



NBS 3

Therapeutic Garden

FC Zenica

Project indicative: Z3.1

Project type: simple investments/interventions

Project starting point: 0-5 y

Project ending point: 10-15 y

Linkages: Z3.2

Estimated costs: 400-600K EUR

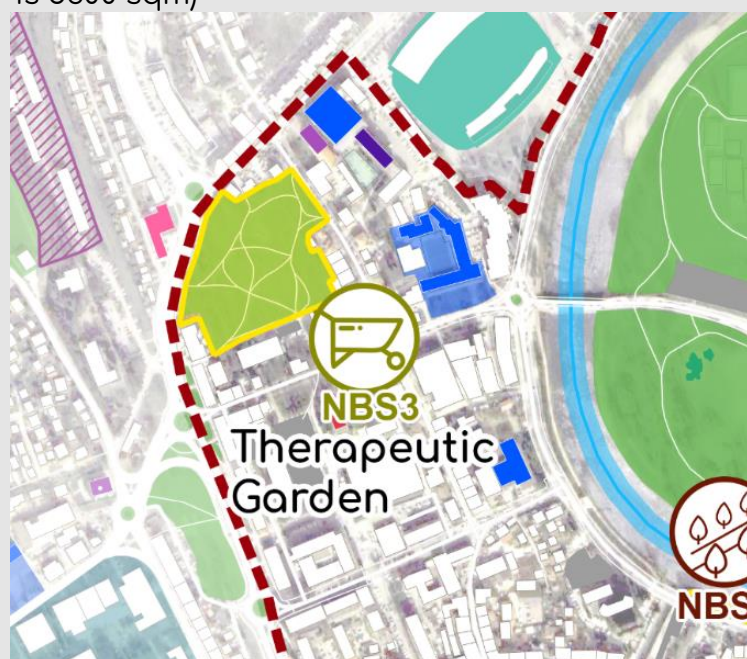
Description of Study Area

The area covered by the Regulation Centre "Centre II" is in the north-western part of the city centre. In the planning documentation - *Urban Plan of Zenica*, part of this area is planned as residential and business zone and is defined as city centre with central functions while another area belongs to recreational greenery. All zones are included in the cultural and administrative centre of the city. "Centre II" is 16.30 ha, featuring green areas developed in parallel with the construction of the city, but unevenly distributed.

The city park – subject for therapeutic garden intervention (approx. 2.1 ha) is the largest green area in the neighbourhood (17.2 m² of greenery / inhabitant). The population density in this area is about 43 inhabitants/ha due to central functions and percentage of low share of housing construction (special needs youth are the target group). The expected therapeutic garden intervention area will be integrated in the park regeneration, and approximately 7000 sqm (for reference proGireg Zagreb Therapeutic garden is 5300 sqm)

Site challenges

Sustainability, potential vandalism, maintenance, good integration with the surroundings



Relevant Legislation

Detailed regulation plan foresees the obligation of preparing an urban project that defines in greater detail the park's use (open or closed space).

The Urban project will be determined by well-established set of requirements (integrating current fiche recommendations). A past proposal of the park was developed by Üsküdar Belediyesi, with the occasion of local event/workshop.



Source: Mirza Sikirić

Vision



Source: behance.net Therapy Garden for people with ASD

Scenarios

Do-it-all (best-case)

The adopted regulation plan provides guidelines for activities and measures, costs, responsibilities, and timeframe for implementation. The Park will host the very first therapeutic garden in the city. Site analysis will be updated and the project documentation put in place. The Municipality will engage local stakeholders through a participative process resulting in a co-implementation approach. A competition will award the best design. This solution will be further developed, along with management (garden can be managed by the Municipality, activities by the day-care centre), and monitoring plan (assures sustainability of the project). Communication and dissemination plan about the NBS will be put in place.

NBS intervention specificities

Typology of NBS3

Community-based urban farms and gardens: *Therapeutic gardens are specially designed gardens with the aim of strengthening motor, sensory, cognitive, affective, nutritional, emotional and social potential.*

The project aims to create a therapeutic garden dedicated to the target group of children with disabilities for horticultural activities, and landscaping design requirements ensuring mix of colours, textures, smells.

Do-something-meaningful

Site analysis and project documentation will be updated. The Municipality will elaborate a regulation plan providing guidelines for the activities and measures, costs, responsibilities, and timeframe for implementation. A competition for best designs and solutions will be launched for the therapeutic garden. In this scenario, stakeholder engagement will not be as important (co-implementation process implies constant dialogue with interested stakeholders).

