



More bright moments, close to nature

NORDIC GARDEN BUILDINGS FOR CARE HOMES

Wellbeing for residents, visitors and families — every day of the year

THE SCIENCE OF BEING OUTDOORS

“Just two hours a week in nature is linked to
better health and wellbeing.”

University of Exeter — study of nearly 20,000 people, 2019

“Most studies find that time among gardens
reduces agitation in people living with
dementia.”

The King's Fund — Gardens and Health, 2016

NORDIC GARDEN BUILDINGS

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A calmer, brighter day begins with daylight

Good care is about more than safety and routine. It is about how a person feels — calm or anxious, engaged or withdrawn, connected or alone. And few things shape that feeling more quietly, or more powerfully, than daylight and a view of something green.

Yet many residents rarely get outside. The weather, the risk of a fall, the effort of getting there — all of it adds up, and the garden stays just out of reach for much of the year (Frontiers in Dementia, 2024).

A Nordic Garden Building removes those barriers. It brings the garden indoors — level, warm, sheltered and safe — so residents, visitors and staff can sit among daylight and greenery whatever the season. A place for a quiet coffee, a family visit, a gentle activity, or simply watching the birds.

This brochure sets out the wellbeing thinking behind these spaces, the research that supports them, and how care homes across the UK and Scandinavia are using them every single day.



~2 hours a week

Time spent in nature each week is linked to better health and wellbeing — across a study of nearly 20,000 people.

University of Exeter, 2019



Residents, family and friends together in one of our Nordic Garden Buildings

Why daylight and the outdoors matter

A growing body of UK research shows just how much the outdoors matters as we age. In its landmark report *Gardens and Health* (2016), The King’s Fund found that contact with nature, gardens and green space can reduce stress, lift mood and ease the symptoms of dementia — noting that most studies report that exposure to gardens reduces agitation, aggression and other symptoms. For older people, time outside also supports better sleep, appetite and social connection, and offers a sense of purpose and independence that can so easily be lost in a care setting.

The benefits are physical as well as emotional. Natural daylight helps regulate the body clock and mood; gentle activity outdoors supports balance, mobility and strength; and simply being among greenery has been linked — in a University of Exeter study of nearly 20,000 people — to better health and wellbeing for those spending around two hours a week in nature. Yet many care-home residents rarely get outside, with cold, wet weather and the risk of a fall among the biggest barriers. A warm, sheltered, level-access garden building removes those obstacles, making the proven benefits of the outdoors available every day of the year — whatever the weather.

