

*With Tone Tellefsen-Hughes*

### **Steven Bruce**

Good afternoon. Welcome to the Academy for the second show this week, delighted as always to have you with us. And I'm joined today by chiropractor, Tony, tell us some use. I have to apologise to Tony because in the end of the last broadcast, I pre warned you all about this one by accusing her of being an osteopath. And she's not she's a chiropractor. She has been a chiropractor for over 30 years, and works a lot with Paediatrics and young people. And we've got her on the show, because she has developed an amazing programme, something which, you know, I'm really excited to hear about, and I'm hoping that other people might follow her lead something which she calls the green hub project. So fantastic to have you with us. Thank you for agreeing to come along. Are you going to tell us her project?

### **Tone Tellefsen Hughes**

Again, I'd love to. Yes, it's a well, it's sort of started out as that I had an opportunity to take over a garden behind my practice. It's, it's in Milford in Surrey, and this garden has belonged to my landlord in his family for five generations. It's partially walled. So when you come walk through into this garden, it sort of feels a little bit like the magic garden, you know, nobody can see you. It's hidden. And I've read so much about therapeutic horticulture, that I thought this space would benefit from more than just my my practice member going out there at lunchtime. And so the idea started that I would like to, I wanted to invite a local community group to come and, you know, work there. But I specifically wanted it to be young people, because I've focused on, you know, teenagers for the last 1015 years in the community. But the sad thing was that it didn't exist, any community group specifically for young people. So we basically had to set it up. And that's what we've done over the last few years.

### **Steven Bruce**

So what was your concern? What, why work with young people? What? Why not just offer it to everybody?

### **Tone Tellefsen Hughes**

Well, I think it's important to make it to Nishat anyway. But for me, having, you know, being a chiropractor working with young people, and I'm also a work a lot on the emotional well being in people's bodies. And so, you know, work a lot with the muscles and the fascia and the cranial part of a person's physiology. And I've just had so many young people coming in, you know, week after week before the pandemic, and for the last 10 years before the pandemic, seeing they're getting worse, you know, having, you know, being clinically depressed, having issues about anxiety, social anxiety, you know, hearing parents that their children have taken overdoses and self harming all of that was incrementing over the last 10 years, really, since the onset of smartphones is an interesting parallel. And therefore I felt that and because also, since 2015, I've been running workshops in the community for teenagers, for me was a it was a no brainer that it had to be for teenagers alone.

**Steven Bruce**

So told me, this is a slight digression from the green hub project. But why were you seeing so many people with clinical depression? A chiropractor or an osteopath is not normally the first port of call for a problem like that?

**Tone Tellefsen Hughes**

I'm known for it. I think I you know, we're working with paediatrics who work with pregnant women and babies and toddlers. And I started working many years ago with toddlers and seeing that when we release that tension in the bodies, they had less tantrums, and they got less anger, and frustration. And then I found found it in school aged kids. And when I started working with teenagers, you could you could just see the tension in their bodies, in the muscles and the fascia and also in their spine. And when you treat them this The side benefit, apart from back pain or neck pain is that they they reported that they felt calmer, they slept better, they were more at ease in the bodies in the minds. Parents will say that they're easier to get along with at home. And so from my, you know, clinical reactions and outcomes, that's what made me go out and take a step and think maybe I can also go out and talk about you know, how do you avoid postural strain and how do you will avoid headaches and neck pain? You know, what positive things can you do from that then went on to how can you build emotional resilience and emotional intelligence and create teaching workshops together with other practitioners in the same area.

**Steven Bruce**

Another quick digression for you. And this is partly so that we can tick off a couple of the principles in the chiropractic code as well as the osteopathic practice standards, advertising standards. We've all seen great examples of how cranial osteopathy or sacral occipital chiropractic can help babies and young children, what do you do about advertising that telling your patients about it, or your prospective patients about it?

