
Who's it for?

This programme is for adults who:

- Suffer from anxiety and depression and would like to learn new healthy ways of coping;
- Have symptoms which could be relieved by outdoor activity and opportunities to talk;
- Would like to spend more time with other people;
- Would like to be more physically active in the outdoors;
- Who enjoy nature and want to learn more about it;
- Are able to take part in light physical tasks and enjoy contact with the earth;
- Would like to learn about growing vegetables and a range of other plants.

What's involved?

Each session will run between 10am to 1pm. As the programme develops, sessions will vary in response to weather conditions, seasonal changes and individual needs. You will not be expected to do anything beyond your fitness level. A variety of activities will be offered over the 10 weeks. For example, learning about gardening and the growing process, learning mindfulness and other practices to help symptoms of anxiety and depression. The group space will respect everyone's confidentiality and be a safe place to share. You can talk as part of the group as well as having 1-1 time with the facilitators. There will always be tea/social breaks and time to enjoy nature. Biscuits will be provided.

How to join the programme

To join this programme you can talk with your GP or call the telephone number below.

Before starting you will be invited to have a short telephone conversation with one of the facilitators. This is to make sure that the programme is right for you and to give you an opportunity to ask any questions.

Referral information

Referrals are made online -

<http://www.commongroundni.org/referrals/>

or by telephone – 07791 052472

Facilitators

Robbie Breadon PhD - *Psychotherapist*

Robbie has worked in health care for 25 years. He has worked as a psychotherapist in private and NHS settings. He has experience in working with both individuals and groups. He has been developing his experience in Nature Based Therapies since 2012.

Anja Rosler - *Community gardener and conservation consultant.*

Anja specialises in landscape ecology and nature conservation. In the last seven years she has been developing her passion for working with gardening in the community and within schools.

Anja and Robbie have been developing this work together since 2016.

Do you struggle with Anxiety and Depression?

A programme of Horticulture Therapy can help you.



Anja Rosler - Community Gardener

Introduction

The Common Ground Horticulture Therapy programme is designed to use the activity of growing plants to help improve mental health and general wellbeing. Taking time to talk within the group or individually with the facilitators will enhance the therapeutic benefits of gardening. A range of mindfulness techniques will also be included. The Spring 2019 programme is being offered to people with anxiety and depression. The group will meet every week for 10 weeks and will be led by a psychotherapist and a community gardener.

There is extensive published evidence to support the efficacy of Horticulture Therapy in helping to improve mental health. Previous participants at Common Ground have said that they love coming out to the farm and reported a lot of benefits over the ten weeks.

Outcomes

The programme will help you:

- Learn to identify symptoms of stress & anxiety;
- Develop techniques for alleviating stress & anxiety;
- Increase self-confidence and independence;
- Bring outdoor activity to everyday life
- Increase feelings of mental and physical wellbeing;
- Improve social interaction;
- Appreciate the natural environment and how plants grow;
- Maintain your health independently;
- Increase confidence and skills for growing a

Funding and Costs Common Ground N.I. C.I.C. is a not-for-profit company. We are very grateful to Fermanagh and Omagh District Council for the funding to develop the facilities and Sisters of Mercy for the funds for facilitators fees. There is no fee to participants.



What do I need to bring?

You will need to wear appropriate clothing to be outdoors for a few hours and to be comfortable in the weather on the day. Activities will be in the garden, polytunnel or field depending on conditions. Please bring your own outdoor wear, wellies or boots as well as a hat.

Please also remember to bring any personal medication you may require on the visit.

How to contact us

Telephone - Robbie Breadon -07791 052472

Email - robbie@commongroundni.org

Web - www.commongroundni.org/ommunity

Where will the horticulture group happen?

The group will meet each week at the farmyard of Breadon's farm, in Tattenabuddagh on the Cooneen Rd near Brookeborough.

The activity will mostly be in a polytunnel that is dedicated to the project. There is also the possibility of some activities in the fields around the farm like tree planting and nature walks.
