

Growing Towards Recovery

the first national conference on
greencare and mental health

12-13 July 2013

at Commonwork, Bore Place, nr Sevenoaks, Kent

a partnership conference between

- Commonwork
- The Tavistock and Portman NHS Foundation Trust
- Jobs in Mind
- Growing Better Lives

chaired by

Bernadette Wren

*Consultant Clinical Psychologist and Systemic Psychotherapist
Head of Psychology, The Tavistock and Portman NHS Foundation Trust*

Beren Aldridge

*Organisational Co-ordinator of Growing Well
Chair of Care Farming UK*

Fees

Friday 12 and Saturday 13 July

Residential rate all inclusive: £180

Non-residential £140

Friday 12 July £80

Saturday 13 July £60

with thanks to the Big Lottery Ecominds programme and WWOOF for funding and support



Conference Growing Towards Recovery Fri 12 July and Sat 13 July 2013

There is a growing body of evidence that greencare and ecotherapy interventions have a positive impact on mental health and social inclusion. This conference aims to make explicit different and contrasting mental health models, service structures, and their outcomes in greencare settings. This is the first national conference to address the theoretical and applied ideas that contribute to this effective way of addressing mental health problems and associated social exclusion. This residential conference will stimulate a lively debate about what works and why, and how to apply the evidence in your own setting.

The conference will cover

- Models from the NHS, voluntary sector and farm-based initiatives, from urban and rural settings.
- Greencare with people with psychosis, borderline personality disorder, medically unexplained symptoms; ADHD, Asperger's Syndrome and Oppositional Defiance Disorder.
- Projects with non-English speaking communities, vulnerable adults, young people and those whose mental health issues coincide with learning and behavioural difficulties.
- Social enterprises, therapeutic groups, educational settings and working farm participation.
- How to engage and sustain engagement with hard to reach groups, including people with psychosis.
- Facilitated application discussion groups after presentations enable participants to think actively about how to apply the models and ideas in your own diverse settings.
- Capturing outcomes to ensure commissioners know and understand the impact of these significant and sometimes life-changing interventions.
- Visiting a working farm and Grow2Grow, Commonwork's mental health and recovery project for young people.

Presenters

Selcuk Berilgen

Community Project Officer for the City and Hackney Primary Care Psychotherapy Consultation Service (PCPCS), The Tavistock and Portman NHS Foundation Trust; group facilitator at Freedom from Torture and Nafsiyat Intercultural Therapy Centre.

Paula Conway

Consultant Clinical Psychologist, Psychoanalytic Psychotherapist, Manager Grow2Grow, Commonwork

Andreas Ginkell

Psychoanalytic Psychotherapist, Director Jobs in Mind and Urban Growth

Aonghus Gordon

Founder and Chair of the Trustees of Ruskin Mill Trust; pioneer of the Practical Skills Therapeutic Educational Method

Dr Rex Haigh

Psychiatrist and Group Analyst, Berkshire NHS Foundation Trust; Chair, *Growing Better Lives*

Fiona Lomas

Administrator and ex-service user, *Growing Better Lives*

Brian Rock

Consultant Clinical Psychologist and Service Lead for the PCPCS, City and Hackney Primary Care Psychotherapy Consultation Service, The Tavistock and Portman NHS Foundation Trust.



Conference programme Growing Towards Recovery Fri 12 July and Sat 13 July 2013

Friday 12th July

9.15am Registration and refreshments

9.45am Welcome and introduction

10am ***Borderline Blooms: Growing Better Lives for People with Personality Disorder*** A presentation by Rex Haigh and Fiona Lomas on the therapeutic value of greencare group work with people with borderline personality disorder, and the struggles to launch the **Growing Better Lives** project.

11am ***Seeds of Growth*** The story of, and stories from, a new horticultural community project. PCPCS provides for patients with complex presentations in primary care, including for patients with so-called 'Medically Unexplained Symptoms'. Brian Rock and Selcuk Berilgen will present the service's Community Project, extending work beyond the confines of the consulting room to a horticultural therapeutic programme in partnership with local city farm, Spitalfields Farm.

12noon Refreshments and Application Discussion Groups

1pm Lunch with local, organic and fairly traded produce cooked by Commonwork's chef.

