



Nurture in Nature

Outdoor, one-to-one talking support service with a mental health specialist.

Frequently asked questions

1. How long are the appointments for?

Usually they are up to 50 minutes but you can have shorter appointments if you prefer, or leave sessions early.

2. Is there a long waiting list to get seen?

Waiting times vary but Judy will aim to meet you within a month.

3. How many times can I be seen?

At the moment, due to funder requirements, we usually offer up to 5 sessions. Depending on your situation, we aim to be flexible and agree further sessions with you if needed or signpost you onto a service that will meet your needs better.

4. What days/times are appointments available?

Currently, session times are on Monday afternoons, Thursday afternoons and Friday daytime.

5. Who is the service aimed at?

The service is mainly aimed at people who live, work or study in or around the Woodlands area, particularly those who have been feeling more anxious or stressed by financial pressures and/or rising bills. Feel free to call us if you are not sure if the service is right for you and we can try to help you find the right support.

6. What type of issues can you help with?

Common difficulties include but are not limited to: low mood, anxiety, stress (e.g. as a result of financial pressures), poor self-confidence, depression, panic, relationship difficulties, sleep problems, grief, specific anxieties like fear of public spaces, feelings of overwhelm, stuckness or not coping, confusing emotions, excessive worry.

7. Where do the appointments take place? (Including access needs)

Finding a place that feels safe and private enough for you is a priority. When we first meet, I will show you around the spaces and you can 'try out' different options. Typically, people choose to meet in Queens Crescent Garden (the private garden directly across from Woodlands Community Garden) or to 'Walk and Talk' in a local park. Walking is often preferable in the colder months! We provide hot water bottles, blankets and umbrellas too.

If there are health reasons that may restrict your access to the service we will do everything we can to support you with, for example using indoor spaces or having phone and zoom appointments. The indoor spaces are in Visibility Scotland offices at 2 Queen's Crescent.

8. Can you give some examples as to what happens at appointments?

Sessions unfold differently for each person. The initial session is a time to work out whether the Nurture in Nature service is appropriate for you (e.g. based on things like what you need from counselling and Judy's experience in that area). If the service is not appropriate for your needs, we will help to signpost you to a place that does.

If we agree to work together we will discuss goals and how we plan to use the time in the first meet(s). In an atmosphere of non-judgment and compassion, typical sessions involve a space to:

- speak out thoughts, concerns and feelings, gain clarity and perhaps identify the steps needed in order to move forward.
- discuss challenges you may be having from the perspective of approaches called Cognitive Behavioural Therapy (CBT) Mindfulness-based and Compassion-focussed approaches. This may involve learning techniques to manage your symptoms in ways that help you feel stronger and more able to cope.
- look for and contact support services needed to manage practical difficulties you may be having e.g. welfare rights support.

You can find more information about CBT, Mindfulness-based and Compassion-focussed therapy here <https://www.goodtherapy.org/learn-about-therapy/types>. If you don't have access to the internet Judy can provide you with more information about these models.

9. Can you tell me more about the mental health specialist and their training?

Judy is a Clinical Associate in Applied Psychology (CAAP). Her training is largely in Cognitive Behavioural Therapy (CBT) and Mindfulness based approaches and she has worked previously in the NHS and privately. Judy works under the supervision of a Counselling Psychologist and has experience working with common mental health difficulties such as those described in question 5. If you would like to know more about Judy's experience and discuss whether she could be of help to you then please free to get in touch with her on the contacts below.

10. What will I be required to talk about?

It is entirely up to you what you share. It may feel right for you to discuss past distressing experiences but this is by no means required - there will be no pressure to share more than what you are comfortable with. Counselling can be used to explore current challenges as much as it can be used to explore deeper painful experiences. Infact, depending on what you need and given the limited number of sessions offered, it may be that we decide to signpost you to a service that more adequately meets your needs e.g. a service that has capacity to offer you more sessions.

11. Can I contact you urgently if things get really bad with my mental health?

This service is not an emergency support service - Judy works part-time and will only receive messages and e-mails when in work. If you could do with meeting up before the next agreed session then get in touch. Judy will reply when in work and make space for you if possible.

- If you feel you may not be able to keep yourself safe - call 999 - and explain what you are feeling to the call handler.
- If you need a space to just talk to someone at any time of the day or night you can **call Samaritans on 116 123.**
- During working hours **call your GP** and ask for an "urgent appointment". In non-working hours **call (NHS) 111.** Once you explain how you are feeling, these services may connect you with your local community mental health team (CMHT) who should be able to offer support.

12. Do I have to pay anything for this service?

This is a free/donation based service. There is no pressure to contribute for those who cannot but we encourage those who can afford it to make a donation for each session. We can provide you with envelopes to hand donations into your sessions, or you can donate here: <https://www.woodlandscommunity.org.uk/support>

13. How do I find out more information or book an appointment?

Text or call Judy, confidentially, on 07545 659636 or email judy@woodlandscommunity.org.uk

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Woodlands Community

www.woodlandscommunity.org.uk