

Three of the Government's six key priorities in a recent Public Health White Paper were to **increase exercise**, **improve mental health** and **reduce obesity**.

We believe that the Breathing Space Project at PRISM City Farm can go some way to achieving all these priorities by giving volunteers access to:

- Physical activity and plenty of fresh air
- Opportunities to learn new skills
- A supportive environment
- Green Space away from everyday pressure and stress
- Community activity
- New social opportunities
- Horticulture
- Better understanding of healthy foods and diet

Breathing Spaces is funded by Ecominds, an open grants programme run by mental health charity, Mind. As part of the BIG Lottery Fund's Changing Spaces Programme, Mind received £7.5million to fund projects all around England that improve local communities and promote mental wellbeing.

People who have previously volunteered at Green exercise and Ecotherapy projects have said:

"I am more relaxed, have better focus of mind, greater co-ordination and greater self-esteem."

"My fitness has improved, I feel refreshed and alive."

"I feel better about myself and have a sense of achievement."

For more information or an informal chat about this free service then please call:
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Ecominds



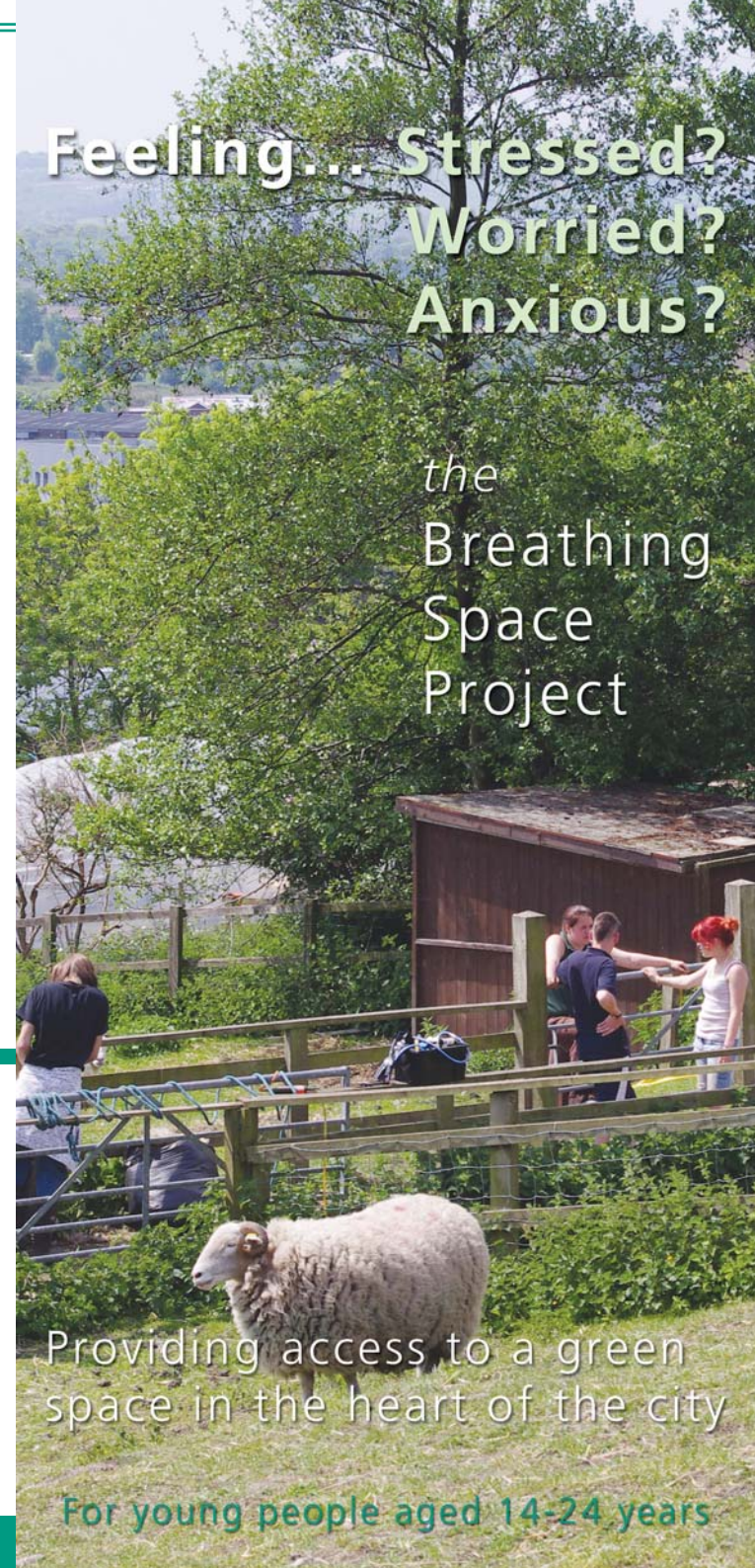
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**Feeling... Stressed?
Worried?
Anxious?**

the
**Breathing
Space
Project**



Providing access to a green space in the heart of the city

For young people aged 14-24 years



Ecotherapy, or green exercise, has been proven to improve mental wellbeing.

It is a natural, free and accessible way to boost mental and physical wellbeing.

Being outdoors and being active has been shown to benefit our mental health. If you are feeling depressed, worried or anxious, experiencing any difficulties such as eating disorders, attachment problems, learning difficulties etc. or suffering stigma or discrimination related to a mental health condition, then ecotherapy can reduce your stress and boost your self-esteem.

It can improve your physical health, provide a source of meaning and purpose, help develop your skills and social connections.

By volunteering to join the Breathing Spaces Project at the Prism City Farm you would receive:

- Encouragement and support
- Access to a horticultural programme alongside animal assisted therapy.
- A chance to plan and carry out physical activities which will enrich the community.
- One-to-one support as required and support to engage in group sessions.
- The option to work towards accreditation.

Green exercise, social and therapeutic horticulture, time spent outdoors on places like City Farms - instead of or in addition to medication and psychological therapy - is proven to benefit mental health and is available here.

MIND the national mental health charity has recommended that referral to green care projects -such as green care farms - should be incorporated into social care referral systems and that access to green space should be considered as a key issue in all care planning and care assessment.

They have further said that GPs should consider referral for green exercise as a treatment option for every patient experiencing any mental distress.

The Ecominds Breathing Spaces project at the PRISM City Farm provides just such a green care environment and can accept both professional and self-referrals for anyone aged 14 to 24.

The World Health Organisation has predicted that depression will be the biggest cause of ill health by 2020. The government estimates that one in four of us will directly experience a mental health problem.

