



Therapy in the Community - Ref 202

with Tone Tellefsen Hughes

18th November 2021

TRANSCRIPT

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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 Tellefsen Hughes. I have to apologise to Tone 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 Pediatrics 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. Tone, fantastic to have you with us. Thank you for agreeing to come along. Are you going to tell us about the Green Hub Project?

Tone Tellefsen Hughes

Again, I'd love to. Yes, it sort of started out as that I had an opportunity to take over a garden behind my practice. It's in Milford in Surrey, and this garden has belonged to my landlord and 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 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 work there. But I specifically wanted it to be young people, because I've focused on, you know, teenagers for the last 10, 15 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 two years.

Steven Bruce

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

Tone Tellefsen Hughes

Well, I think it's important to make it, to niche it anyway. But for me, being a chiropractor working with young people, I work a lot on the emotional wellbeing 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 them getting worse, being clinically depressed, having issues about anxiety, social anxiety, 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, it's 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 it was a no brainer that it had to be for teenagers alone.

Steven Bruce

So tell 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 In pediatrics you work with pregnant women and babies and toddlers. And I started working many years ago with toddlers and seeing that when we release the tension in the bodies, they had less tantrums, and they got less anger, and frustration. And then I found it in school aged kids. And when I started working with teenagers, 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 the side benefit, apart from back pain or neck pain is that they reported that they felt calmer, they slept better, they were more at ease in their bodies, in their 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, how do you avoid postural strain and how do you 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 creating 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, in the chiropractic world, especially within British Chiropractic Association, where we were attacked earlier on, we're very, very careful. I would say that, for me, it's word of mouth. It's word of mouth and so I would get a phone call almost every week from parents with anxious teens, because they know I work with teens, you know, so you create a reputation that you are someone who, I wouldn't say an expert, but you have an experience and a knowledge in the area. And then the other area is that 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 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 going to be able to do the sort of things that 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 I then got articles and information and read about it. And then you do presentations about it and do talks about it. And then every time you do a talk, you actually get live feedback from the students and the teens, and then you learn more. So I think, 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, do public health in

their community, ideally about something they're passionate about. And I think if we all did that, we can increase the awareness of wellbeing and mental health and self-care in our communities, which is 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 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 happen 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 my team. 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 also, we blog regularly, and we have a YouTube page with resources. And then if they live around Surrey, 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 can only work with teenagers from 13 to 18. And they have to be mild to moderate within the spectrum of mental health.

Steven Bruce

Why that 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 ask all 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 the young people then, when I've spoken, or me or my colleagues have spoken to a parent, we then invite them to the garden and they come along to the garden, primarily, 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 then, 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 then during those six weeks, it's two-hour session. So one and a half in the winter, where they, it's simple, it's so simple, you come to the garden, you're in a group of other teens, a small, safe group, you're outside in the fresh air, and then you just work on the garden. It could be planting, it could be seeding, it could be clearing, raking leaves, but you're just simply out there, as we often say, 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. 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, 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's now open to joining us as a garden volunteer. And the thing about it is that these teenagers come and work in the garden, this garden, 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 teens. And they then can become a mentor, a 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 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. You 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 that you've maybe become a mentor to help other teens, it will be in my eyes equivalent to having 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.

Tone Tellefsen Hughes

Yeah.

Steven Bruce

So I want to tick off another couple of boxes on the OPS 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 a child of 13 can give consent and can actually overrule their parents, can't they? Provided their Gillick competent. So I'm bringing these terms because it means we can put it on the certificate, which means particularly for the osteopaths, you have to do this. You know, we can say that we are talking about communication and consent here, but it's important, isn't it? 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 we've also set it up so that all the garden volunteers, we always have two garden volunteers minimum. They all have been DBS. So we have a DBS platform. They have done safeguarding and first aid.

Steven Bruce

Do they need to have any mental health skills?

