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Belhaven Hospital **Community Garden**

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Find out more about the Green Health projects and activities that are taking place in the Community Garden

As part of our Green Health Strategy, we work with NHS Lothian and partners across the region to enhance the greenspaces in the Belhaven Hospital Community Garden in order to both contribute to better health and wellbeing as well as fight climate

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Belhaven Community Garden

Belhaven Community Garden lies in the grounds of the hospital. Managed by Sustaining Dunbar, the garden is a space where patients, staff, local residents and community groups can grow together.

There is a **sensory garden** intended for quiet contemplation; an **orchard** which includes many old Scottish apple varieties as well as plum and pear trees; a **polytunnel** and area of **raised beds** including some designed for less physically able gardeners; a **wildflower meadow**; **plots** for use by different community groups; **beehives**; a **therapeutic garden** specifically for hospital patients and staff; and areas of **hazel and willow coppice**.

Since 2012, Sustaining Dunbar volunteers have been working together to transform the grounds of Belhaven Hospital into:

A Therapeutic Space – for peace and relaxation, for staff, patients, visitors and local people

A Growing Space – for herbs, flowers, fruit and vegetables, for anyone who wants to come together with others in a supportive, sharing environment.

A Learning Space – for sharing practical food growing and regenerative land-care skills, for all ages and abilities.

A Biodiverse Space – for developing the range and variety of

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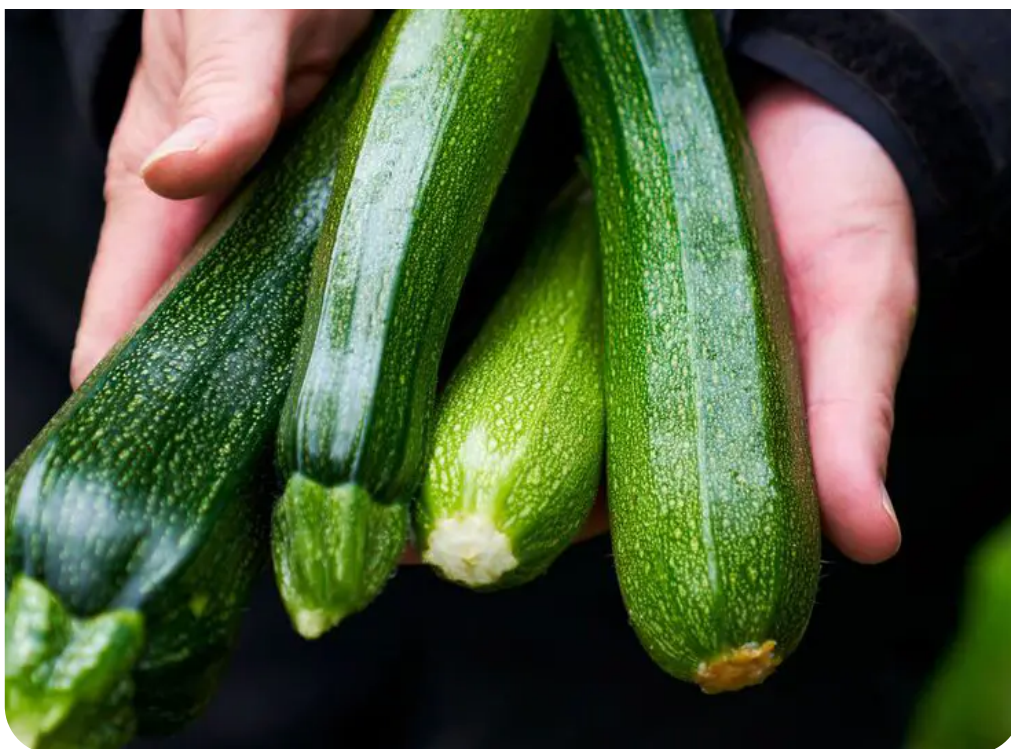
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What's happening in the Community Garden

Volunteer Sessions

Sustaining Dunbar runs volunteer sessions in the Community Garden on Saturday afternoons, 2-4pm and everyone, including families, is welcome to join in.

To find to more and get involved, come along on a Saturday afternoon or contact Naomi: bcg@sustainingdunbar.org [🔗](#) to arrange for an introductory tour.

Useful links

Find out more about Sustaining Dunbar Garden Outreach



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Find out more

If you'd like to find out more, or get in touch about working together, contact:

bcg@sustainingdunbar.org 



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