



THE DEFENCE GARDEN SCHEME

# GREEN HANDS CLEAR MIND

This is an 10 week programme consisting of three hour session every Monday starting.

16th MARCH 2021  
10.00AM TO 1.00PM



Ashes to Gold Grow Project Centre hosts a 10-week horticultural therapy programme under the Defence Gardens' Scheme. The course is run by a Psychotherapist and Horticultural, and up to 8 clients, who are all ex-service personnel, can attend each closed course.

### **A typical session, which lasts three hours and will involve:**

Group check in Practical activity: Preparation of beds – working with the earth in an environmentally friendly way by sowing green manures. Aim: Each participant will be given an opportunity to work with the soil for planting. Objectives: Importance of strong foundation, self-care, building resilience and social engagement.



### **Lunch Break**

Practical activity: Storing vegetables. Aim: The participants will learn the different methods of storing produce. Objectives: Develop new skills, self-care and building resilience.

### **Journal Reflection and Grounding exercise**

### **Debrief and group closure**

The clients attending the course may present with a variety of physical and mental health challenges. During some sessions individual clients may share some of their experience and struggles within the safe and professionally contained space of the closed group. Given the therapeutic nature of the group, respect for confidentiality is important to safeguard the well-being of clients and ensure the confidence of clients in the therapist-client relationship.



Visit [www.ashestogold.uk](http://www.ashestogold.uk)  
for more information about the event.  
For inquiries call 02870440386  
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