
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 creative activity and opportunities to talk;
- Would like to spend more time with other people;
- Would like to be more physically active outdoors while creating art;
- Who enjoy art and want to learn more about art how to it can be informed by nature;
- Are able to walk short distances in a farmland setting;
- Would like to learn new ways of understanding and managing their symptoms.

What's involved?

Each session will run between 10am and 1pm. It will consist of short walks and art activities. 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 capability. A variety of therapeutic activities will be offered over the 10 weeks. For example, learning how to create art in a natural or outdoor setting, learning mindfulness and other outdoor practices to help manage symptoms. 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 and the art created.

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.

Art Therapist Trainee.

Robbie will be joined by a trainee Arts Therapist from Belfast College of Arts, Ulster University.

Do you struggle with Anxiety and Depression?

A programme of Mindful Walking and Art Therapy in Nature can help you.

Walking ...

Talking....

Making....



A piece of land art left where it was created.

Introduction

The Walking-Talking-Making programme is designed to use each individual's creativity levels and joy of the outdoors 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 being outdoors and creating art. A range of mindfulness techniques will also be included. The Spring 2020 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 an Art Therapist Trainee.

There is an extension to the programme, two participants will have the opportunity to experience a series of 1-1 sessions with the Art Therapist Trainee.

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 awareness of art and nature to everyday life;
- Increase feelings of mental and physical wellbeing;
- Improve social interaction;
- Appreciate the natural environment and how plants and animals live together;
- Maintain your health independently;
- Gain a sense of personal meaning.

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 is Land Art?

Land art is the individual or group response to the landscape using natural materials found on site. Making art within a natural setting expresses themes related to growth, decay and processes of change as well as cultural traditions associated with different seasons.

Land Art can be left within the landscape to be affected by the elements, or it can be brought indoors to a studio or gallery space

In this programme it will be complemented with gentle walking and outdoor mindfulness.

How to contact us

Telephone - Robbie Breadon -07791 052472

Email - robbie@commongroundni.org

Web - www.commongroundni.org/community



Where will the Walking-Talking-Making 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 happen in both indoor and outdoor spaces. You need to bring clothing appropriate to the weather including boots or wellies and waterproofs.