



Herald & Hume

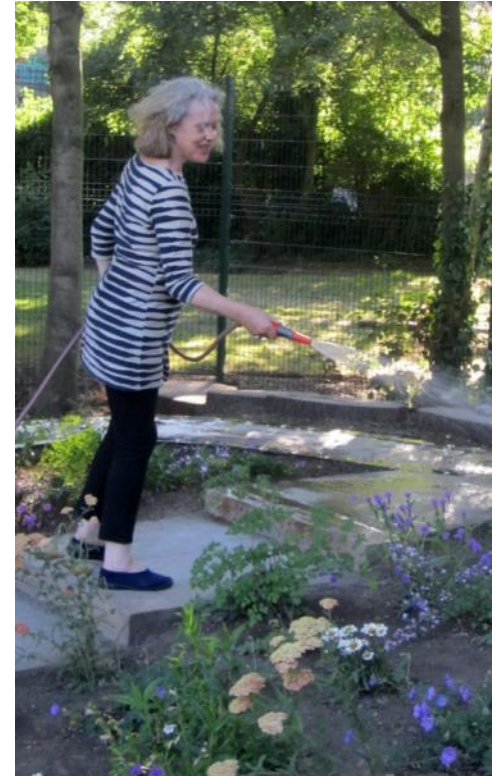
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Who are we?

