Cambridge Botanic Garden

Cambridge University Botanic Garden (CUBG) holds a collection of over 8,000 plant species from all over the world to facilitate teaching and research. The Garden provides resources including plant material, horticultural expertise and facilities to research workers and lecturers.

Since its foundation, however, the Garden has also provided a beautiful place for everybody to enjoy and benefit from – a series of wonderful landscapes through which to discover the drama of plant diversity.

Dementia Compass

This guide has been created through the Portals to the World programme, a partnership between the University of Cambridge Museums and Dementia Compass.

Dementia Compass is a social venture with over a decade of experience supporting individuals with Alzheimer's or other dementias and their families.

Dementia Compass builds and provides resources that reduce the impacts of dementia and to help people stay connected with who and what matters.

For more information visit Dementia Compass Website:
www.dementiacompass.com
Phone
07876 350 638
Email
hello@dementiacompass.com

UNIVERSITY OF CAMBRIDGE MUSEUMS & BOTANIC GARDEN

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DEMENTIA COMPASS

Why a garden walk?

Visiting a garden is a great opportunity to meet friends and have some exercise as you explore the plants.

How long will it take?

With time to stop and look, the walk should take you approximately 50 minutes.

How far is it?

It's approximately 600 steps.

Are there places to sit?

There are benches at regular intervals throughout the Garden and wheelchair accessible tables in most of the picnic areas.

What access support is there?

Manual Wheelchairs are available to borrow free of charge at both the Brookside Gate and Station Road Gate. These can be pre-booked by phone or email (see below).

There are accessible toilets behind the Glasshouses, in the Café, and at the Brookside Gate.

Trained assistance dogs are permitted to visit the Garden, when supporting a disabled handler.

Contact

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Email: enquiries@botanic.cam.ac.uk

Cambridge University Botanic Garden

Garden Walk

Plants for Health



Leaf from the Ginkgo biloba tree

How people have used plants to support health and develop medicines.



Willow 1



Willow bark contains salicylic acid. The tree produces this to protect itself from disease and slow the growth of nearby plants. Scientists discovered that this protective substance can also work inside the human body, easing pain and reducing swelling.

People have used willow for pain relief for thousands of years. Ancient Egyptians wrote about its use around 3,500 years ago. In the 1800s, scientists found that salicylic acid helped ease pain. This discovery later led to aspirin, now one of the world's most commonly used medicines.

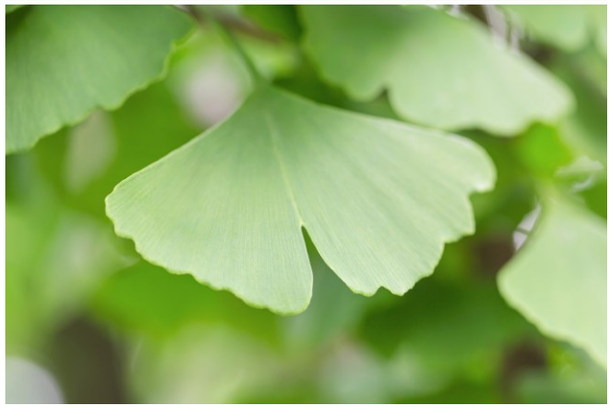
Yew 2



Yew trees contain substances that are poisonous to humans and many animals. This helps protect the tree from being eaten. About 60 years ago, scientists found that one of these substances could slow the growth of some cancer cells. It became known as taxol.

At first, taxol was harvested from the bark of Pacific yew trees. This killed the tree, and three mature trees were needed to treat one patient. To produce the drug more sustainably, scientists looked at other yew species. European yew could provide the same substance from cut branches, without killing the tree. Today, taxol is made in laboratories.

Ginkgo 3



Ginkgo is one of the oldest types of tree still living today, with relatives that lived over 200 million years ago. Most disappeared as the climate changed, but *Ginkgo biloba* survived in China and Japan, where it was grown in temple gardens. It reached Europe in the 1700s and is now planted worldwide, loved for its fan-shaped leaves.

Ginkgo seeds, leaves and nuts have been used in traditional Chinese medicine for nearly 1,000 years. Past uses included breathing problems and supporting blood circulation. Ginkgo leaf extract is still sold today as a health supplement, but scientific evidence for its use is limited.

Eucalyptus 4



There are more than 700 species of eucalyptus tree. Most grow naturally in Australia. The leaves contain oils that occur naturally within the plant and are toxic, or poisonous, to most animals. The koala bear, now usually just called the koala, is a rare exception. Its body has adapted over thousands of years to process these oils safely, and eucalyptus leaves make up almost its entire diet.

These same natural oils are beneficial to us. We use them to clean and protect wounds, to ease the congested feeling caused by colds, and to help keep insects such as mosquitoes away.