2pm Harvest dinner from Commonwork's gardens

3pm ***Living and Growing with Psychosis*** Andreas Ginkell reviews the historical engagement of people with psychosis in horticultural and land-based work, and presents a contemporary model for engaging and supporting hard to reach groups affected by psychosis and psychotic processes.

4pm Coffee and Application Discussion Groups

4.45pm Closing discussion with panel

5.15pm Close

Evening Programme for residential guests

6pm Tour of farm (optional)

7.15pm Dinner with fairly traded wines, local beer and organic soft drinks

9pm Night Walk (optional)

Saturday 13th July

9.15am Registration and Refreshments

9.45am ***The therapeutic benefits of a practical skills curriculum drawing upon biodynamic and organic farming methods for young adults diagnosed with Asperger's Syndrome, Oppositional Defiance Disorder and ADHD.*** Presented by Aonghus Gordon, Founder and Chair of the Trustees of Ruskin Mill Trust; pioneer of the Practical Skills Therapeutic Educational method.

10.45am Refreshments and Application Discussion Group

11.15am ***Balancing the Scales: Managing the competing needs of vulnerable young people with a demanding social enterprise.*** Paula Conway will present the Grow2Grow mental health model and share the experience of running a social enterprise organic fruit and vegetable garden with vulnerable young people. Plus what the young people have to say and outcomes so far.

12.15pm Application Discussion Groups

12.45pm Plenary and discussion

1.15pm Lunch

2pm Close

Invitation for poster presentations and stalls

We are able to host six poster presentation stalls in the conference reception area and welcome applications. Please email beckyb@commonwork.org for a poster presentation application.

Growing Towards Recovery will be held at Commonwork's beautiful conference centre and organic farm at Bore Place, which is only 45 minutes from central London.

Commonwork has a five hundred acre organic dairy farm, with organic fruit and vegetable gardens. There will be opportunities to tour the farm and see Grow2Grow, Commonwork's and WWOOF's mental health and recovery social enterprise project for young people.

Commonwork can offer up to 50 residential places, as well as nearby B&Bs.

Visit www.commonwork.org Commonwork's website for more information and travel directions.

Conference application form Growing Towards Recovery Fri 12 July and Sat 13 July 2013

Fees Friday 12 and Saturday 13 July Residential Rate all inclusive: £180

Friday 12 and Saturday 13 July Non-residential £140

Friday 12 July Day rate £80

Saturday 13 July Day rate £60

Personal details

Title

First name

Surname

Job title

Organisation

Address

Postcode

Country

Tel

Mobile

Email

Signature

Date

Payment details

I enclose a cheque for

£180 (both days residential)

£140 (both days non-residential)

£80 (Friday only)

£60 (Saturday only)

BACS Transfer

Please contact Becky Baldock for details of BACS Transfer.

**beckyb@commonwork.org
or call 01732 463255**

Where did you hear about this conference?

Commonwork Website

Tavistock Website

Other website (please specify)

Email

Flier passed by colleague

Personal Recommendation

Noticeboard (please specify)

Other (please specify)

Further information

Becky Baldock *Administrator*

Commonwork
Bore Place
Chiddingstone
Edenbridge
Kent TN8 7AR

01732 463255

www.commonwork.org

Terms and conditions

How to book

- Please return completed form to bekyb@commonwork.org and send with payment to Becky Baldock at Commonwork, Bore Place, Chiddingstone, Edenbridge, Kent TN8 7AR

Payment terms

- Full payment must be received before the event.
- Payment can be made by cheque or BACS transfer.
- Invoices can be issued to organisations for payment on request.

Confirmation

- Bookings will be confirmed on receipt of a completed application form and full payment of conference fee. Any further joining instructions will be sent.

Cancellation

- Please let us know as soon as possible if you have to cancel.
- We regret we cannot refund your fee if fewer than 21 days' notice is given.
- Refunds for cancellations will be less a 10 per cent administration fee.
- In the unlikely event that the conference organisers have to cancel your fee will be refunded in full.
- In the event of unforeseen circumstances Commonwork may need to make last minute changes to the programme.

Data protection

- Commonwork does not make your details available to any external organisations. Your details will be added to our database to process your request and to keep you updated with relevant training and events. If you do not wish to receive this information, please tick the box.

Dietary requirements

- Please notify us of any dietary or access requirements.

Directions

- Commonwork is easily accessible by train from London to Sevenoaks Station and then a fifteen minute taxi ride.
- For driving directions, please visit **www.commonwork.org**