



**For better
mental health**

Mind in Taunton and West Somerset

PRESS RELEASE – FOR IMMEDIATE RELEASE

Tuesday October 18th 2011



GROW WELL WELLINGTON

Mind in Taunton and West Somerset are looking for people to take part in an ecotherapy project aimed at anyone from the Wellington area who is experiencing emotional distress. Grow Well Wellington will promote the therapeutic benefits of connecting with the natural environment through gardening and growing vegetables.

Participants undertake ecotherapy, primarily through the cultivation of fruit and vegetables. Our experienced gardener will work with participants to instruct on cultivation methods and to promote the health benefits of gardening. Dave Topham, the overall manager of our ecotherapy projects, explains that "Ecotherapy is just a

posh way of saying 'Get out into the natural environment, do something physical and you'll feel better about yourself.' It's not complicated, but it's very effective."

People can self-refer; the project is co-ordinated by Rose Crowie, who is based in the Taunton office and can be contacted by calling 01823 334 906 or e-mailing RoseCrowie@mindtws.org.uk, or Dave Topham at Davidtopham@mindtws.org.uk . This is a wonderful opportunity for people experiencing mental distress to discover the therapeutic benefits of nature, to get involved in something positive and to meet new people.

- ENDS -

Contact – Dave Urwin, PR and fundraising co-ordinator, Mind in Taunton and West Somerset

Phone: 01823 334 906 or 07943 749 971

Email: DaveUrwin@mindtws.org.uk

Photo – Allotment at Wellington (from Mind TWS leaflet)

Notes to editors

- Mind in Taunton and West Somerset is a local mental health charity based in Taunton and Minehead. We aim to provide high quality information and support services to local people experiencing mental and emotional distress.
- Mind in Taunton and West Somerset runs an out of hours telephone helpline called Mindline, open Wednesday, Friday, Saturday and Sunday evenings from 8pm-midnight. Mindline's number is 01823 276 892.
- More information about Mind in Taunton and West Somerset can be found on our website at www.mindtws.org.uk