

Therapeutic Horticulture Project 2013-2014

Funded by: The Clare Milne Trust

Grant Application:

“We are applying to the Clare Milne Trust for our **therapeutic horticulture project** which is specifically aimed at adults with learning and mental health disabilities. This project will allow students to participate in the whole process of growing from seed to sales, or to the plate; Students will learn how to grow herbs from seeds or cuttings, potting on, plant care, drying and preserving the herbs for medicinal or culinary use, marketing and direct selling. They will also learn about the properties of the herbs, and the food we intend to grow; and the benefits of eating healthily”.

Project Outcomes

The project provided programmes to individuals with mental health and learning difficulties, including those with mobility issues, hearing and sight impairments. The project was able to support 43 individuals who were previously not engaged with horticulture; many of whole were less comfortable with group working. Project leaders as well as other professionals working with the participants have been able to witness the great difference the projects has made including great rises in confidence, both emotional and physical. “People absolutely loved working with Running Deer and were thrilled with what they learnt and took away” Joey Hub on the Green



Some of our students having commented they never thought they would be able to be involved in gardening as they didn't feel they were mobile enough, others having grown in confidence to enter further study where they would previously have been put off by such social situations.

- The project has supported student educational developments, where students have gained a boost in their self confidence enabling them to go onto further study.

- It has had direct impact on students immediate rehabilitation process, whilst learning new horticultural skills the students have grown in confidence, both directly through the 'growing' of plants and social working in a group/team environment.
- Students have learnt how to grow herbs from seed or cuttings, potting on, plant care and watering, drying and preserving the herbs for medicinal or culinary use. Using cultivated and wild plants and fruits for the natural dyeing of fleece as wells as jam making.
- Programmes have covered plant, weed and pest identification, planning and creation of plant beds, care and mulching of soil, students have been able to use the plants grown and foraged in creative projects such as the making of natural cosmetics including lip balms and soaps, dyeing herbs for wool, herb bags, wreaths and natural decorations.
- The project created 2 new part time jobs.