More light

Older eyes need far more of it

Better sleep

Daylight steadies the body clock

2 hrs / wk

In nature, linked to wellbeing

Calmer days

Gardens ease agitation



Why the outdoors matters in later life

- 1 **Effectiveness of Therapeutic Gardens for People with Dementia: A Systematic Review (2021).** Systematic review of 16 quantitative studies: in all but two, gardening or therapeutic gardens improved engagement, agitation, mood, stress and medication use in people with dementia.
<https://pubmed.ncbi.nlm.nih.gov/34574519/>
- 2 **Gardening and Growing for People with Dementia - Evidence Summary (Detweiler et al. and others).** Literature review concludes therapeutic gardens and horticultural activities reduce pain, stress, agitation, falls and “as needed” medications, while improving attention, communication, cognition and overall wellbeing in dementia.
https://garden-organic.files.svdcn.com/production/documents/Dementia_Factsheet_0.pdf
- 3 **Study Reveals How Gardens Could Help Dementia Care (University of Exeter / NIHR review).** Review of 17 studies finds care-home gardens promote relaxation, encourage activity, reduce agitation, and provide stimulating spaces for family visits and reminiscence in dementia care.
<https://www.ecehh.org/news/dementia-gardens/>
- 4 **Gardens May Be Therapeutic for Dementia Patients (summary of Exeter study).** Popular-science summary of the Exeter review, highlighting “promising impacts on levels of agitation” when care-home residents with dementia spend time in gardens, via reminiscence and sensory stimulation.
<https://www.smithsonianmag.com/smart-news/gardens-may-be-therapeutic-dementia-patients-180952080/>
- 5 **Therapeutic Garden - Overview of Evidence in Alzheimer’s and Dementia.** Evidence overview noting that gardening and horticultural therapy promote general health, quality of life, and cognitive functioning in Alzheimer’s disease and dementia patients.
<https://www.sciencedirect.com/topics/medicine-and-dentistry/therapeutic-garden>
- 6 **Nature-Based Approaches to Dementia, Cognitive Impairment, and Neurodegenerative Disease (2026).** Review reports that gardening interventions consistently improve psychosocial wellbeing, mood, and reduce behavioural and psychological symptoms of dementia (BPSD), with mixed but emerging evidence for cognitive benefits.
<https://www.sciencedirect.com/science/article/pii/S0167494326000245>
- 7 **Social & Therapeutic Horticulture - Dementia Evidence Hub.** Professional summary pulling together key dementia gardening studies, including the 2021 systematic review, RCTs and program evaluations showing improved social connectedness, reduced depression and better life satisfaction from horticultural therapy.
<https://www.horticulture.org.uk/sth-dementia/>
- 8 **Therapeutic Gardening and Its Effects on Depressive Symptoms in Elderly Residents (Memory Care Setting).** Study in a care facility where 100% of residents reduced agitation after garden and atrium installation (by 46.7%), with 70% also showing reduced depressive symptoms.
<https://stars.library.ucf.edu/cgi/viewcontent.cgi?article=2478&context=honorstheses>
- 9 **Case Study of Therapeutic Gardens in a Care Facility (Frontiers in Psychiatry, 2023).** Case study shows overall reduction in agitation and improved quality of life in both indoor and outdoor garden settings, especially in the outdoor therapeutic garden.
<https://www.frontiersin.org/journals/psychiatry/articles/10.3389/fpsy.2023.1183934/full>

These are wellbeing and quality-of-life benefits supported by research; they are not a substitute for medical care.

Calm, light and better days



Ask a care team what changes when one of our buildings opens, and the answer is almost always the same: people are simply happier and brighter out there. They linger longer, talk more, and seem more themselves. On the greyest winter day, it is still the lightest room in the home.

It is a place that asks nothing of anyone. A resident can sit quietly with a cup of tea and watch the rain, join a small group for an activity, or share an unhurried hour with the people they love. The light, the warmth and the greenery do the rest.

"Everyone is simply happier and in a better mood out in the garden building, where even on the greyest days there's far more daylight than in our other rooms."

Tina Møller · Manager, Louisenlund

A gentle space for difficult days

For people living with dementia, the everyday can feel overwhelming. National guidance is clear that welcoming surroundings and meaningful activity should come ahead of medication when easing distress (NICE NG97) — and a calm, light-filled space that opens onto the garden is exactly that kind of surrounding.

Time among gardens and greenery has been found, in most studies, to reduce agitation (The King's Fund, 2016); one 2023 study of a dementia-friendly garden was even associated with around 30% fewer falls. The trouble is that, left to the open garden, frail residents rarely get out — least of all in winter, when cold, rain and the risk of a fall can keep them indoors for months (Frontiers in Dementia, 2024).

One of our Nordic Garden Buildings removes those barriers: a warm, level, sheltered space where the good of the outdoors is available every day of the year. And for residents living with Parkinson's, gentle regular activity matters — even 2.5 hours a week can help people take more control of their condition (Parkinson's UK).

~30% fewer

Fewer falls in a 2023 study of a dementia-friendly garden — and no falls in the garden itself.

Australasian Psychiatry, 2023

2.5 hrs

Even 2.5 hours of gentle activity a week can help people with Parkinson's take control.

Parkinson's UK

"The space gives joy in life, security and meaningful occupation for people with dementia."

