



CW+ NATURE AND BIOPHILIA IN HOSPITALS SYMPOSIUM

POST-EVENT EVALUATION REPORT

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July 2026



The report in numbers:

14

Presenters

4

Keynote presentations

6

Showcase presentations

64

Registrations for places at the symposium

16

Attendees responding to a post-event feedback survey

4.6

Average rating out of five for the event, awarded by survey respondents

73%

of survey respondents said the event had influenced their thinking around this area of work



Context

The impact of nature engagement on health and wellbeing is a growing field of interest, including for those working across healthcare settings. Research suggests that exposure to nature in hospitals can reduce stress, improve wellbeing and enhance staff satisfaction and productivity. These benefits are especially relevant given NHS survey data indicating high levels of work-related stress and staff considering leaving their roles. Studies and systematic reviews further demonstrate that access to greenery and nature-based interventions can lower stress hormones, boost cognitive function and combat fatigue – critical factors for healthcare staff and patient safety.

The symposium

The CW+ Nature and Biophilia in Hospitals Symposium was a knowledge-sharing event that took place at West Middlesex University Hospital on 5 June 2026. The aim of the event was to bring together those working with green environments, biophilic design and nature-based participation in hospitals, to share learning, explore best practice and showcase pioneering work. The symposium builds on previous work CW+ has done in this area, such as the creation of the Greenhaven and [Sky Garden](#) at Chelsea and Westminster Hospital, and the [GreenUP](#) project at the West Middlesex University Hospital Lakeside.

The symposium agenda included four keynote presentations:

- From the Royal Horticultural Society, Dr Ashby Lavelle Sachs (Research Fellow in Horticulture) and Victoria Shearing (Wellbeing Garden Programme Manager), presented the science and practice behind the newly launched RHS Wellbeing Gardens Blueprint: an evidence-based set of principles underpinned by 12 years of RHS research and practical experience to optimise wellbeing in the garden.
- Dan Loveard, Green Space for Health Project Manager at NHS Forest, presented the NHS Forest 'Healthy by Nature' programme, which has embedded Nature Recovery Rangers across nine NHS Trusts to integrate nature into patient care, staff wellbeing and community engagement. Dan also introduced two of the Nature Recovery Rangers, Emma Myers and Susannah O'Riordan, who outlined their own experiences in the role.
- Dr Lewis Elliot, Senior Lecturer in Environment and Human Health at the European Centre for Environment and Human Health, presented key research on nature and health from epidemiology, psychology and social science, as well as offering practical, efficient guidance for the evaluation of such interventions.
- Finally, Katie Tait, CEO of Horatio's Garden, explored how precise language helps recognise – and properly value – the transformative impact of their gardens as a critical part of spinal injury rehabilitation across all biopsychosocial parameters.



All keynote speakers were also invited to take part in a closing panel discussion, picking up key themes from the day and considering future directions of travel for the sector.

In addition to this, there were two 'showcase' sessions, highlighting examples of innovation in this area. The first of these focused on the design and integration of green spaces and biophilia in hospitals, and included presentations from David Di Duca (BAT Studios), Catherine Perry and Dr Shubha Allard (Harefield Healing Garden), and Magali Thomson (Great Ormond Street Hospital). The second focussed on nature-based participatory programmes, with speakers including Eve Annesley and Eva Jonas (Imperial Health Charity), Peter O'Hare (South London and Maudsley NHS Foundation Trust), and Ellen Devine (Forestry England).