**Tone Tellefsen Hughes**

Well, that is the problem, isn't it? So you know, we, and we, in the chiropractic world, especially within British Chiropractic Association, where we were attacked in you know, a lot earlier on, we're very, very careful. I would say that, for me, it's word of mouth, you know, and then it's word of mouth. And so I would get a phone call almost every week from parents with anxious teams, because they know or work with teens, you know, so you create a reputation that you are someone who I wouldn't say an expert, but you have a, you know, an experience and a knowledge in the area. And then the other area is that you when you go out and do talks, so I've done a lot of parent talks, and talks to kids and teens, they then associate you with someone who has knowledge in the area. So for me, that's how I got to work around it.

**Steven Bruce**

Of course, as you said, you've you've got a lot of experience in this area anyway, which a lot of other practitioners watching this will possibly think, well, that kind of lets them out, they're not gonna be able to do the sort of things that you you've been doing with the green hub project. Is that the case? Or could they learn to do what you're doing?

**Tone Tellefsen Hughes**

Yeah, absolutely. I mean, I would say that where I am now is a long way from when I started, but I started being interested, you know, and then got articles and information and read about it. And

then you do presentations about the new talks about it. And then every time you do a talk, you actually get an A live feedback from from your students and the teens, and then you learn more. So I think what, really the reason why I want to come and talk about this is because it's not just about working with teens, but I believe firmly that every chiropractor and every osteopath and physio therapist should go out and talk it do public health in their community, about ideally about something they're passionate about. And I think if we all did, that, we can increase the awareness of well being and, and mental health and self care in our communities, which is, you know, still so, you know, people are so ignorant of the power of how they can help themselves.

### **Steven Bruce**

So tell me, then, how does it work? What what happens to someone who comes to you, a young person comes to you, you feel they are suffering from anxiety, clinical depression, whatever it might be? How does this whole process work? Where does the garden and the horticultural therapy fit in? Where does the chiropractic fit into it all?

### **Tone Tellefsen Hughes**

Yeah, well, I mean, the chiropractic kind of fits in simply in the sense that I am a chiropractor, and I then happened to be the founder and the chair of the green hub project for teens. And I'm co chair. So I have a colleague who is very, very good on it. So basically, it's got three strands, the green hub project, so it's got the website, and the website has got information where anybody around the UK could go on to the green hub Project website, and get information for their child and as a parent, about where to go what to do. And, and also, we blog regularly, so that we have a YouTube page with resources. And then if they live around salary, and a young person would like to take part and be a volunteer in the garden, they can register via the website, and then one of us will call them or their parents, ideally, the parents have a conversation about suitability, because we only can we can only work with teenagers from 13 to 18. And they have to be mild to moderate with it within the spectrum of mental health. So we won't

### **Steven Bruce**

worry about a constraint who's imposed that constraint.

### **Tone Tellefsen Hughes**

We did it for our own sake, because we are none of us are mental health nurses or mental health practitioners. So we don't feel that we can work with a child that is severe is under a psychiatrist. And the way we check that out, is we our school, the parents to talk to their GP and see would this be suitable for my child? So we'd like to have a GP sort of acknowledgment. And so we the so the the young people then, when I've spoken or me or my colleagues or spoken to a parent, we then invite them to the garden and the they come along to the garden primarily so they get with, they come through the practice into the garden and they see what it looks like. And that takes away an element of fear, and secondarily, so that they can see the garden. And we can talk about what it means to be a garden, volunteer in the garden. And then from them, they go ahead and go away and think about it. And if they want to pursue this, we send them a very carefully scripted document, a welcome pack, that they and the parents read, and then they sign that they consent to come and work in the garden. So then they sign up for six weeks. And and then during that six weeks, it's it's two hour session. So one and a half in the winter, where they that it's simple, it's so simple, you come to the garden, you're in a group of other teams is small, safe group, you're outside in the fresh air, and then you just work on the garden, it could be planting could be seeding, a could be clearing,

raking leaves, but you're just simply out there, you know, as we often say, it's, you know, it's without Wi Fi, you're off screen off grid. And there's so much scientific benefit to all of these things that can make a difference chemically to your brain to make you feel happier and calmer.

