

# Brief presentation on: IRDC Key activities and achievements



Integrated Research and Development Centre  
(IRDC), Berkshire, UK CIC  
Est: 2013

Working area: Berkshire, England

## **Objects:**

**To promote for the benefit of the public:**

**a.) Recycling and prudent use of environmental resources,**

**b.) Education in the field of horticulture,**

**c.) Social inclusion through group horticulture projects,**

various benefits from gardening to personal health.



## Multi-Cultural Gardening Club



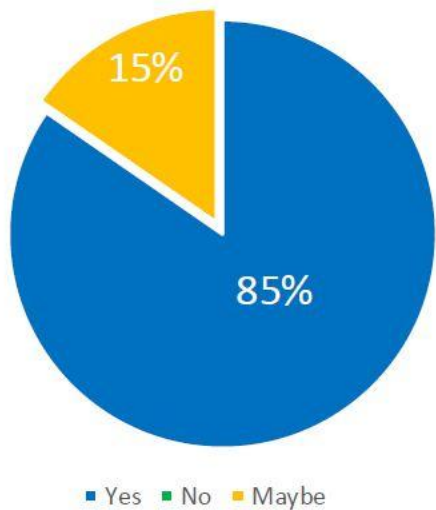
**Learning by garden visits and observations**



**New knowledge generation through exposure visits to new sites (Kiew garden, Pangbourne organic farm)**

# Benefits of Gardening Towards Health and Wellbeing

Does gardening directly lead to an improvement in healthy living?



How does gardening help improve people's physical health?



How does gardening help improve mental health?

"It helps with focus and attention. The social aspect can reduce loneliness. It can lift mood and reduce anxiety."

"Social contact, sense of achievement and belonging."

"Being outdoors in touch with nature gives a sense of purpose and achievement"

**❑ What is community -led research pilot project (CLRP)?**

**❑ How it was conducted ?**

**❑ Key outcomes of CLRP.**

- ❑ CLRP is a science and research-oriented approach,**
- ❑ it puts underrepresented local community groups in the heart of their own research pilot,**
- ❑ where the community groups develop and deliver their own research projects by working with researchers.**

# CLRP planned outcomes:



Work in pairs

- Increased community belief in the legitimacy and relevance of research
- Communities bring value, quality and more relevance to research
- Empower researchers to work with and for communities
- More collaboration and trust between researchers and communities
- Influence positive change in the research sector

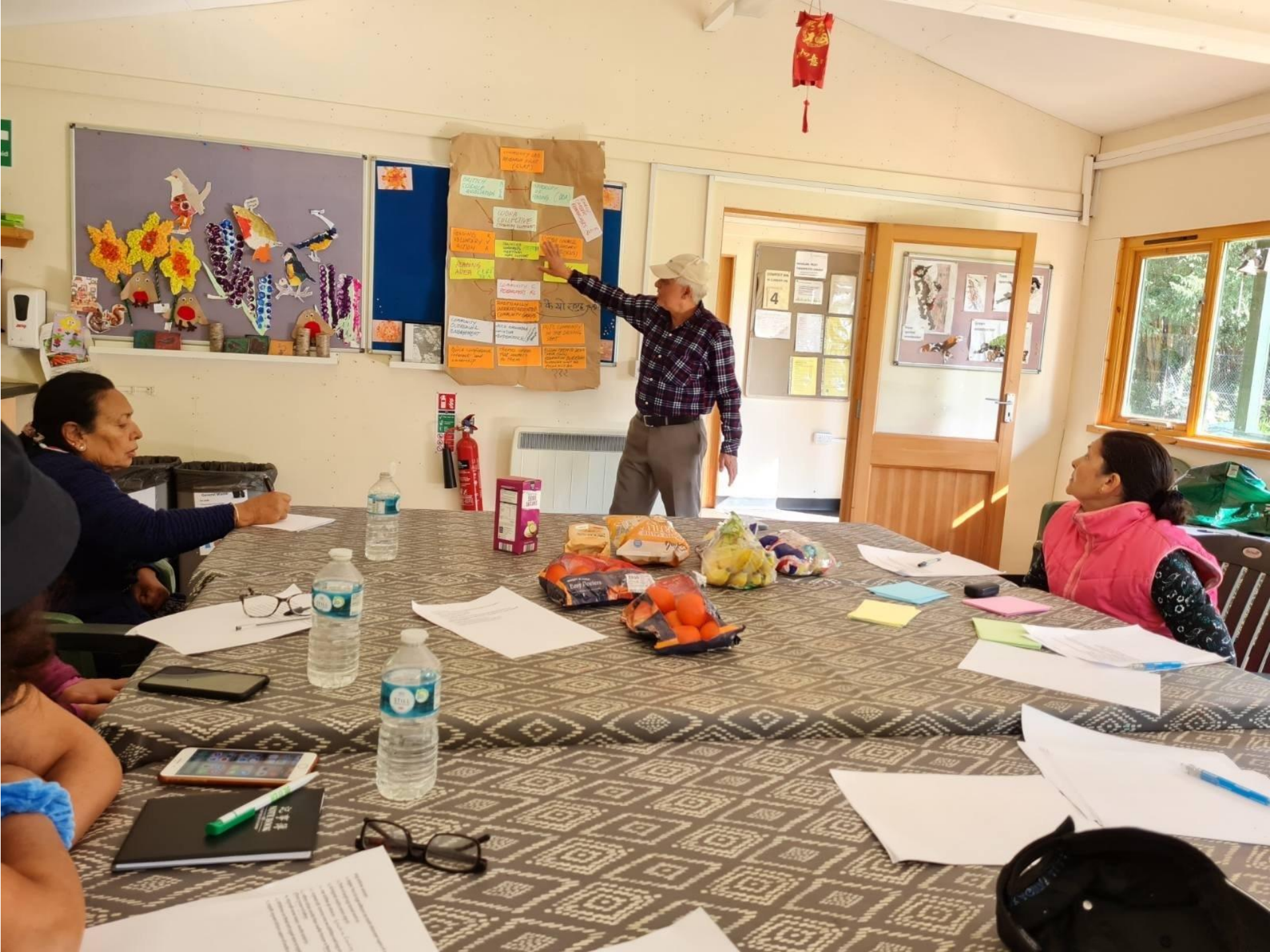
- ▣ **It empowers community groups to use their own knowledge and ideas to identify issues, challenges, research theme - research topics that matter to them.**