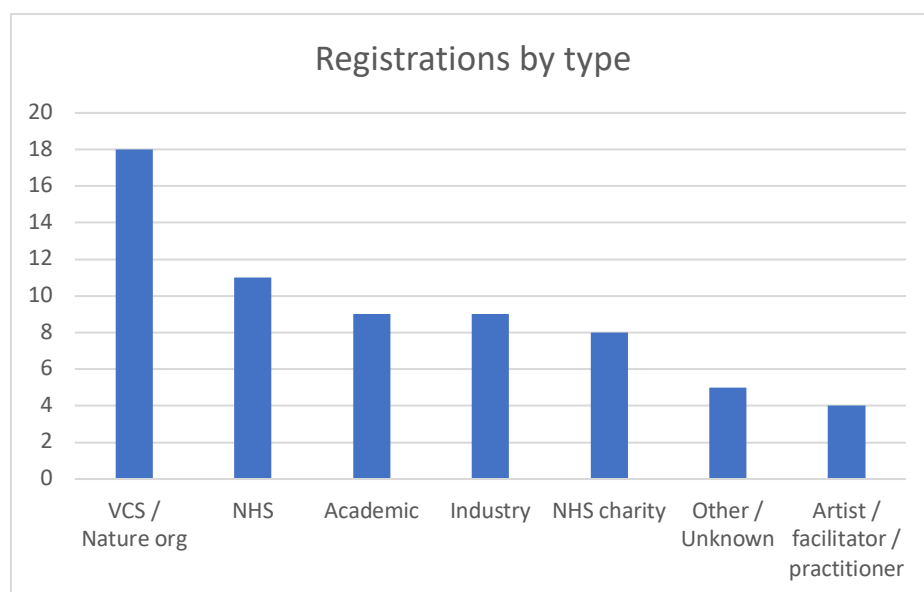
Food at the lunch break was provided by Nourish Hub. Operated by the charity UKHarvest, Nourish Hub aims to protect the environment by rescuing good food destined for landfill and serving the community with education on nutrition, cookery skills and fighting food waste in the home. Drinks were provided by the Hammersmith Community Garden Association, a local environmental charity that runs greening and growing projects in the London Boroughs of Hammersmith & Fulham, Kensington & Chelsea and Westminster. During the lunch break there was also an opportunity for attendees to take part in a mosaic workshop with artist Susie Johns.





Registrations and feedback

Places at the event sold out, with 64 people registering for the event. The most registrations came from people working at charities or nature-promoting organisations. The second-most common source of registrations was from NHS employees.





There were 16 respondents to a post-event survey. When asked to rate the event out of 5, the average score was **4.63**, with 69% of respondents scoring 5/5 and 25% scoring 4/5.

Networking and meeting like-minded people were the most common aspects mentioned by respondents as being useful or valuable. Many mentioned the sense of community and shared purpose that came from meeting others in the same field.

'It was an amazing experience to be with like-minded people, all with the same goal of getting gardens and plants to benefit the healing process. The speakers who were chosen gave a great oversight over London, and of what we can do.'

Many others commented on the quality and variety of presentations, with some specifically mentioning the importance of seeing real-life projects and hearing about challenges they had faced.

'Speakers presented on actual projects rather than theoretical ones, and also covered thorny issues.'

'[I found it useful] hearing from such a varied selection of speakers about wonderful, diverse work happening across many different areas.'

11 out of 15 respondents (73%) said the conference had influenced their thinking around this area of work. Some said this was in the form of getting new ideas for practice, including how to address barriers to working in healthcare settings. Others described leaving with a sense of community in this field, and two said it had helped enhance their understanding of the evidence to support their work.

'[The symposium has influenced my work] because I know I'm not alone, and [it] also encouraged me to see ways my Trust can benefit, with healthcare research, data and evidence. I am going to try get our hospital to do the same to help with the initiatives we already have in place.'

'[The symposium has] helped me to think more expansively about what is possible when it comes to developing green spaces and activities in hospital environments.'

Suggested areas for development at future events included greater representation from clinicians and patients, and the inclusion of participatory workshops. Some commented that they felt the event could have been bigger, with a larger capacity over more than one day. Some pointed out that additional time would enable greater networking, and more time to make the most of activities like the mosaic making.

'I think you need to make it even bigger and better – maybe over two days so people also have lots of time to meet and swap information.'



Conclusion

Both the demand for tickets and the feedback provided by attendees demonstrates that the CW+ Nature and Biophilia in Hospitals Symposium was a valuable event for those working in this field. Especially of value were the benefits from networking, the quality and variety of presentations, and the prevalence of real-world projects and learning. As interest in this area of work continues to grow, similar knowledge-sharing events will be vital to ensure continued support for this vibrant community of practice.