**Steven Bruce**

And I was going to ask you about the consenting process for this because on the one hand, you're getting your gardening done for free, I take it. So I'm being I'm being facetious, obviously, but there is an element isn't there of I imagine parents wanting to push children towards this or young people towards this. And maybe you have to take that into account in the consenting process.

**Tone Tellefsen Hughes**

Oh, completely, we can't take anyone on who doesn't sign up for it themselves. So you know what, what we've had, that we have had teenagers where they've been too anxious to come. And then they're not ready. I had one who was too anxious, and they chose to actually come and see me as a chiropractor first, to work on the tension in the body. And then she can, you know, she's now open to joining us as Gordon volunteer. And the thing about it is that these teenagers come and work in the garden, this garden, they're, they're part of building this garden up, and they understand that it has a huge history. And they can see that they're building up, you know, the different aspects of this garden, that they can then be proud of, when they follow through with six sessions. If they feel confident enough, they can stay for another six when we then take on more teams. And they then can become a mentor, Team mentor, which is to help to kind of bridge the gap when the new ones come in. That means that we elevate them to a different position. And and they will get a certificate for the first six weeks to show that they volunteered. And I was very intent on this because if you have social anxiety, you can't get a job. He can't build up on your CV, you know, to show that what you have done. And so if you can show that you've done volunteering in the community, and then and then that you've maybe become a mentor to help other teens, it will be in my eyes equivalent to haven't had a job.

**Steven Bruce**

Yes, yeah. And very reassuring for a potential employer the thought that a young person has got the confidence to do that to offer advice to others. You said I think that you were taking them from the age of 13. Yeah, so I want to tick off another couple of boxes on the OBS and the chiropractic code here because a child with 13 can give consent to and when we're not talking about consent to treatment here I presume this is outside the scope of chiropractic what we're talking now anyway, so it doesn't really matter. But China 13 can give consent and can actually overrule their parents can't they? provided their Gillick competent. So I'm I'm bringing these terms because it means we can put it on the certificate, which means particularly for the Osteopath, you have to do this. You know, we can see that we are talking about communication and consent here, but it's important, isn't it? Yeah. A 13 year old is deemed to be capable of saying yes, I want to go and do this work.

**Tone Tellefsen Hughes**

I think so. I really believe so. And, and you know, we've also set it up so that all the gone volunteers. We always have to go on volunteers minimum. They all have been DBS. So we have a DBS platform. They have done safeguarding and and first aid and we

**Steven Bruce**

don't have any mental health skills.

**Tone Tellefsen Hughes**

They don't have to, but somehow so we have. We have teachers we have people who have done mental health and horticulture. But because the whole idea is that it's about gardening in the in it's a good question. because they're not coming for normal counselling or talking therapy, the therapies is being outside and in the garden and in a in a safe group. So all the volunteers are there to help them to garden and just chat about life. But they're not there. And we made it very clear to the garden volunteers that they're not there to do therapy. talking therapy.

**Steven Bruce**

We've got a question for you, Vlad. This is a really weird one. I've never heard this before. But Vlad says if he remembers Colette correctly gardeners ingest soil, which is beneficial for the microbiome. And that in turn helps mental health. Are you aware of studies that speak about this?

**Tone Tellefsen Hughes**

Yeah, absolutely. So if you're working without gloves, then the bacteria in the soil can then affect your production of serotonin from your gut, so you can help you. So that's one of the things you know, so we have that we have the being a nature also gives you opportunity to see fractals. So fractals are the geometric shapes that you have in nature with the plants and so on. And fractures have also proven to calm the mind and calm the brain. And we know that being physically active is good for our well being. And we know scientifically that that helps with endorphins. And and and other aspects of well being. We know that being in a safe space, and we're in a safe environment makes you feel calm. We know that volunteering has been professionally or scientifically proven that volunteering helps you to get a better sense of well being. And, and learning a new skill. So they're learning a new skill, because a lot of them, they you know, a lot of them have parents are gardeners, but they refuse to work in the parents garden. So they're learning a new skill. So we have at least five or six aspects we know scientifically it can change the almost like the chemistry of the brain and the and the the well being. And one of them is this this aspect of the soil, which is just incredible.