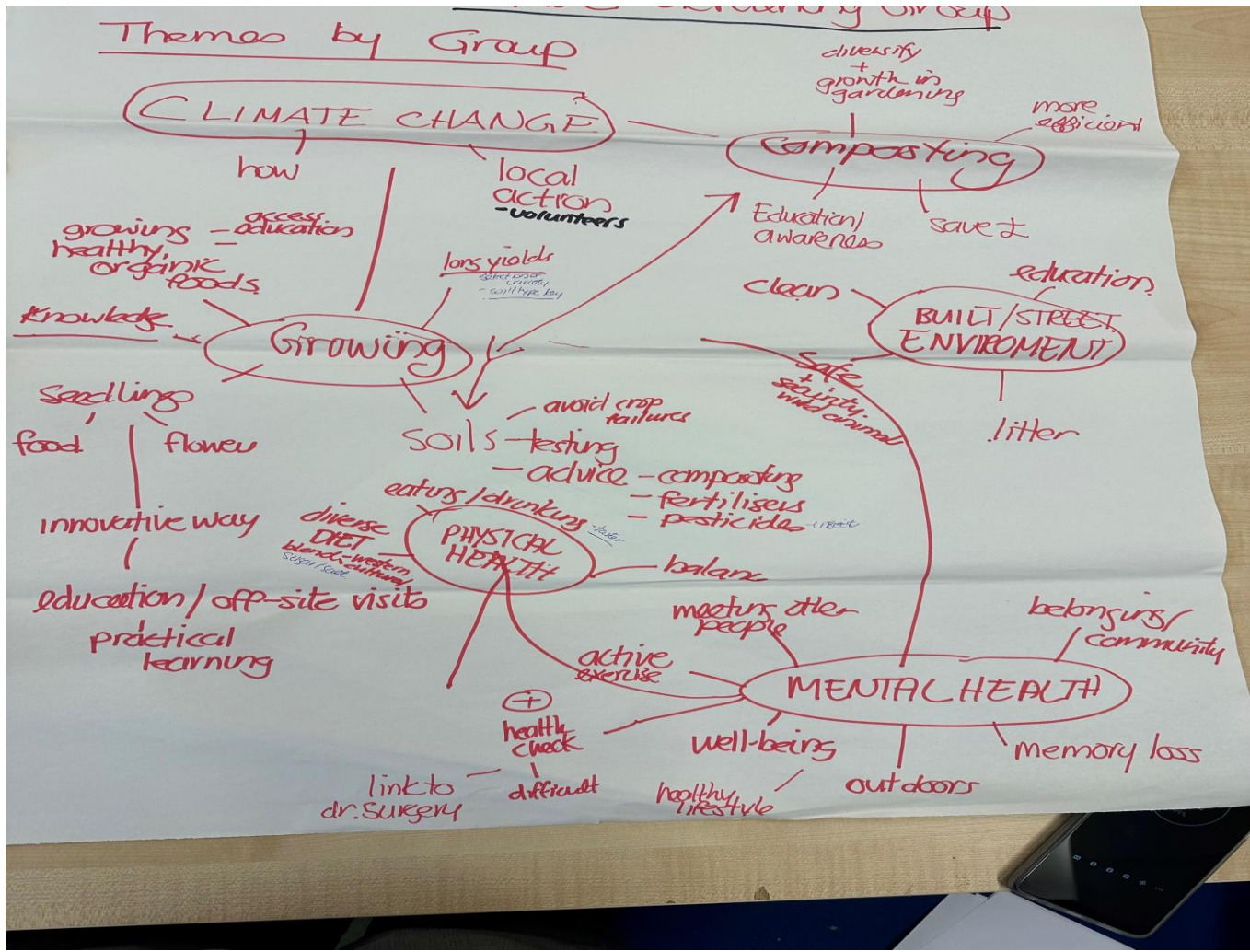
## Expected Impact – the change:

- 
- Communities are supported to build confidence, interest, and ownership when it comes to research, and science.
- Stronger relationships between UoR and communities - making a difference together locally.

Explaining research, opening it up to see where research fits when we think about making change.

- UoR share expertise in empowering local communities to lead research that informs changes in thinking, policy, and practice in the University, Reading and Berkshire.





Engagement and exploration of community group challenges, issues and aspirations

# **Outcomes of the CLRP processes:**

**Identified the research theme as:  
Responding healthy living challenges  
through improved gardening and wastes  
management.**

**Your question our answer  
?**