Pia Østergaard · Manager, specialist dementia care home



Residents together in one of our Nordic Garden Buildings — daylight and greenery, whatever the weather

A place to reconnect

A visit to a loved one in care can be tender and difficult in equal measure. A bright, welcoming Nordic Garden Building changes the feeling of that visit entirely. Instead of a corridor or a bedside, families have somewhere lovely to sit together — with daylight, plants and a view of the garden, and the gentle privacy to simply be.

Children come more readily to a room like this. Grandchildren potter among the plants; a partner shares a coffee in the sun; a quiet conversation unfolds without interruption. These are the moments families remember.

Staff feel it too. A calm, beautiful room is a better place to work, to gather and to mark the small occasions — a birthday, an anniversary, a celebration — that make a care home feel like home.



Pottering with plants creates quality of life



There is a quiet joy in tending a plant — watering it, watching it grow, snipping a few herbs for the kitchen. It is gentle, purposeful and deeply familiar, and it brings residents into the present moment through scent, touch and colour.

Our Nordic Garden Buildings make year-round gardening possible from a comfortable chair, with raised planters and pots within easy reach. Gardeners themselves report the benefits: better mental health (77%) and better physical health (76%), according to the

“Nature asks nothing of you — there’s only light, scent and sound. The garden building gives us all of that, so we can create real moments of calm for our residents.”

Care-home manager, specialist dementia setting

A space used every single day

The team at Othello had long dreamed of a garden space where residents could come together — to share activities and spend time with neighbours, family and friends. In the end a bespoke Nordic Garden Building won out: sitting in the heart of the garden, surrounded by plants and a view across the lake, it gives residents a place to soak up the light and greenery whatever the season.

It works just as well for a quiet moment alone as for a lively group — and relatives love nothing more than sharing a coffee there with the people they care about.

“The residents love to sit in the garden building and look out over the garden. It’s calm, and the sun warms it beautifully. On colder days a fire takes the chill off, so it’s a room they enjoy right through the year.”

Grethe Jørgensen · Centre Manager, Othello



Keeping families together — even in lockdown

50 visitor pods installed for Sanctuary Care homes in 2021 — part of their initiative to enable safe visitation.

During the Covid-19 pandemic, we purpose-built visitor pods for care homes across the UK — safe, screened spaces where residents could still see and spend time with their families when normal visits simply weren't possible.

For so many, it meant the world: a familiar face seen in person, a conversation held safely, a moment of connection at the very hardest of times. It is the same thinking behind every Nordic Garden Building — bringing people together, comfortably and safely, whatever the weather, or the world, may bring.



One idea, endless possibilities

Every care home is different — so every Nordic Garden Building is designed around you. Choose from our standard ranges for a beautiful, straightforward addition, or commission a fully bespoke design — anything from an intimate space for quiet visits to a grand building that seats a hundred for events and gatherings.

We listen, sketch and design, taking real pride in a building that fits your site, your residents' needs and the character of your home.



Standard ranges

Beautiful, proven designs for a straightforward, cost-effective addition.

Fully bespoke

Shaped around your site, your needs and your home's character.

Any size

From an intimate space for two to a building that seats up to 100.

WHEN BUDGET IS TIGHT

A smaller building, the same bright benefits

Not every home has the space — or the budget — for a large bespoke building, and they don't need to. Our smaller standard ranges bring the very same benefits — daylight, warmth, greenery and a calm place to gather — in a more compact, more affordable footprint, ideal for a smaller number of residents and visitors.

Because they are proven, standard designs, they are quick and straightforward to install — many in a single day — with minimal disruption to the home. It is the simplest way to give residents a bright, sheltered space to enjoy, whatever the budget.



Compact, complete, ready in a day



Installed in a single day

A proven, pre-engineered design fitted fast — with minimal disruption to residents and staff.

Budget-friendly

Standard ranges at a lower, more predictable price than a bespoke build.

Perfectly sized

Ideal for a smaller group of residents, visitors and staff to enjoy together.

