



The Seed Box

Horticulture and Nature Based
Wellbeing Project

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The Seed Box is a horticultural and outdoor therapy centre situated within Deeside. It has been running for 12 years as a day service supporting adults with Additional Support Needs who are presently unable to work in mainstream employment.

Aim : To improve the social emotional and physical health of its service users through horticulture, outdoor activities and connecting with nature



Why run Wellbeing groups?

- First hand experience of the positive impact that connecting with nature and participating in outdoor horticulture therapy has had on the wellbeing of service users,volunteers and staff.
- Growing evidence that shows nature/horticulture based activities improves wellbeing
- The Seed Box has ideal environments for people to engage in horticulture and wellbeing activities

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Background / data gathering

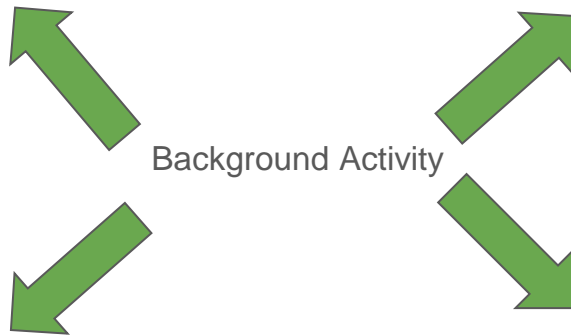
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Funding for the project was provided by The Mulberry Trust to deliver a program to support wellbeing and reduce loneliness and social isolation.

Extensive lit review and desktop study

Connecting with scottish green social prescribing projects

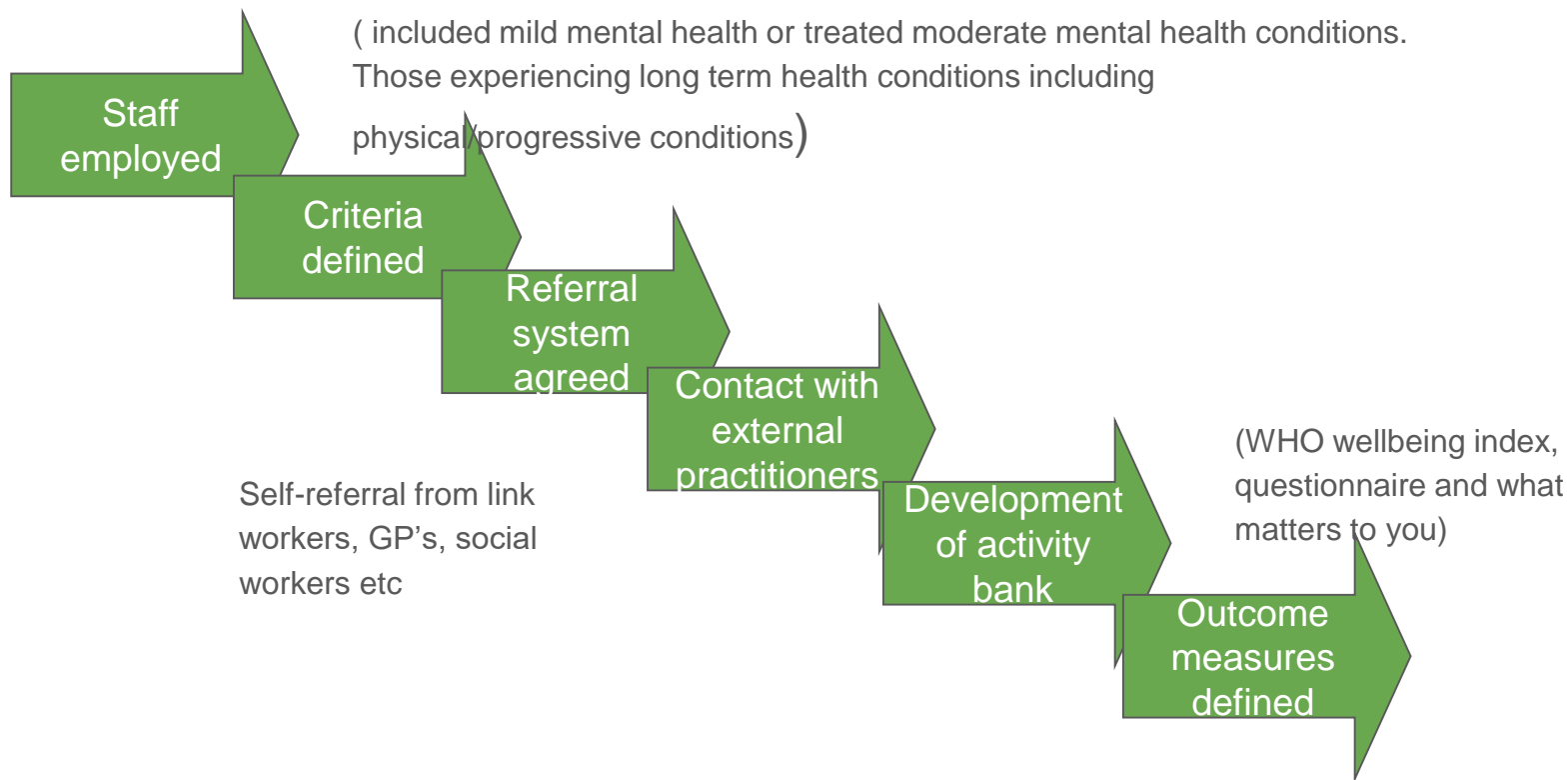


Connecting with scottish social prescribing network

Attending national academy for social prescribing webinars and sharing information