**Steven Bruce**

Yeah, absolutely. Tracy has sent in something. And Tracy, I'm being teased by this because all I've got is that you work with insomnia, and you do a lot of writing and speaking but you have an additional qualification that allows and I don't know what it allows you to do. So I guess I'm guessing that the thrust of this is, do you have an additional qualification, which makes you suited to running this sort of project?

**Tone Tellefsen Hughes**

Passion?

**Steven Bruce**

Yeah, which always comes for a lot, doesn't it?

**Tone Tellefsen Hughes**

Honestly. I mean, I've been you know, I've been chiropractic educated for 15 years. When I taught I worked in paediatrics and educating and Paediatrics and pregnancy. And I've been doing this for 15 years. But if no one ever took the step to do something, we will never get anything done. And I have

the I took on the garden because I believed in this. I've been running workshops with other practitioners and I never teach about things that I don't feel unqualified in the same way. The other aspect of the green hub, for instance, is we're running lifeskills sessions for teens, and parents. And those sessions are run by a nutritional therapist. And that's what they qualified in. We have coaches and therapists and they will that's what they talk about. So in January, we're starting workshops for parents to help for instance, come in how do you communicate with your child? Or where do you go and signposting posting, if you have a child in crisis, the reason why we're doing that is because parents are calling us up, you know, and calling my colleagues up all the time, because they don't know what to do and where to go. And, and then we're running workshop for teenagers, and run one about how to learn, for instance, because learning is so equivalent to self confidence, you know, and learning and being able to learn. And that's one of my absolute passions, because I found learning much harder than other people. And therefore, if I could teach and be part of teaching young people the best way to learn, and so they can be more successful in their ability to learn, then that can help with self confidence that then helps with emotional well being. So my yeah, I hope that answers your question.

### **Steven Bruce**

Tracy's followed up and said that was the gist that I asked you earlier on. But she's also pointed out that she needs insurance, but then she's treating insomnia and has additional qualifications. Do you have to have particular insurance for what you're doing? Yeah, we

### **Tone Tellefsen Hughes**

have insurance for the green hat project. We have insurance for the work in the garden and the teaching and so on. Yeah. Oh, absolutely.

### **Steven Bruce**

Where does all this come from? I'm tempted to believe this must be a sort of a Scandinavian idea because you have Norwegian parents, I think, don't you? The Professor of Environmental Science he you refer to it sorry, is Dr. Geeta guards asleep and which sounds to me vaguely Nordic? I don't know, she might be German, perhaps, but Dutch, okay. Where does the idea come from?

### **Tone Tellefsen Hughes**

Well, funnily enough, a couple of years in running workshops and you know, takes a lot of time out of your normal practice of being a chiropractor. I suddenly thought, why am I doing this? And pick a lot of people asking me, why do you see so much time doing this. And the suddenly hit me that my father who was Norwegian, and he, but we lived in Sweden, when I grew up, he was a scout. And I think then when he came to Sweden, he ran work workshops for young people for 15 years, where they would come and they would hear about the Amazons and the star constellation, or they would learn how to repair bikes, and he would take them on fabulous trips and things. So I think it's just genetic, really. And that's the number one and the number two is that I just, you know, I feel so so, you know, compassionate with young people of today. Now, obviously, I have two children on my own, who are now 19 and 20, then go through teenage themselves. But when you work with this group, and when you see what they're going through and what they're struggling, I believe, you know, that's what made me take the step to go further. And it's the most incredible feeling I remember doing a tour give at at the Sixth Form College locally, and 100 100 students in the audience in sixth form. And then I asked them to fill out a little form on a post it note of what they got out to the talk. And they put it all on the wall and was full of this post it notes on one of them said, I