COMBINING:

Therapeutic garden through design (colors, textures, compositions)

Therapeutic garden through activities (horticultural activities, workshops, training sessions, community events)



(c) Mali Dom

Description of planned Development stages interventions

The therapeutic garden will be integrated into the local context, considering vulnerable communities in the neighbourhood and the central location. The regeneration process will develop a therapeutic garden and a sensory garden to contribute to the wellbeing of the users. Key goals include strengthening motor, sensory, cognitive, affective, nutritional, emotional, and social potential. Workshops will be organised on site by the day-care in order to foster social inclusion and encourage outdoor activities.

0-5 year - Collect the ideas of all interest groups, organise the implementation of a public competition for the best idea/design, the selection of ideas and residents' voting, and the implementation of the contractor selection procedure

5-10 year - implement the winning design idea and establish permanent maintenance of the park

10-15 year - maintenance

Operational Objectives

1. Adjusting the park to local needs (considering central location and the specific needs of future users)
Meet the physical, psychological and social needs of the park users
2. Develop a therapeutic garden
3. Develop a sensory garden

Partners/Stakeholders

Beneficiaries: Municipality of Zenica, landscape planners, private providers of materials, horticulturist

Users: Vulnerable communities, caretakers, families of the vulnerable groups, children and the youth, people in transit, workers in the area.

Targets

Focusing on quantitative and qualitative indicators:

Qualitative analysis:

- Impact assessment of adequacy of green space provision based on the local communities' perception
- Perception of health status by local communities (safety status according to respondents, health perception before/after the intervention)

Quantitative analysis:

- Regenerate 2.1 ha of green spaces
- Develop a therapeutic garden on at least 50% of the green area
- Develop a sensory garden of at least 35% of the total space
- Develop 15% of public area of the site, to accommodate the rest of the users in the area (for instance, workers of the public institutions)
- Organise at least 1 outdoor activity on site/week
- Ensure constant maintenance

Actions

1. Site analysis
2. Develop project documentation
3. Ensure appropriate legal framework
4. Launch public tender and competition for the best solution (requirement to develop a multifunctional urban regeneration solution focused on integrating the studied green spaces into the local context, and addressed to vulnerable communities in the neighbourhood)
5. Compile qualitative and quantitative data into a customised solution
6. Begin co-implementation/participative processes with relevant stakeholders (care homes for disabled persons, nearby NGO, kindergarten, etc.)
7. Implement solution
8. Develop management and monitoring plan (co-managed by the Municipality and local communities)
9. Monitoring and dissemination

Design requirements

Accessibility

- connection to main routes surrounding the site, and most important facilities
- wheelchair access
- braille and audio descriptions

Security/safety

- Urban furniture adapted to persons with disabilities (textured pavement, etc.)
- Clear bounds between public area and dedicated to vulnerable communities.
- Preliminary community survey suggests the area is neither safe or insecure and is occasionally used by children. Considering the central location, securing the area might increase the usage of the garden. The site was identified as a zone of interest.
- Vandalism insurance (e.g., safety cameras, fences, night safety patrols), Accessibility (e.g., installation of wheelchair ramps, affordable toilets, etc.)

Sustainability/Maintenance

- Possible inclusion of solar panels (lighting poles)
- Rainwater storage and use

Landscaping

- aromatic plants
- ornamental trees and vegetation
- scented and edible plants
- water features

Work with specialists for tailoring offer to the children's needs: e.g. too many senses can be harmful.

Annexed functions and activities

- active uses: Raised planters for horticultural therapy activities or
- passive uses: quiet sitting areas
- educational
- Recreational

Preliminary community survey: Productive area (type of urban garden built with the help of threatened groups),

Aesthetics/Ambiance

Incorporate a variety of sensory experiences.

The therapeutic garden can consist of three zones:

1. Area for user interaction (gazebo, grill, wooden platform/stage, and circular benches),
2. Area for therapeutic gardening and education (elevated garden beds for growing herbs, hügelkultur beds, storage for tools and a trellis)
3. Sensory garden and sensory rest areas (elevated and classic beds with herbs, reflexology path, quiet rest areas and interactive sculpture). (Zagreb)

Park and passive use; educational programs (e.g., for topics such as biology, ecology and sustainability.), Events (e.g., weddings, concerts and festivals)

Urban furniture and equipment

- Design being readable and down-to-earth, using natural materials and simple forms.
- Resting spaces
- Sensory experiences (e.g. fragrant garden, touch of touch or sound garden)
- Marks and signalling

User interface / How are the users benefiting from the interventions

Given the park's vicinity to the city centre, it is surrounded by many public institutions such as municipal court, cantonal persecution office, national theatre, municipal building, kindergarten, primary and secondary musical high school, ministry of internal affairs, several banks, business offices etc. The entire community will benefit from the new layout and content of the city park.

