

Working Group 2 – Economics of green care**Chair: Saverio Senni**

- 08.30 Introduction by WG2 Chair and self presentation of participants
- 09.00 Researching the business ideas of Finnish green care farms. *Anja Yli-Viikari, Elina Vehmasto, Taina Lilja, Tapani Koivinen* and *Leena Rantamäki-Lahtinen*, MTT Agrifood Research Finland, Finland Futures Research Centre
- 09.20 The creativity in green care activities. *Anna Kirveennummi* and *Katariina Heikkilä*, Finland Futures Research Centre
- 09.40 Social enterprise, farms and care in rural England. *Stephen Parsons*, Harper Adams University College, UK
- 10.00 Discussion
- 10.20 Green care and social enterprises in Italian agriculture. *Francesca Durastanti, Silvio Franco* and *Saverio Senni*, Tuscia University, Italy
- 10.40 Discussion

11.00-11.15 Coffee Break

- 11.15 Discussion on the three presentations given in the plenary

12.30-13.30 Lunch

- 13.30 Discussion on an Agenda of relevant topics related with the WG2

15.00-15.30 Coffee break

- 15.30-17.00 Continue the discussion on the Agenda. Final discussions

Working Group 3 – Policies related to green care**Chair: Thomas van Elsen**

- 08.30 Reflecting the Brussels meeting and introduction to our tasks in Vienna. *Thomas van Elsen, Bas Pedroli* and *Jan Hassink*
- 08.40 Green Care policies in Austria. *Georg Wiesinger*, Federal Institute for Mountainous and Less-Favoured Areas, Austria
- 08:55 Conceptualisation of the regional net of social farms. *Katja Vadnal, Jan Ulaga* and *Valerija Bužan*, University of Ljubljana, Slovenia
- 09.10 Analysis of social farming in Germany: outcomes of the national meeting. *Marie Kalisch* and *Thomas van Elsen*, FiBL, University of Kassel, Germany
- 09.25 Living Learning -The farm as a pedagogical resource. *Linda Jolly*, Norwegian University of Life Sciences, Norway
- 09.40 Discussion of presentations
- 10.00 Coffee break*
- 10.30 Health and Care Park Hengelo (NL). *Hans ter Beek* and *Günter Schwandt*, ‘op ten noort blijdenstein’- architects, The Netherlands
- 10.45 Science and policy of Farming for health. *Elsa Fjeldavli* and *Torill Meistad*, Centre for Rural Research, Norway
- 11.00 Chances for social farming due to changing paradigms in health care. *Jan Hassink, Marjolein Ellings* and *Dorit Haubenhofner*, Plant Research International, Wageningen UR, The Netherlands
- 11.15 Education in Green care. A first European overview of the provision in education and training for Green care workers. *Bas Pedroli* and *Olga Travkina*, Alterra, Wageningen UR, The Netherlands
- 11.30 Discussion of presentations

11.50 Round table contributions: Short presentations of other participants of the workshop.

12.30-13.30 *Lunch*

13.30-15.00 Thematic discussions:

- Francesco Di Iacovo (process owner): "Inventory of policies"
- Roberto Finuola and Francesco Di Iacovo (process owners): "100 ideas for development of green care"
- Thomas van Elsen and Jan Hassink (process owners): "Design process of change"
- Bas Pedroli (process owner): "Ideas concerning a new research proposal"

15.00-15.30 *Coffee break*

15.30-17.00 Continuing discussions and outlook to future activities

Poster session

17.00-18.00 Poster viewing in the Museum of Horticulture and the Headquarter of the Austrian Horticultural Society (ÖGG; Siebeckstraße 14, 1220 Wien)
(presenters present, posters open all day)

17.30-18.30 Management Committee meeting of COST Action 866

19.00-- *Garden party at the Headquarters of the Austrian Horticultural Society*

June 22nd, 2007

Excursions

08.00-09.00 Management Committee meeting (if needed)