feel so much better knowing that I'm not the only one who struggles. And that was for me another every time I do a talk and I got an ask for feedback, and get another encouragement carry on. Because I've realised that, you know, young people are really struggling. And it's, you know, it's absolutely amazing. And in our committee, and we have, we have such an incredible array of people who are part of this, because we have a you know, I'm, we're two co co chairs, we have a committee, and then we have gotten volunteers. And then we have volunteers to do social media, or communicate with parents and teens and so on. So it's very organised, we're nearly 30 people in our structure, we have a very organised, you know, GDPR, safe, you know, software that we use, where we can communicate within, we can be really effective and safe. But I just think that only work with young people. And it could be that you're sitting out there and you are really passionate about another population in your practice. You know, that is the energy that drives you to want to do it. Then when you come together and collaborate with other people. That's where the magic happens. You know, so you have people in from other disciplines, you coming together, you creating workshops, you're delivering it, and then you see the results of those teenagers walking away. I promise you, it beats anything. Yeah, it's very, very, very rewarding.

### **Steven Bruce**

I'll ask you a practical question here. And there are a couple of strands to this. So first of all, not everybody has a private walled garden attached to their practice. So that makes life a little bit more complicated. And not everybody can afford to take a lot of time out of their practice. So the two strands to the question are first of all, has carrying out this project benefited your practice in some way. I mean, financially, so to help support the fact that you're doing this voluntary work. And then the other side of it is well, what does what does a jobbing osteopath or chiropractor elsewhere in the country who doesn't have all your facilities do if they're, if they themselves are passionate about helping young people like this?

### **Tone Tellefsen Hughes**

So number one, I I feel that every time I go out and I do a talk in the community, I come back to my practice more filled with energy. So it's enriched me in my practice, it's also it's put my practice on the map. It I think I thought about this before our presentation, and it's it, you know, it makes people see that we are a practice that you can trust that we are ethical and you know, respectable and we're not just you know, monetary for monetary gain. We really are do care about people in a community. So that's one thing and then it just I think the pivotal time for me was when I went to a conference in Greece, and many years ago And a chiropractor think it was Lorna Tanis who's a paediatric chiropractor talked about that in her day to day, she worked in her practice, she did work in a community and then had time for a family. So in her week, she would divide up. And Americans, you know, they do a lot more a lot more committed to work than we do here. And actually in Sweden, to answer question before, Sweden is not a big, voluntary country, unfortunately. But that's another discussion. And so she divided up and that made me feel Yes, that's how I want to live my life, I want to, I feel so fortunate that chiropractic has given me 30 years of the most amazing, you know, work and profession, and I loved what I do. And that that I want to give back in a way. And, you know, setting this up, we are setting it up with lots of little people. So we have different roles, so is eventually is going to be less taxing on each individual. The third one is space. And I was lucky to get in this space to take you know, to afford to take on the space behind me. But if you are a practitioner anywhere, and you want to do something like this, number one, we would love to replicate the green hub around the country. And that's why we set it up. So I would say professionally, so that another organisation could take it on and create a green hub in Nottingham or in Birmingham. That will be that will be a very exciting. Secondly, I would say go out

onto your community pages where you are. And if you just say, I'm thinking of doing this is there anyone who has some space, you'll be surprised to see how many people would be happy to donate some space. The inspiration I got for doing this was from a book called lost connection by Johann Hari. I wouldn't encourage anybody to read that it's about depression and, and, and the aspects of depression. But that's where I read about community gardening and social prescription and doing that and also just connection in communities. What was it last connections, those connections? Right, wonderful. I attribute the whole spark of doing this to Well, do you want hurry and he was interviewed by Dr. Chatterjee on his podcast. And so yeah, I would take those steps. You know, whether it is you want to do gardening or whether you want to teach someone canoeing or whether you want to do you know, you know, rehab classes in your community, whatever it might be, go out in your community board and say I'm thinking of doing this, there's so many credentials, anybody else interested? And then just start a group and start talking about what you could achieve.