Tone Tellefsen Hughes

They don't have to, but some 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, it's a good question, because they're not coming for normal counselling or talking therapy, the therapy is being outside and in the garden and 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 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 it can help you. So that's one of the things, you know, so we have that. 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 fractals have also proven to calm the mind and calm the brain. And we know that being physically active is good for our wellbeing. And we know scientifically that that helps with endorphins. And other aspects of wellbeing. We know that being in a safe space, and 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 wellbeing. And learning a new skill. So they're learning a new skill, because a lot of them have parents who 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 almost like the chemistry of the brain and the wellbeing. And one of them is 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'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 counts for a lot, doesn't it?

Tone Tellefsen Hughes

Honestly, I mean, I've been chiropractic educated for 15 years. When I taught I worked in pediatrics and educating in pediatrics 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 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 other aspect of the Green Hub, for instance, is we're running life skills sessions for teens and parents. And those sessions are run by a nutritional therapist. And that's what they're qualified in. We have coaches and therapists and that's what they talk about. So in January, we're starting workshops for parents to help for instance, how do you communicate with your child? Or where do you go and signposting, 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 then we're running workshops 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 their 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 wellbeing. So 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?

Tone Tellefsen Hughes

Yeah, we have insurance for the Green Hub 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 that you referred to in Surrey, is Dr. Birgitta Gatersleben which sounds to me vaguely Nordic? I don't know, she might be German, perhaps.

Tone Tellefsen Hughes

Yeah, she's Dutch.

Steven Bruce

Okay. Where does the idea come from?

Tone Tellefsen Hughes

Well, funnily enough, a couple of years in running workshops and you know, it takes a lot of time out of your normal practice of being a chiropractor. I suddenly thought, why am I doing this? And a lot of people asking me, why do you spend so much time doing this? And it 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 feel so 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, that's what made me take the step to go further. And it's the most incredible feeling, I remember doing a tour at the Sixth Form College locally, and 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 of the talk. And they put it all on the wall and it 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. Every time I do a talk and I ask for feedback, I get another encouragement carry on. Because I've realised that, you know, young people are really struggling. And it's absolutely amazing. And in our committee, we have such an incredible array of people who are part of this, because we're two co-chairs, we have a committee, and then we have garden 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 software that we use, where we can communicate within, we can be really effective and safe. But I just think that when you 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're coming together, you're creating workshops, you're delivering it, and then you see the results of those teenagers walking away. I promise you, it beats anything. 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. 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 a jobbing osteopath or chiropractor elsewhere in the country, who doesn't have all your facilities do if they themselves are passionate about helping young people like this?

Tone Tellefsen Hughes

It's wonderful. I attribute the whole spark of doing this to well, to Johann Huri 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 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.

Tone Tellefsen Hughes

So number one, 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 put my practice on the map. I thought

about this before our presentation, it makes people see that we are a practice that you can trust, that we are ethical and respectable and we're not just out for monetary gain. We really do care about people in our 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 many years ago and a chiropractor, I think it was Laura Tanis who's a pediatric 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 her family. So in her week, she would divide up and Americans, you know, they do a lot more, a lot more community work than we do here. And actually, in Sweden, to answer your question from 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 feel so fortunate that chiropractic has given me 30 years of the most amazing, you know, work and profession, and I love what I do. And 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 it eventually is going to be less taxing on each individual. The third one is space. And I was lucky 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, 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 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 Connections by Johann Hari. I would encourage anybody to read that, it's about depression and the aspects of depression. But that's where I read about community gardening and social prescription doing that and also just connection in communities.

Steven Bruce

What was the name of the book again?

Tone Tellefsen Hughes

Lost Connections.

Steven Bruce

Right.

Steven Bruce

That's really inspiring. Katie has mentioned that in the Buckinghamshire area there's a Linden Gate Garden Project. Are you familiar with that one?

Tone Tellefsen Hughes

No, I'm not, is that for teens?

Steven Bruce

She says it's to support mental health. She 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 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 wanted to run the workshop Mood and Food for a long time. And now I finally got two wonderful nutritional therapists who can do that, you know, and teens, they like science. 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 backup, especially to the brain, they suddenly just took interest. I'll look up Linden Gate, thank you so much. I think, you know, in the last few years, 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 I think it's just exploding all over the UK, which is fantastic.