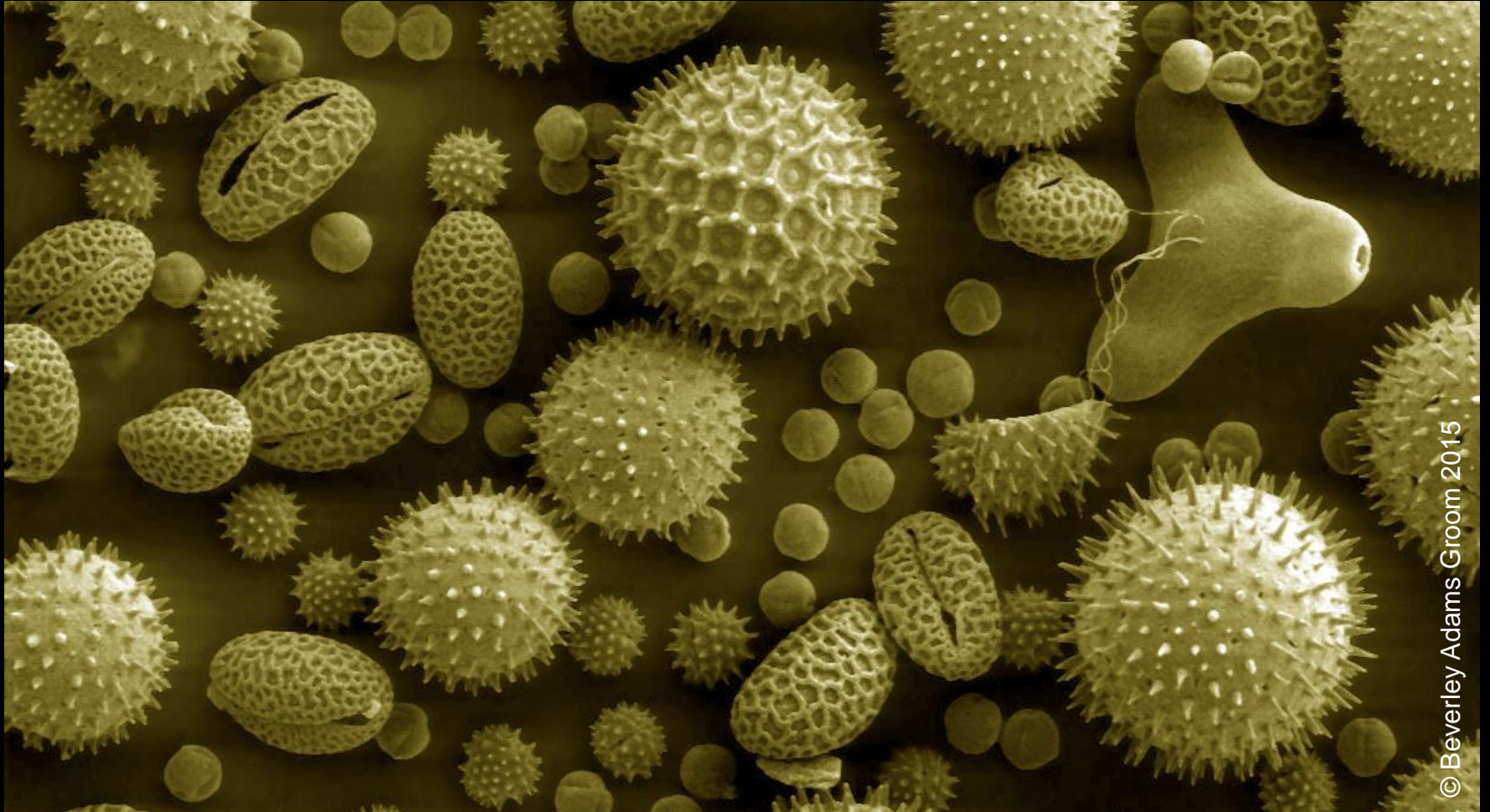


Shenagh Hume – specialist asthma and allergy nurse, garden designer, and garden adviser for Allergy UK

Jackie Herald – designer of award winning school gardens (SGD Community Spaces, 2013 + 2014) and freelance writer



Nature's gold



© Beverley Adams Groom 2015

OUR FOCUS TODAY

- Pollen allergy – scientific evidence and statistics
- Impact on human health – an everyday perspective
- Designing out pollen allergy – through plant selection and landscape design

UK allergy statistics

- 18 million people suffer hay fever in the UK
- The incidence of allergic disease has doubled in last 30 years
- 80% of people with asthma will also suffer hay fever
- 3 people die of asthma every day: this figure has risen in 2015

source: Allergy UK

Lancelot Capability Brown



Died of asthma February 1783

Close your eyes and imagine!....



