

Burton and District Mind Eco-Therapy Report August 2021



 **Burton
and District**

www.burtonmind.co.uk
info@burtonmind.co.uk
01283 566696
Registered Charity: 1140492



Key Statistics

Number of individuals participants supported: 11

Number of sessions ran: 8

4 at Kingfisher Community Garden and 4 at Muddy Boots

Key skills learnt: Community Gardening, Mindfulness,
Making Friends and Value of Peer Support



“It's the light at the end of the tunnel. You're keeping that light on for me and I thank you.”

“It's a nice place to come to and people have been really helpful.”

“Everybody is non judgemental and no one tries to tell you what you should feel.”

“Having fresh food that I had grown to put into a sandwich was great- I have achieved something.”



Feedback Survey Results	Percentage of responding participants
Improvement in Emotional Wellbeing - Short Warwick-Edinburgh Mental Well-being Scale	75%
Self-esteem/empowerment - The Rosenberg Self-esteem Scale (RSES)	75%
Social connection The Social Provisions Scale (SPS-10)	75%
Positive impact on physical wellbeing	100%
Willingness to grow plants after the project	100%
Willingness to volunteer or support community gardening after the project	100%
Net Promoter Score	100

Case Study - Craig

I suffered with anxiety and depression since 15. An event in November 2020 tipped me over the edge, before the incident, I knew my plans, but now they are all gone. Before the project, I didn't see a future for me. I didn't know where I was heading.



When I come to the project it gives me focus. I look forward to the gardening; it has triggered an interest. Having fresh food that I had grown to put into a sandwich was great. I have achieved something. I know everyone is in the same boat, I feel comfortable around this group.

Thanks to the mental health services and this project, it has given me a stepping stone, I would have just stayed in my flat otherwise. There are people willing to help.

This project has given me hope. This project has given me something to look forward to. I've had anxiety and depression for 40 years – it's not going to go away, but the project has brought me back over the line to being well. I have a lot of gratitude to Burton and District Mind.

Help crowd-fund future projects at bit.do/donateburtonmind or speak to our development team about supporting your clients with Eco-therapy.

 **Burton
and District**