Starting Up

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Outcome measures/data gathering

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Week 1 Social Prescribing Project

1 Can you identify 3 aspects of your health and wellbeing you would like to support through attending the 12 week project?

	What matters to you?	Project start score
1		
2		
3		

2 In the above table, can you rate on a scale of 0-10 (0= not at all, 10 =completely) where you would score yourself at the moment. We will review this again at 6 and 12 weeks.

3 The table below aims to assess wellbeing. Please tick the box that reflects your mood over the last two weeks.

	Over the past two weeks....	All of the time (5)	Most of the time (4)	More than half the time (3)	Less than half the time (2)	Some of the time (1)	At no time (0)
1	I have felt cheerful and in good spirits						
2	I have felt calm and relaxed						
3	I have felt active and vigorous						
4	I woke up feeling fresh and rested						
5	My daily life has been filled with things that interest me						

WHO Wellbeing index score =

Promotion of Project



Dates: 6 weeks from end of Sept' TBC

Time: 10.30am -1.30pm

Place: Glen Tanar Walled Garden, Aboyne
AB34 5EU



What is the Wellbeing Group:

Our Wellbeing Project is a carefully thought out 6 week programme designed to **support** people with their wellbeing. Helping people to reconnect with themselves, others and nature.

What to expect:

Activities within this **free** course will enhance wellbeing through a blend of gardening, outdoor activities and crafting.

Please wear appropriate clothing for outdoors, please also bring a packed lunch. Tea, coffee and biscuits will be provided.

If you are over 18 and would like to register your interest, get more information or see how our project could support you. **Email us at pam.nwelih@theseedbox.org.uk / theseedboxkay@gmail.com**



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- Distribution of posters to local G.P practices, community spaces, libraries
- emails sent to NHS staff, link workers other charity groups who may be interested
- open day inviting appropriate agencies and perspective participants
- showcased at local shows and markets
- onsight meetings with individual groups including CLAN and Forget Me Not club
- social media posts

12 Week and 6 week programs

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- 2 staff members and 7 participants in total
- Initially each session was 3 hours however participants requested it be extended to 3 1/2
- Transport was provided for 3 members
- Participants were given the WHO wellbeing index and “what matters to them” week one, half way through the 12 week project and then again at the end of both with an additional questionnaire.
- A journal was provided to participants of the 12 week group encouraging them to record positive experiences in their day

Typical Day

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- Morning check-in with how each persons week had been
- Discussion around activities for the day including gardening activities and what would suit each individual
- Participation in activities including nature based crafts/wellbeing walk
- Lunch at the loch
- Completion and round up of activities

Examples of Activities



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Results from the WHO-5-Wellbeing index

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Participant	Baseline Score	Final Score
1	8	17
2	11.5	25
3	9	25
4	2	Not returned
5	9	20
6		
7	5	Not returned

Qualitative Data

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More sessions,
felt too short

5 questionnaires were returned, all answering that participation in the wellbeing group had a **significant** positive impact on their wellbeing.

Never want to leave

All would participate in the group again and would **recommend to others**.

All of it has
been so relaxing

All felt the overall experience in the wellbeing group was **excellent**.

Group discussions and gardening activities were the most beneficial for me as I needed some company and having that while gardening is the perfect combo

Learning new things/skills and it was all so relaxed

Outreach Visits



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- 5 Sessions in total supporting adults with dementia;
 - 3 sessions with The Forget Me Not Club (Banchory and Kirkton of Skene)
 - sessions with Rosewell House in Aberdeen
- All activities were nature and gardening based and facilitated opportunities for
 - conversation,
 - knowledge exchange,
 - reminiscing.

Summer and Autumn Play Sessions for Families with children with Additional Support Needs



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- In addition to the Wellbeing groups running for adults we felt we could support families with children who have additional support needs.
- Lack of services and opportunities for this group leading to isolation for both children and parents.
- Held in Glen Tanar walled garden, safe and accessible
- Fully funded for all to attend with siblings.
- 2 groups ran x 1 weekly , separated into primary aged and secondary aged.

ASN Group photos

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What's next?



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- Funding in place for a supported volunteering group (May-Oct '25)
- Funding pending for more well being groups.
- Additional gardening and nature based sessions for a small groups of children.
- Further outreach groups planned
- Social prescribing drop in event to be hosted on the 22/03/25
- Attendance at the Trellis conference on the 14/03/25 for networking

