The Power of Gardening
Cultivate Dundee (Chrysalis Project)
Sue Black
Team Leader

Joyce Hannah Cuthbert
Horticulture Practitioner

SAMH
Cultivate Dundee
(Chrysalis Project)
Duntrune Community Garden
The Power of Gardening

From Seed to Harvest

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Sowing the seeds
(Step 1: The beginning)

Listening
Spending time getting to know them
Finding out their talents and skills
Hope
Optimism
Seed to seedlings
(Step 2: Germination, what can develop from the seed)

SAMH My Plan My Way
5 Outcomes:-
• People have the knowledge and tools to self manage their mental health and wellbeing.
  • Develop resilience
  • Increase self esteem
  • Live independently
• Connect with their communities
## Example of My Plan My Way

**Outcome:** People have increased self esteem

<table>
<thead>
<tr>
<th>Indicators</th>
<th>None of the time</th>
<th>Rarely</th>
<th>Some of the time</th>
<th>Often</th>
<th>All of the time</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) I am optimistic about the future</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
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<tr>
<td>a) My life is purposeful</td>
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<td>a) I can connect with other people</td>
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<td>a) I can think clearly</td>
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<td>a) I am feeling good about myself</td>
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<td>a) I am confident</td>
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<td>a) I am interested in new things</td>
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### What changes am I going to make? 

### What support will I need to do this?
Potting on (Step 3: progression)

Create the environment that enables individuals to share their knowledge. Focused targets e.g. flower show

Provide opportunities for training-SAMH Grow Program, John Muir Award, RHS training

Personal projects

Encouraging people start to reflect more

Taking on lead roles

Supporting others, peer support.
Growing, Planting out (step 4)

Individuals:-
- showing signs of gaining in confidence.
- Taking on responsibilities
- Feeling more relaxed and less anxious
- Being included becoming part of the team, gaining a sense of belonging.
- Discovering their identity in the group
- Accepting set backs
- Worrying decreases and people learn better coping mechanisms.
- Have increased physical health, stamina
Harvest
(Step 5: The outcomes)

Joyce's Story

Recovery is very much an on going journey
Cultivate Dundee
(Chrysalis Project)Dundee Food and Flower Show Garden Design Entry 2018 & 2019
The Power of Gardening and Nature

“Between every two pine trees there is a door leading to a new way of life”

John Muir
Thank you