**Steven Bruce**

And so that's that's really inspiring. Katie has mentioned that in the book Buckinghamshire area there's a linden gate garden project. You familiar

**Tone Tellefsen Hughes**

with that one? No, I'm not is that petite?

**Steven Bruce**

She says it's to support mental health. He doesn't say specifically for teenagers, but if you're in the Buckinghamshire area, then Linden gate garden project is perhaps something to look up. Vincent earlier on, sent in a comment saying that nutritionists will often say that the this current epidemic of stress, anxiety, depression, etc. In the Young has a lot to do with diet. To which I would say, well, a nutritionist would say that, wouldn't they?

**Tone Tellefsen Hughes**

Yeah, I agree. And that's why we're running. Well, we, we wanted to run the workshop mood and food for a long time. And now I finally got to wonderful nutritional therapists who can do that, you know, and teens, they like science in it. I used to start talking in schools about oh, this is good for you. And that's good for you. But when I started adding the scientific, the scientific backup, especially to the brain, they suddenly just took, you know, they took interest. And so, and I look up Linda gait, thank you so much. I think, you know, in the last few years, it's horticultural community groups have exploded. But when we started two years ago, there was hardly anybody online we could find that was specifically targeted to teens. But I think there are groups now where they have adults and then they tag in teen groups as well. And, and I think it's just it's just, you know, exploding all over the UK, which is fantastic.

**Steven Bruce**

Yeah, that's, that's lovely. Annabelle said There's a wonderful book written by an osteopath, David Norfolk, which published in 2000 called the the therapeutic garden.

**Tone Tellefsen Hughes**

Ah, thank you. I really appreciate that. I want to give you you know, we've had teams going through the first cohort since summer. And I just want to give you a case history because I know that you want really interested in that Steven. So for instance, we had a young girl who was 16 who are You

know, she had been struggling with the stress through the pandemic. And she had social anxiety that was crippling her so much that she would be absolutely paralysed. When that happened. And she signed up to come and join the garden, it took her about 10 minutes to get out of the car just to go through the practice into the garden. And when she came out the first time, she said to her mom, I've talked to more people that I don't know that I've done in a long time. And then she's that carried on coming, she took particular interest in some of the areas like the tomatoes. And at the end of the summer, she had confidence enough to even change her sixth form, because they didn't have the right subjects where she was. And she wouldn't have done that. In the beginning of the summer, we realised that she was a photographer, so we got her to take all the photographs. So if you look at a PowerPoint presentation that I've added, and on the website, a lot of the photographs are from her, which is another way of

**Steven Bruce**

cratonic Could you let us know what the website addresses and Justin can put it up on the screen for people to

**Tone Tellefsen Hughes**

move? Yeah, it's the green hub project.com. Okay, thank you. All.

**Steven Bruce**

I'm you talked about the PowerPoint, PowerPoint slides, we'll be sending these out as a handout after the show as well. So you will have copies of those, regardless.

**Tone Tellefsen Hughes**

And all they did was that they came and worked in the garden, and parents will say that I had to in our son, there was a child who are a teenager who had post traumatic stress from family breakup, he or she was walking around eggshells with him, he would be very angry, cranky, short tempered. After the garden, he would bounce out,

**Steven Bruce**

I guess, even positive bacteria. And these can seriously affect your health. And he says, in fact, a lot of food processing helps to remove those in order to render foods safe exclamation mark, are several exclamation marks, in fact, but yeah, I mean, again, it's a widely held belief. And I imagine there is some evidence behind this. But there's an awful lot that goes on in the food processing industry isn't there, which kind of destroys the benefits of a lot of the nutrition that we might otherwise enjoy. Just before we we've got nearly 10 minutes left. Before we go, you talked about talking to local group, too. And what did you do you prepare yourself for the ordeal of public speaking because most people hate public speaking you look to me as though you're a particularly confident and outgoing lady, but

