



# Green care for self care

## GP – STH sessions

(Social and Therapeutic Horticulture)



### Background

There is significant published evidence that gardening with other people, known as Social and Therapeutic Horticulture, really does help to restore and maintain wellbeing. So much so that GP Support (GP-S) has funded a pilot scheme for GPs to meet regularly and garden together in collaboration with the charity Muddy Fork. Muddy Fork is a charity with the motto '*gardening together for wellbeing*'.

### What happens?

**When:** We will meet once a fortnight for an afternoon (you don't have to come every time, it's not a course). Sessions will be on Tuesdays and /or Thursdays starting after Easter.

**Where:** At the Babworth Estate, near Retford, easily accessible from Nottinghamshire and Derbyshire



**Recording impact:** At the end of each session we will ensure you can easily complete evidence for your appraisal portfolio. This is because if you notice personal benefits transferable to the work environment information from the session is readily available for discussion with your appraiser.

**Other information:** Equipment is provided, indoor facilities for bad weather

It is completely **free** for Nottinghamshire and Derbyshire GPs

Evaluations will help to discover the impact on your wellbeing and to develop future planning between Muddy Fork and GP-S

### Interested?

Contact **Dr. Jill Thompson** tel **07851146639**, email [jillthompson@muddyfork.org](mailto:jillthompson@muddyfork.org)  
More details on the Muddy Fork website: [www.muddyfork.org/gp-wellbeing](http://www.muddyfork.org/gp-wellbeing)