



# Grow our Healing Garden

Seeding the heart of our hospital

An architect's render of the proposed 'Healing Garden' from above

**“Well-designed hospital gardens not only provide restorative and pleasant nature views, but also can reduce stress and improve clinical outcomes”**

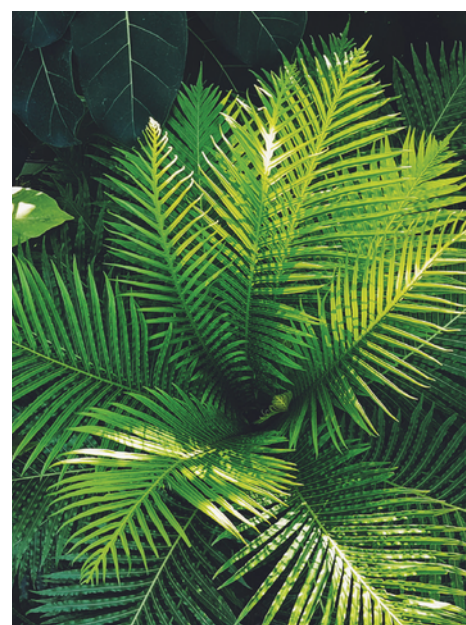
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## Seeding the heart of our hospital

Construction of a new state-of-the-art hospital building at North Shore Hospital called Tōtara Haumaru (under the shade of the Tōtara Tree) is underway. This provides a once-in-a-generation opportunity to imagine what our future hospital environment could be like, and to come together as a community to create something special that will change the hospital experience for our loved ones for decades to come.

Well Foundation is leading a campaign to raise the funds needed to create New Zealand's first large-scale indoor healing garden that will become the feature-piece of the new hospital facility. The space has been designed to transform the atmosphere of the hospital, while also improving the wellbeing of patients, families, and the teams who

provide care. The project provides an opportunity for everyone in our community – businesses, community groups, families and individuals – to be part of realising this vision for our future hospital.



Shape our Hospital

Opening doors to our future healthcare

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### The Healing Garden opportunity

The hospital building has been designed with a 450m<sup>2</sup>, covered atrium as the central space which connects with the main reception, and has three levels of wards overlooking the space.

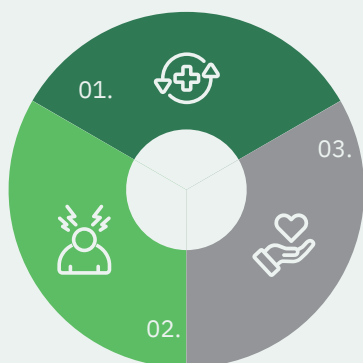
It is widely accepted that living close to nature and spending time in green spaces has significant and wide-ranging health benefits. Hospital environment research shows that green spaces not only encourage relaxation and reduce stress, but can also help with recovery and improve clinical outcomes.

It is proposed to use a combination of hard and soft landscaping in the garden that brings colour, texture, and life to the space. A range of seating and table options to support people spending time together will be provided while the planting will offer privacy for the wards that border the garden, and a view of native greenery for those receiving care or working in the areas that surround and look down on it.

The Institute for Innovation and Improvement (i3) based at North Shore Hospital will formally evaluate the impact of the Tōtara Haumaru healing garden over time.



### Evidence-based benefits



#### 1. Faster recovery

Research shows patients with views of plants and greenery from their bed have shorter hospital stays, suffer fewer minor post-surgical complications and require less pain medication.

In addition, these patients, and their families report significantly heightened satisfaction with the healthcare provider and overall quality of care.

#### 2. Reduced stress

Patients exposed to natural environments can experience lower BP and reduced muscle tension. Access to green space also reduces psychological distress, depression symptoms, clinical anxiety and mood disorders.

One study notes 90% of adults report a positive change in mood after spending time in a garden environment while in hospital care.

#### 3. Healthcare staff wellbeing

The presence of interior plants creates an environment of wellbeing and many healthcare employees use gardens as an effective means for achieving a restorative, pleasant escape from work stress and clinical spaces.

Evidence also highlights that gardens increase staff satisfaction with the workplace and can therefore help with recruitment and retention.

### Partnership opportunity

The healing garden can only become a reality through support from the community. Well Foundation is leading a fundraising campaign to ensure the full potential of the space is realised for the community from the first day of the hospital opening in 2024.

The Foundation is seeking the support of partners to enable the project to proceed beyond a concept and become a reality. Funding partners will be acknowledged publicly as campaign partners; those who made the healing garden possible.

In addition to funding partnerships, Well Foundation intends to launch a public fundraising campaign. Members of the public, schools and community groups will be asked to donate to support the hospital 'healing garden'. There are opportunities for businesses to be recognised and acknowledged for their support of the project as part of this campaign to engage the community.

We need your help to  
turn this atrium...



into this beautiful indoor  
'healing garden'



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