



**Public health and nature therapy**  
**The Green Hub Project for Teens**

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Founder and Co-chair of the Green Hub Project for Teens

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Why get involved in something other than you clinic?

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When the need to make a difference for others is so big, you just have to do it.

— TONE TELLEFSEN HUGHES

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How I got involved in working with teens

- Paediatric chiropractor for 30 years.
- Work with emotional tension in bodies and minds.
- Created teen workshops for 6 years.
- Talked to over 2500 teens in Schools.
- Have a passion to make a difference in my community.

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**Mental health in young people**

- 1 in 10 young people have a mental health problem
- 1 in 5 young people (6-24) show signs of depression
- 50% of mental health problems start by age 14
- And 75% of young people with mental health problems do not get the help they need

**Social pressure**

**Inequality**

**Bullying**

**Obesity**

**Social media**

**Substance abuse**

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**Mental health in young people**

**Social anxiety**

**It is VITAL that we intervene early to help stop this epidemic**

**Mild eating disorders**

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**The evidence...**

- Immersing people in nature, promoting physical activity, encouraging social interactions, and providing a sense of purpose and meaning
- Reducing depression and anxiety, promoting recovery from stress and helping people to develop social relationships
- A distraction from every-day stressors and demands

**Dr Birgitta Gatersleben**  
Professor of Environmental Psychology, University of Surrey  
Committee member, Green Hub

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**What is the Green Hub Project for Teens?**

- **Promoting mental wellbeing in teenagers**
- **Set in a tranquil, walled garden, the Green Hub is a local community project aimed at promoting the wellbeing of teenagers' mental health through social and therapeutic horticulture.**

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# Vision and goals

Supported the NHS, we enable teen referrals to enjoy nature, while gardening alongside and interacting with our skilled volunteers and other teenagers.

Achieve positive, measurable outcomes for teens' mental wellbeing, self-love, active lifestyles, social interaction and inclusion, as well as the development and application of a range of learned skills.



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# A three pronged approach for maximum inclusivity...

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- The website and online resources
- Teen workshops
- The Green Hub Teen Garden



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[www.greenhub.org.uk](http://www.greenhub.org.uk)



# 1



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# 2

## The teen workshops

Well talks an empow support

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Last term I spoke with over 180 students from Rodborough School ...

Understanding the neurology, physiology and endocrinology of mood and well being.




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# 3

## The Green Hub Teen Garden... ... in Milford



- Teens volunteer for 6 weeks at first
- In groups up to 8 (13-18s)
- Supported by 2 adult volunteers
- Off grid and off line



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## What are the benefits to our volunteers?



- Supporting local teens in your community
- **Engaging the local community positively in a positive solution**
- Increase your sense of purpose
- **Connecting with like minded individuals from all walks of life**



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## We have harnessed the power of community ...




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## Case history

- 16 year old
- ***Social anxiety and stress from pandemic and GCSC.***
- Loves the sessions in the garden.
- ***Loved caring for the tomatoes.***
- Got confidence to go to a college further away.
- ***Became our teen photographer.***
- Now our mentor for the next group.




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### Feedback from our teens

*'It's such a calming and friendly place to just spend a few hours being in nature and forgetting about worries and stresses.'*

*'The adult volunteers couldn't be kinder and the garden is the perfect place to just take a moment and relax.'*

*'Working in the garden is one of the best parts of the week.'*



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### Parent testimonial

*"My daughter was struggling with an eating disorder plus low mood, which stopped her being able to play sport and do PE at school. Overall she became moody and withdrawn. She really enjoyed the Green Hub sessions and looked forward to going each week. She got on really well with the other teenagers and came out happy, which was really good to see. She is now starting to recover from the eating disorder – it's slow progress but she is definitely eating more and has started to put on weight." **Parent***



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### Thank you for listening

Hope we have inspired you to follow your

- Dream
- Vision
- Creative ideas

Don't let them just stay in your head!



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