**Tone Tellefsen Hughes**

Okay, so I've done talks to infant schools, and where I go and talk to them about bones, and chiropractors a lot, a few of my friends do that. And that that's very fun. You contact a school and ask when you're talking about anatomy and the skeleton. And you know, you bring a skeleton, and you are X rays. And you can have a PowerPoint and talk about bones and so on. Then I've gone I've done assemblies to secondary schools and six forms, and about ergonomics and posture, and how that can then give you headaches and back pain and neck pain. I've done workshops in

classes, again, for study strategies. So it depends on what it is, but you would then for me, it's been a lot about schools, you know, I much prefer that than Wi Fi, which I have done. And sometimes in Wi Fi, you often have someone to fall asleep. And it's it's not necessarily my passion. I've done talks in schools with a therapist. So a really lovely one I've done a couple of times is when we've talked about emotional well being and understanding, you know, the body and the physical connection is that we've asked the teenagers to ask a question and put it into a fishbowl. And then we take a question out and read it. And then from that we get a discussion. So if it is about things like emotional well being and self confidence, if they anonymously put a question into a, like a bowl, the funny thing is that when you then read the question up, all the teens go, oh, yeah, yeah, this is relevant to me as well. And that shows that everybody has the same problems. I think you just have, you know, if you're really, really scared of public speaking, you know, you can do public speaking tours, you know, workshops, I would practice it to your family, practice it to your team. I think it's great to start go to younger kids first and then build yourself up to older kids,

### **Steven Bruce**

which are the best for getting referrals to the green hub project because if you go and present to primary school children, they are not going to refer themselves or they're too young anyway, but they went from refer themselves. Whereas if you speak to the women's industry shooed, women still, I guess are typically regarded as being the healthcare organisers within the family much more so than men in my experience, but if you talk to them, then they might say, I recognise that my daughter or somebody else's daughter or son has this problem, and, you know, they can refer them.

### **Tone Tellefsen Hughes**

The best is to speak to parents. So, you know, so if you want to get teens, the best thing to speak to parents, because they are the one who then going to speak to their teens, you know, organise the sign up, and the booking and the visiting the garden. So, you know, I did some talks a to a, actually a junior school five, six years ago, and recently had a referral for a teen, just for my own treatment, who had stress and tension because of the talk I did five years ago. So and that was apparent talk. So I would say, if that's what you're looking for, definitely parents, if you want to treat a subgroup in the community, like people over 60, then you know, Rotary wi might be a better sort of communication area to go to. If you're talking to school aged children, the way to then get the message out to the parents is that you, you can run, you can create a quiz. So you do the quiz with the children in the classroom. And then you tell them to bring the quiz home and quiz the parents. And that way, they see Oh, that's such and such clinic. And that's what they're doing. You could for instance, offer if you do free 15 minute consultations or something at the back of that, if that's what you were after, if we practice, for for the green hub, we have found the most effective so far has been Facebook communities. And currently, we are working really hard because what we really like to is to work with camps. We'd like to be a vessel for teens while they're waiting for camps. And we know that camps is between nine to 14 months waiting list. And I spoke to our local MP about that. And I still haven't got any further with getting through to camps, but camps also has agencies where they refer teens for counselling. So we're now trying to communicate with these agencies, and they have up to 100 teens and on a waiting list. And if they could come and work in the garden while they're waiting to see someone that could be a really lovely thing to validate what they're going through.

### **Steven Bruce**

Yeah, what was that? I think I presume that was an acronym you're using moment to camps what I'm monitoring.

### **Tone Tellefsen Hughes**

Yeah, kids camps is the organisation that looks after children's mental health. So if, and, and currently, you won't get a referral there unless you're really, really serious. And it can, you know, I've met so many families, they've had to wait up to a year, I'd recommend you to go to BBC iPlayer. And look at Dr. Alex George programme, for children in need. And that that that also highlighted the problem that's going on. Now, the problem if you're a young person, and you're struggling with social anxiety, eating disorder, you know, suicidal thoughts, and you know, your parents can't afford to go private, is that you go on the waiting list to camps, and all the while you're doing that you're feeling that nobody is seeing or hearing you, and your life is not important. And that is just criminal in my you know, it's my feeling. And we're hoping with the green hub that we can, we can help a small number of groups in the garden, and then a bigger number of groups throughout workshops, and hopefully wider with the website.

