

Best Practices in action: how to transfer, implement, and sustain effective health promotion interventions for children (0-12)

Module 2 - Grünau Moves: a Best Practice to promote health and prevent obesity in children

Session 2.5 - Grünau Moves: Examples of Local Actions

Unit 2.5.3 - Case B "Structural Interventions: A School Garden Experience"

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Slide 1

Hi, my name is Lillian Castro. I work in a La Coma neighbourhood. It's a depressed neighbourhood located in Valencia, Spain.

Slide 2

Structural interventions connecting and dynamizing local assets and resources. From the Joint Action Health4EUKids, we will share our experience on how we respond to a need of identifying in the educational community of vulnerable neighbourhood. Structural intervention in health includes different strategies or components aimed at modifying the health context at the individual level, at the organisational level and at the environmental level. The main objective of this intervention is to generate a change.

Slide 3 - Actions to implement school gardens in a vulnerable neighbourhood

Actions to implement the school garden in a vulnerable neighbourhood. How was it achieved? By, following steps: first of all, we did analysis of territorial needs through different Community tools. Second, getting to know and listening to the community, and it's very important what they propose to improve their situation, which core proposal for improvement. Third, we create a Community health asset map, identifying asset people, associations, infrastructure and various resources the community has to improve health and well-being. And forth, connect and dynamize these assets for health. But this step is very important: one of the most important steps is to bring this asset, talent and wealth to life and energise them for the benefit of the community. It's called connecting Actions for health.

Slide 4 - Actions to implement school gardens in a vulnerable neighbourhood

This is the situation we found in the primary school in La Coma neighbourhood. I invite to read carefully. The situation was: in the need assessment process, a meeting is scheduled with the neighbourhood schools. Their active project and current needs are discussed, and we found that they had designated space for a school garden, but it has never been implemented. Among the reasons is the lack of knowledge about how to create care for and maintain garden in the school. On the left side of the screen of this, we can see this picture, this is the place where the primary school of La Coma wanted to create their school garden. However, they didn't have any knowledge or resources to implement.

Slide 5 - Actions to implement school gardens in a vulnerable neighbourhood

We proposed two options. First of all, we contacted a farmer's school. The results, unfortunately, weren't positive. The school was outside the neighbourhood requiring a budget to mobilise staff and tools to do the work. It was a rule out. Secondly, we began a second round of meetings with the basic vocational training programme in Agro gardening and Floral composition located in the neighbourhood. Students and teachers were asked questions, and they expressed their willingness to collaborate. As a result of this commitment, collaborative agreements are established: we scheduled meetings to connect them, so, they can organise their scheduled spaces, necessary materials, etcetera.

Slide 6 - Connecting and dynamizing of local assets and resources

Connecting and Dynamizing of local assets and resources. In this slide, as you can see, I have attached different pictures from the school gardening, trying to give some information about before and after our collaboration in La Coma Primary School. As you can see, the orchard is being created, it's being built on the ground. Seeds of different vegetables and strawberries, fruits have been planted. The students of the Agro Gardening team are coming once a week for one hour to teach the student of the primary school, and they are teaching them how to care the school garden. They worked and learned together for one hour once a week.

Slide 7 - Connecting and dynamizing of local assets and resources

This is the school Garden in Antonio Fernandis Primary school. As you can see the pictures before and after, the school garden in this primary school is on the terrace. The Agro Gardening team and the children of kindergarten are working together to create their school garden. The same technique is being used for all age groups of children. They are planting seeds of different vegetables, water them and take care of them every single week. They are motivated with this knowledge.

Slide 8 - The sustainability of this project is based on the stimulation of local resources

How about the benefits of these Community Actions? Well, the promotion of collaborative learning; promotion of healthy habits in the school environment; promotion of peer education and intergenerational activities; strengthening ties and improvement neighbourhood coexistence: young people and children recognise each other as neighbour; contribution of improving their self-esteem: it is the students and neighbours who each other learned and built for the neighbourhood; promotion of environmental care, improvement, and transformation of neighbourhood spaces.

Slide 9 - The sustainability of this project is based on the stimulation of local resources

The sustainability of this project is based on the stimulation of local resources. Human resources of the neighbourhood are primary school students, students from the Agro Gardening, vocational training programme and their teachers. Material resources: each school has contributed tools, seeds, fertilizer, gloves, spaces, etcetera. And the economical resources, the financial: the Paterna Town Hall, through the Department of Health, has contributed to this project with the financial grant. Primary schools have applied for this grant to improve their activities, and this has facilitated the purchase of materials.

Slide 10 - Summary & For example

The key: commitment and awareness are needed to take care of what has been built. Otherwise, we will go back to the previous image of the neighbourhood.

Slide 11 - Thank you all for your participation!

I hope you found this community work experience interesting. Thank you all for your participations.