BBC Countryfile Spring Diaries 2016



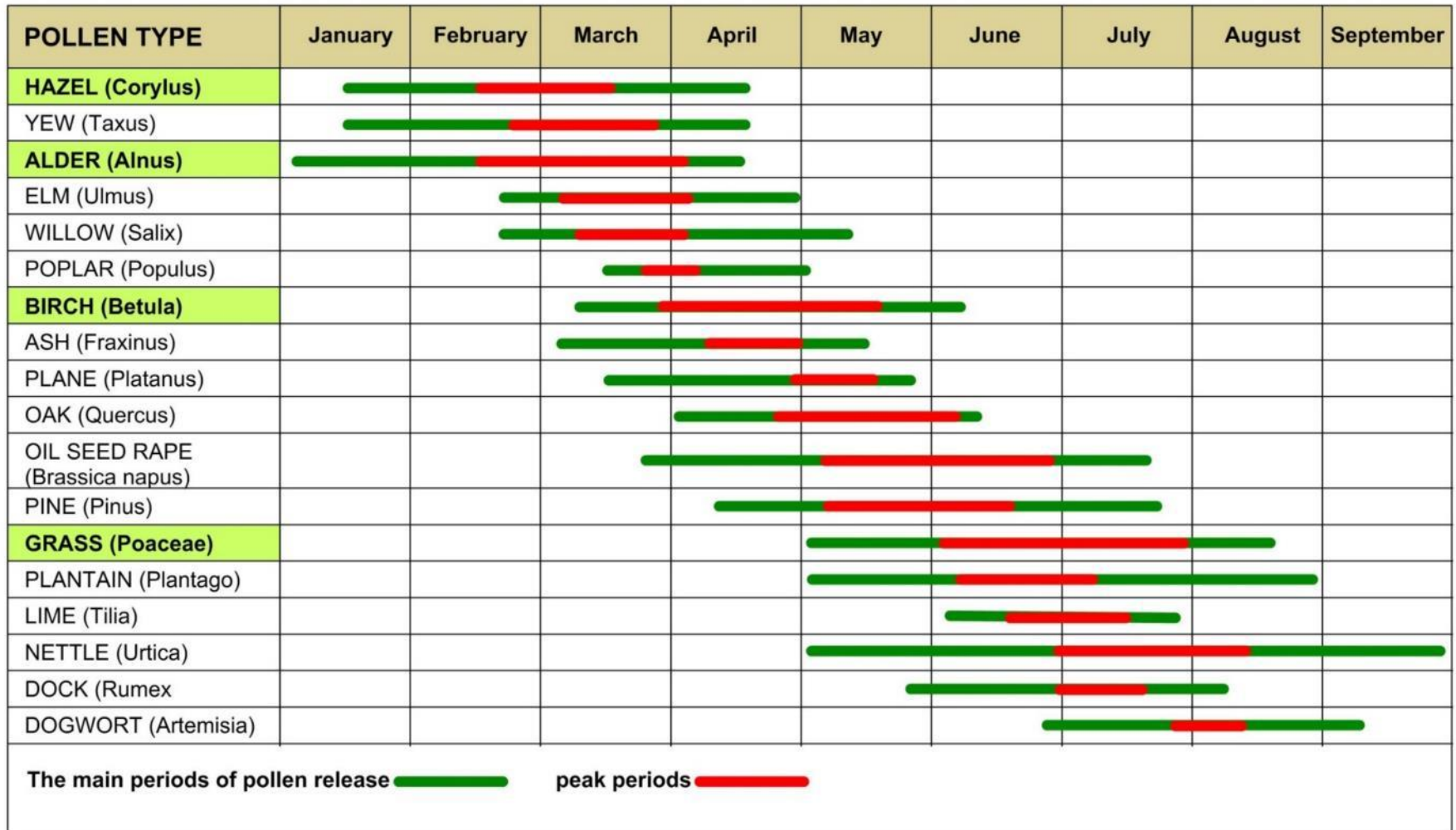






ALDER
POLLEN

UK Pollen calendar



Note: Hazel, Alder, Birch and Grass pollens are especially potent allergens



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First principle of treating allergy

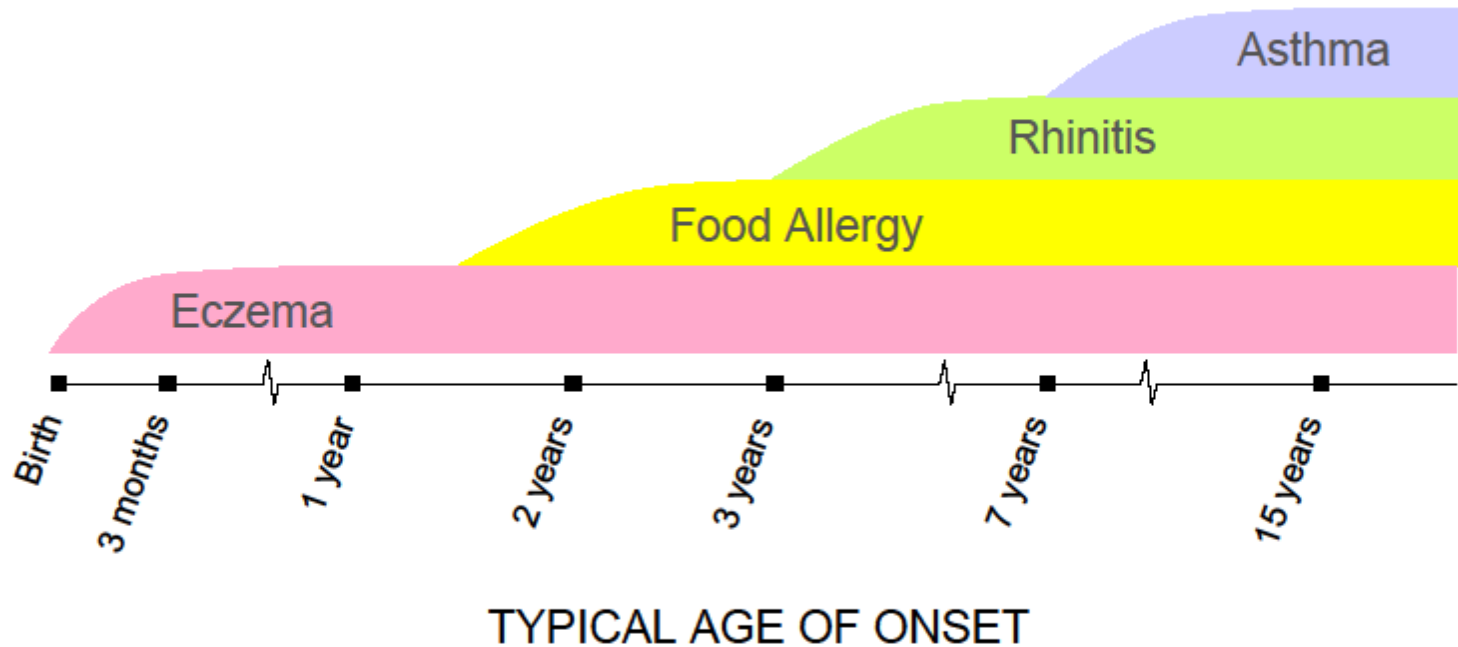
is

AVOIDANCE!!!!!!