08.00 Departure of tour 1

08.30 Departure of tour 4

09.00 Departure of tour 3

10.00 Departure of tour 2

18.30 *Closing at the Heuriger*

PRESENTATION OF THE INVITED KEYNOTE SPEAKERS

Dr. Jan Hassink: *“Green care services around Europe”.*

Dr. Hassink is Senior scientist at Wageningen University and Research Centre, Plant Research International, in the Netherlands. For the last decade he has conducted several research projects on various aspects of green care farming, including its economy for the farmer. He has organised conferences on the topic and co-edited the book [“Farming for Health: Green-care farming across Europe and the United States of America”](#). Dr. Hassink was one of the pioneers in developing COST Action 866. His main expertise is in agro-ecosystems, environmental psychology, social care and public health.

Professor Anita Unruh: *“Where Hope Grows: Gardening and Life Challenges”.*

Prof. Unruh is Acting Director, School of Health Services Administration, and Professor in Health and Human Performance, and Occupational Therapy, at Dalhousie University, Halifax, Nova Scotia, Canada. Her research interests include spirituality and health, leisure activities and their impact on appraisal and coping with life stresses. She is interested in how people construct a meaning of stressful life experiences such as pain and illness, and how they find meaningful ways to live in these circumstances. Her previous research has been in the area of children and pain, pain education, and gender and pain.

Dr Bernadine Cimprich: *“Attention restoration theory: empirical work and practical applications”.*

Dr. Cimprich is Associate Professor at the School of Nursing, University of Michigan, U.S.A. Much of her research has been concerned with cancer diagnosis, care and the impact on quality of life. She has been instrumental in the development and testing of a theoretical model of attentional fatigue and restoration in life-threatening and chronic illness; and of restorative environmental interventions. Her current research includes assessing cognitive function in women treated for breast cancer using Functional Magnetic Resonance Imaging (fMRI). The theory she will present can represent one of the mechanisms behind positive effects of green care services.

Professor Guido van Huylenbroeck: *“Green care in the context of multifunctional agriculture”.*

Prof. Huylenbroeck is Professor of Agricultural economics and rural environmental economics at Department of Agricultural Economics, University of Gent, Belgium. His research field focuses on the relation and interactions between the farm and the political and rural environment and the consequences of these external interactions for the management of the farm. Research topics concern the influence of the Common Agricultural Policy, the possibilities for diversification in the agrarian sector, multifunctional agriculture, rural policy and rural development. He is responsible for a research unit within the “So Far” (Social Farming) project, a multi-country specific support action, funded by the EU Commission.

Mr. Hartwig Ehlers: *“Concepts of green care in a social farm in relation to social policies in Northern Germany. History, present situation and future aspects”.*

Mr. Ehlers is manager of a large farm with a social-therapeutic community of more than 100 disabled people in Northern Germany (<http://www.weide-hardebek.de>). His farm works together with cooperating farms in the surrounding. Mr. Ehlers is engaged in policies and tries to spread his special system of "cooperating farms" (which is quite exceptional in Germany as it does not fit to the usual system of "sheltered workshops for disabled people") over the country. As special laws normally do not allow such systems in Germany he is really a pioneer and lots of farmers are interested in that approach. He has also built up a 2-year education for farmers who integrate handicapped people.

Dr. Inge Schenk: *“Education for sustainable development - an investment in the future. Implementation strategies in schools”.*

Dr. Schenk is General Secretary of the Deutschen Gartenbau-Gesellschaft 1822 e.V. (DGG, German Horticultural Society). She has studied social pedagogy and educational sciences, and is a promoter of "nature and environment education". Dr. Schenk has been lecturer at the Nature Protection Centre of Hessen, leader of an educational establishment in Darmstadt focussing on cross-generational learning, and Managing Director (until 2005) and General Secretary of the Deutschen Gartenbau-Gesellschaft 1822 e.V. (DGG). Further she has developed the focus of "Paths to learning about nature". In 2002 she founded and became chairman of the Federal Syndicate of School Gardens (BAGS).