

Welcome to the fourth newsletter of the project **“BE OPEN MINDED”**, co-financed by ERASMUS+ under the grant agreement n. 2020-1-PL01-KA204-081435.

In this issue, we'll update you about **the fourth training activity we implemented in-presence**: the staff mobility in Sudbury, Derbyshire (UK) from 12-16 June 2022, hosted by our partner Wellies Project

This mobility focused on the **beneficial effects aroma and garden therapy have on people with mental ill health**.



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Enriching lives, opening minds.

THE AGENDA

DAY 1 – ARRIVALS

DAY 2 – Presentation of the work of Growing Rural Enterprise and the WELLIES Project (www.welliesproject.org.uk)

DAY 3 – Lunch at Sudbury Prison café, walking tour of the village and visit at Sudbury Primary School/Gasworks Restoration Trust

DAY 4 – Visit at Chapel on the Hill: meeting with the learners of the WELLIES Project, creativity courses, BBQ

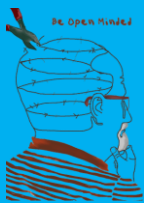
DAY 5 – Visit to Uttoxeter Community Garden, Derbyshire Dales and Peak District, traditional Carvery meal

DAY 5 – DEPARTURES

LOCATION

Sudbury, Near Ashbourne. Derbyshire.
DE6 5HS





OBJECTIVES OF THE MEETING:

- to offer knowledge and experience of therapeutic projects using animals, plants and the countryside
- to obtain knowledge, understanding and skills related to nature therapies
- to improve intercultural experiences of UK participants experiencing mental ill health, anxiety, depression
- to explore and experience opportunities that offer a qualification and/or skills for employment and enterprise
- to exchange experience between the partners of interventions that benefit a variety of client groups
- to improve organizational skills of the host participants and develop confidence of volunteers with mental ill health



DAY 1

Arrival in different British airports, according to the flight departures; then transfer to Lichfield City (about 2h from London Stansted) and Uttoxeter (about 1h from Manchester). Each partner arrived independently in the **afternoon/evening of Sunday 12 June 2022.**



DAY 2

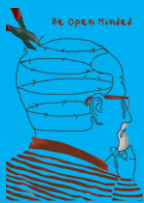
- **Old Village Stores, Sudbury DE6 5HS**
Welcome and introductions;
The work of Growing Rural Enterprise and the WELLIES Project;
Presentation by Carina Klement from Graz University "the Influence of Space and Environment on Adult Learning Processes. Being Open Minded about potential, influences and impact"



- **Lunch at Sudbury Prison:** prisoners are studying NVQ in Catering and have a café and small plant centre



- Visit to **Sudbury Primary School** (www.sudbury.derbyshire.sch.uk) and **Sudbury Gasworks Restoration Trust** (www.sudburygasworks.com): the role of progression into volunteering and dissemination of the results of the mobility in Greece and Italy: students experienced and discovered drama and clown therapy techniques



- Short walking tour of the village: Sudbury Hall, church



DAY 3

- **Chapel on the Hill, Somersal Herbert. DE6 5PE**

Meeting learners on the WELLIES Project and Confidence through Creativity Course; Participants' involvement in following activities:

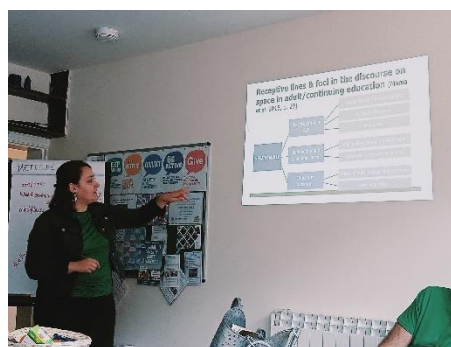
- Food smoking
- Sausage making
- Floristry
- Salad from the garden with edible flowers
- Traditional English puddings

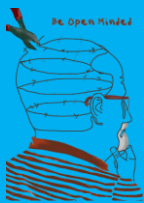
- **Light lunch** with learners
- **Barbecue meal** in the flower decorated veranda with WELLIES staff and volunteers: discussion about their learner and life journeys and about the benefits, techniques and opportunities of using Garden and Nature therapies in the work with adults.



DAY 4

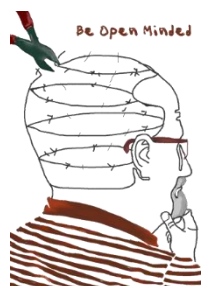
- Visit to **Uttoxeter Community Garden**, used by local groups to enhance health and wellbeing;
- Visit to **Derbyshire Dales and Peak District**, including Chatsworth House Kitchen and Cutting Garden (www.chatsworth.org.uk);
- Traditional **Carvery meal** (www.tobycarvery.co.uk)
- **Analysis of the results** and preparation of recommendation
- **Discussion** about different methods of work with the adults
- **Evaluation**





DAY 5

Departures.



This newsletter is produced in the framework of the project:
ERASMUS+ BE OPEN MINDED.



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