(of the allergen)



THE ALLERGIC MARCH



There is a direct correlation between asthma, hay fever (Allergic rhinitis), eczema – and food allergies





HIGH POLLEN DESIGN – one place of many







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WORLD EVIDENCE

Madrid, Spain - Plane

Amman, Jordan - Olive

Arhus, Denmark – Birch

Scientific evidence

Urban green zones and related pollen allergy

- UNINTENDED CONSEQUENCES -

“lack of planning in the design of urban spaces and in the choice of ornamental species has been among the factors triggering one of the most widespread diseases in urban populations: pollen allergy.”

Urban green zones and related pollen allergy: A review. Some guidelines for designing spaces with low allergy impact. Paloma Carriñanos, Manuel Casares-Porcel, Department of Botany, Faculty of Pharmacy, University of Granada, Spain. *Landscape and Urban Planning* 101 (2011) 205–214

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PLANTING FOR HEALTH

and a breath of fresh air

Key measures to reduce impacts of pollen and its harmful effects on urban allergy

- Increase plant biodiversity
- Avoid mass use of male individuals of dioecious species
- Choose low-to-moderate pollen production
- Avoid large focal pollen sources by respecting planting distances
- Obtain expert advice when selecting suitable species
- Establish local authority by-laws to ensure sufficient time allowed for planning

BOTANICAL BASICS





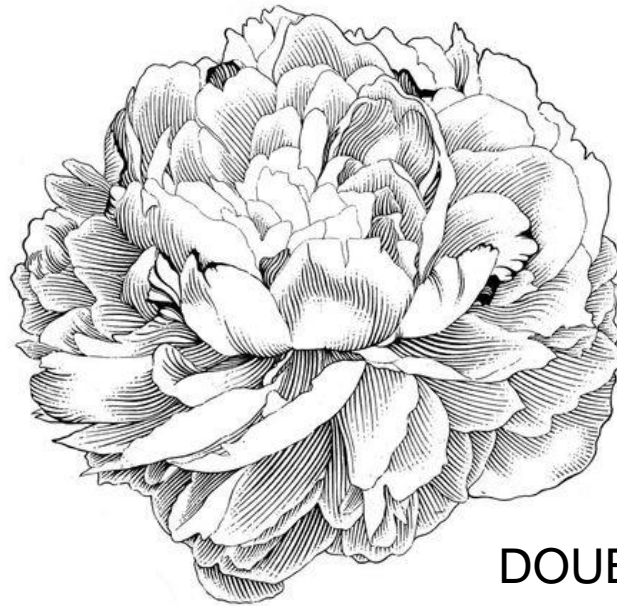
TUBULAR



FUNNEL



BELL /
CAMPANULATE



DOUBLE



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Don't be fooled!



Pittosporum tenuifolium 'Irene Paterson' (7)



Pittosporum tenuifolium 'Silver Queen' (1)



Ligustrum ovalifolium (9)



Escallonia 'Iveyi' (3)



Betula pendula (9)



Sorbus aria 'Lutescens' (4)



'Elodie' - a newly introduced pollen- and perfume-free lily (0)



Go soft!

“.....a thick, healthy, regularly mowed lawn makes an excellent trap for pollen that comes from nearby trees or shrubs. When this pollen lands on the lawn, it eventually gravitates down below the surface of the grass, and effectively is taken out of circulation.”

Peter Prakke healthyschoolyards.org + safegardening.org





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BEFORE



AFTER

KEY POINTS

- Choose low pollen emitting plants 0-5 on the OPALS scale
- Select females for low pollen levels, and their flowers, berries and fruit
- Avoid monocultures (also for biodiversity and biosecurity)
- Regular maintenance, e.g. mown lawns and clipped hedges
- Celebrate with more flowers and colour!



Right plant

Right placeMENT

Priority for low pollen planting

- Clients with asthma, hay fever or eczema
- Public spaces
- Schools
- Hospitals
- Hospices
- Health care environments

We acknowledge the fundamental work that Lucy Huntington undertook on low allergen gardens – including the support of the late John Donaldson, who died of an asthma attack and left a legacy to pay for her 3rd RHS Chelsea show garden.

Next Steps

- **Primary focus** is on **reducing exposure to pollen** – and how pollen levels link to both air pollution and climate change
- **Ensure that scientific, evidence based reasons** inform tree planting and maintenance policies for public spaces
- **Form a Multi-disciplinary team** including engineers, plant experts, creative designers, and specialist allergy health professionals

Dr Bill Frankland MBE



Started the first pollen count at St Mary's Hospital Paddington

Herald & Hume

healthy gardens with style

JACKIE
07714 234808
jackieherald aol.com
www.extra-room.com

SHENAGH
07712 182237
gardendesignadviser@gmail.com
www. gardendesignadviser.com