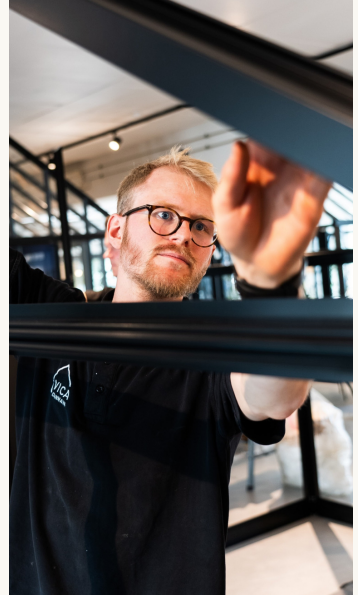
Some of our smaller buildings in gardens,
making it a home from home



Maintenance-free, comfortable all year

Every building is crafted from premium, insulated uPVC — double glazed and virtually maintenance-free. Warm in winter, comfortable in summer, and looking its best for years with barely any upkeep. It is designed, manufactured and installed by our own UK team, so the quality stays consistent from the first panel to the final fix.

For a care home, that means a beautiful, practical space that simply works — day after day, season after season — with none of the upkeep of a traditional conservatory or timber build.



Insulated & double glazed

Comfortable to use in every season, from January to July.

Virtually maintenance-free

Premium uPVC that keeps its looks with barely any upkeep.

Made & fitted in the UK

Designed, built and installed by our own team for consistent quality.

Built on solid foundations

Nordic Garden Buildings is built on a depth of expertise very few can match — 15 years in the UK and 20 more across Scandinavia, with thousands of installations behind us.

Behind us stands our parent company, Modplan: a British manufacturer trading for over 50 years, Wales' number one VEKA fabricator, and part of the rare 1% of businesses that endure for half a century. That pedigree means every building is made in Britain to an exacting standard — and backed by a 10-year guarantee.

50+

years of British
manufacturing

1,000s

installs across the
UK & Europe

10-yr

guarantee on
every build



Finalist · Tomorrow's Care Awards 2022

A calm, easy process

From the first conversation to the finished building, we keep it simple — and we are on hand with expert advice at every step.

1

We listen

We listen to everyone involved — choosing a building like this is never one person's decision. We work out what you want it to achieve, and we're realistic about budget and timescales.

2

We design

We sketch and design a bespoke space that fits your site, your budget and the surrounding architecture.

3

We build & install

Our own UK craftsmen manufacture and fit the building, with free installation and minimal disruption.

4

You enjoy it

A light-filled room your residents, visitors and team can use from day one — backed by a 10-year guarantee.



Sunshine, conversation and fresh air — one of our Nordic Garden Buildings in everyday use

Wellbeing you can see every day

More daylight, more often

Generous, even daylight from morning to evening — vital for older eyes, mood and sleep.

Nature, made safe and year-round

A warm, level-access room that brings the garden indoors, free of weather and falls risk.

Calm for residents

A gentle space that supports calm, engagement and connection — every single day.

A better place to visit

Somewhere lovely for families to reconnect, and for staff to gather and celebrate.

Maintenance-free & UK-made

Premium insulated uPVC, designed, built and installed by our own UK team.

A partner for the long term

Thousands of installs, 50+ years of heritage, and a 10-year guarantee on every build.

Wellbeing and quality-of-life benefits supported by research; they are not a substitute for medical care.

WHY DAYLIGHT AND NATURE MATTER IN CARE

“Calm, welcoming surroundings should
come ahead of medication in easing
distress.”

NICE guideline NG97 — dementia care

“A dementia-friendly garden was linked to
around 30% fewer falls.”

Australasian Psychiatry, 2023

NORDIC GARDEN BUILDINGS

more bright moments, close to nature



Let's give your residents more bright moments

Call or email now and speak to Justin to discuss your initial questions or to discuss specific requirements.

Call us

07717 710 062

0800 160 1710

Email

justin@nordicgarden.co.uk

Online

nordicgardenbuildings.com

Standard ranges · Bespoke designs · From an intimate space to one seating 100

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