### **Steven Bruce**

Yeah. And just going back to the public speaking aspect of what you were saying, one thing that occurred to me is that it can often be really helpful if you're very nervous about speaking in public, if you go with a colleague, and you share the talking because it's somehow takes the pressure off you a little bit if they were quite carefully because it doesn't need to it needs to come off as not too scripted. But but it can work

### **Tone Tellefsen Hughes**

when you're doing questions and answers, and that's a lovely way of doing it because you'll feel less targeted. Yes.

### **Steven Bruce**

I mean, it also I mean, if it's a lengthy presentation, it breaks up the voice as well doesn't it means it's not the same old voice droning on in front of the slide. But yeah, not that I'm suggesting for a second that you Turner with drone at all in front of slides. So sure. So if there are people interested in doing this, are they allowed to get in touch with you or should they get in touch with somebody via the green hug project? Website? Yeah,

### **Tone Tellefsen Hughes**

I mean, they by all means, get in touch with me directly. go onto the website, look at what we do. And then we have signup forms on the website that our techie co chair has done and created. And if there's anybody who listening it listening now who live nearby in Surrey, or nearby Sorry. And if you'd like to become a volunteer in the garden or feel that they could offer something for workshops, we would love to hear from you. And if there is anybody around the country who think, Ah, this is exactly what I've been wanting to do, I didn't know I didn't have the confidence, then then we could hopefully be have a conversation about that. The lovely thing is that nobody in this in this organisation are paid in everybody voluntary, and there's some evil footing, most of us all have other jobs as well. But you get it, I found that with all my work I've done, I've just met such amazing people outside of my practice. And it's enriched me in learning about them and what they do and what they offer. So whatever you do, I really highlight corner of at least a little part of your week in in how in something you can do in your community in whatever way that might be. Yeah.

**Steven Bruce**

One last question. I think it's we're running out of time. What about your connections with GPS? Are they aware of what you're doing? Are they able to talk to their parent patients or parents of their patients? Or are they typically resistant to hearing from chiropractors and osteopaths?

**Tone Tellefsen Hughes**

No, no, not at all. And we had a GP on board for the first year. And he sadly had to take a step back, because he got very involved in COVID. But as a result of being on board, he trained in lifestyle medicine, so he was really influenced by this. But we have the, there's something called primary care network, so that groups of GP practices, and our local primary care network has endorsed us and supported us. That's one step. But the next step is for the GPS to have this on the front of their mind. And for that reason we've we've filmed a little are gonna say, a mini webinar for them between me and our professor, so that they can listen to that and be assured that this could be a really lovely Avenue instead of medication, or for those who are waiting to get cams, so account for private care. So I think we have is more that we have a long way to educate them about this as an option. Also social prescription, which I don't know many people know about that. But social prescription is, is now in more and more GP practices where a practitioner who isn't necessarily a doctor can prescribe an activity, which is social in the community. But sadly, it's only from 18 and up. So we're hoping that social prescription will go down as well, because then that would help them to refer to us that way as well.

**Steven Bruce**

Yeah, totally. Brilliant. Thank you. I mean, you're a really inspiration to a lot of people. And I'm sure you're doing a lot of good in the community down there. And and I seriously hope that other people will follow your lead and either get involved with groups or set up their own groups do something like this, because, you know, there is clearly a big need in society for this sort of help, especially for the teenagers. I've had a couple of messages forwarded to me, Camellia and Carol both saying that this was a fantastic inspiring talk, Camilla is actually so she's in love with you. So they will share her words, so much common sense, so many skills from the University of life. And I'd like to thank you, because that's been it's been a super tool. Thank you. And do let us know how you get on. And if there's anything else that we can do to help promote this or contribute to it in some way. I'd be delighted with the resources that we build around disposal. But that's it for now.

**Tone Tellefsen Hughes**

Yeah, thank you so much for having me. I really appreciate the opportunity.