Steven Bruce

Yeah, that's lovely. Annabelle said, there's a wonderful book written by an osteopath, David Norfolk, which published in 2000 called The Therapeutic Garden.

Tone Tellefsen Hughes

Ah, thank you. I really appreciate that. 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 will be interested in that, Steven. So for instance, we had a young girl who was 16 who, she had been struggling with 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 over 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 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.

Steven Bruce

Tone, could you let us know what the website address is and Justin can put it up on the screen for people to see.

Tone Tellefsen Hughes

Yeah, it's the Green Hub Project.org.

Steven Bruce

Okay, thank you. You talked about the 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, there was a child who, or a teenager who had post-traumatic stress from family breakup, she was walking around eggshells with him, he would be very angry, cranky, short tempered. After the garden, he would bounce out.

Steven Bruce

parts of audio missing 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, well, 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. We've got nearly 10 minutes left. Before we go, you talked about talking to a local group, too. And what did you do to 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 few of my friends do that. And that's very fun. You contact a school and ask, when are you talking about anatomy and the skeleton. And you know, you bring a skeleton, and I brought X rays. And you can have a PowerPoint and talk about bones and so on. Then I've done assemblies to secondary schools and sixth 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, which I have done. And sometimes in WI, you often have someone who falls asleep. And 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 this one, we've talked about emotional wellbeing and understanding, you know, the body and the physical connection. It's 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 wellbeing 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 can do public speaking workshops, I would practice it to your family, practice it to your team. I think it's great to go to younger kids first and then build yourself up to older kids.

Steven Bruce

Which ways do you find 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, they're too young anyway, but they won't refer themselves. Whereas if you speak to the women's institute, 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 is speak to parents, because they are the one who then are going to speak to their teens, you know, organise the sign up, and the booking and the visiting the garden. So, I did some talks 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 a parent 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 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, for your practice, 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 CAMHS. We'd like to be a vessel for teens while they're waiting for CAMHS. And we know that CAMHS has a 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 CAMHS, but CAMHS 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 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 were using a moment ago, cams? Am I mishearing?

Tone Tellefsen Hughes

Yeah, so CAMHS is the organisation that looks after children's mental health. And currently, you won't get a referral there unless you're really, really serious. 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 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 CAMHS, and all the while you're doing that you're feeling like nobody is seeing or hearing you, and your life is not important. And that is just criminal in 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 somehow takes the pressure off you a little bit, if they were quite carefully because it needs to come off as not too scripted. But it can work.

Tone Tellefsen Hughes

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

Steven Bruce

Yes. Also, I mean, if it's a lengthy presentation, it breaks up the voice as well, doesn't it? It means it's not the same old voice droning on in front of the slides. But yeah, not that I'm suggesting for a second that you, Tone, would drone at all in front of slides.

Tone Tellefsen Hughes

I wouldn't be so sure.

Steven Bruce

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 Hub Project website?

Tone Tellefsen Hughes

Yeah, I mean, 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 listening now who lives nearby in Surrey, or near Surrey 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 thinks, ah, this is exactly what I've been wanting to do, I didn't know, I didn't have the confidence, then we could hopefully have a conversation about that. The lovely thing is that nobody in this organisation are paid. Everybody are voluntary, and there's some evil footing, most of us all have other jobs as well. But you get, 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 off at least a little part of your week in something you can do in your community in whatever way that might be.

Steven Bruce

Yeah. Last question I think, because 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 they're 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 filmed a little, how can I 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 CAMHS who can't afford private care. So I think it's 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 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, Tone, that's been brilliant. Thank you. I mean, you're a real inspiration to a lot of people. And I'm sure you're doing a lot of good in the community down there. And I seriously hope that other people will follow your lead and either get involved with groups or set up their own groups to 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, Camellia actually said she's in love with you. So there you are. Her words, so much common sense, so many skills from the University of life. And I'd like to thank you as well, because 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.

Steven Bruce

Thank you. But that's it for now.

Tone Tellefsen Hughes

Yeah, thank you so much for having me. I really appreciate the opportunity to talk about it.