



Ninewells Community Garden







Our Sub groups:

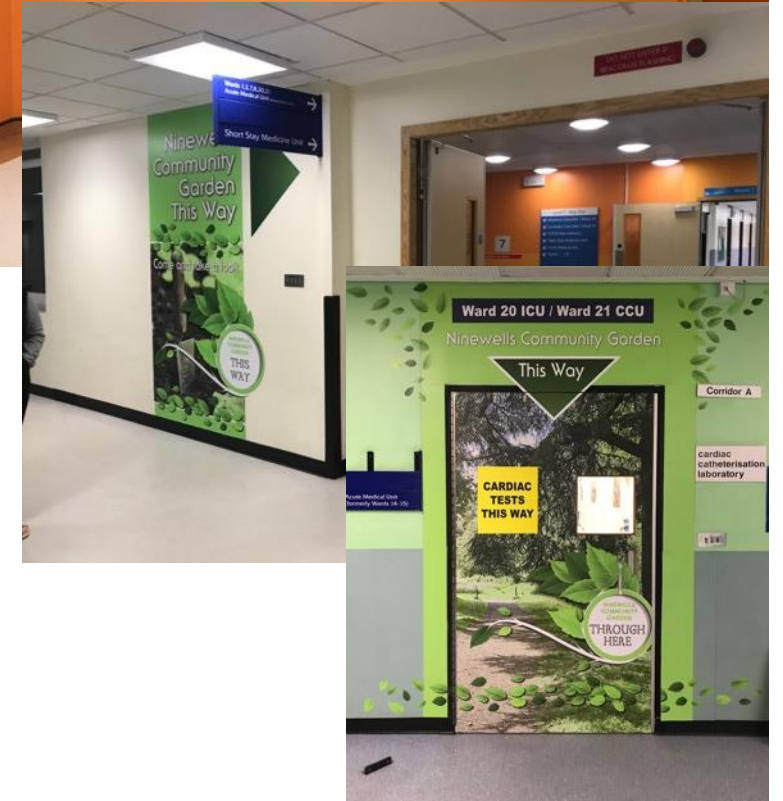


Garden & Wild life

Nature & Climate

Funding & Finance

Events



Rehabilitation & wellbeing for everyone



A safe space for everyone

HAVE A MOMENT TO RELAX AND RECHARGE

- **NHS Staff Wellbeing Service** - Time to talk. Space to reflect. Drop in Wednesdays 12-2PM.
- **Walk** - A brisk walk increases your energy and mood, helps you sleep better and keeps you fit!
- **Sit and enjoy** - Find one of many resting places around the woodland and garden to relax.
- **Relaxation exercises** are placed around the garden and woodland to help you clear your mind.
- **Peace and quiet** - Take a moment out of your day to recharge.

'I've worked at Ninewells for many years and didn't even know this place existed!

It's the perfect spot for a break or to clear my head before I go home!



Find us

Situated in the grounds of Ninewells
Exit Level 4

Ninewells Community Garden



Relax & Recharge

NHS TAYSIDE STAFF WELLBEING SERVICE

Provides staff with weekly one-to-one support sessions. This new drop-in service takes place at Ninewells Community Garden's Leafroom. This is a free person-centred confidential service allowing you to get support for struggles in any area of your life whether it's work, home, health etc. You don't have to deal with things on your own.

Drop in **Wednesdays 12-2PM** at the Leafroom. If you'd like to know more or book a session in advance please get in touch:

Tel: 01382 423110, ext 40806
Email: wellbeing.tayside@nhs.net
Emergency out of hours: 07917 183804

NINEWELLS COMMUNITY GARDEN

A therapeutic garden at the heart of Ninewells Hospital. Designed with staff in mind to help get a break from a busy hospital day. Stop by to relax, have lunch, watch birds and wildlife, participate in mindfulness exercises, go for a walk or get involved in active gardening.

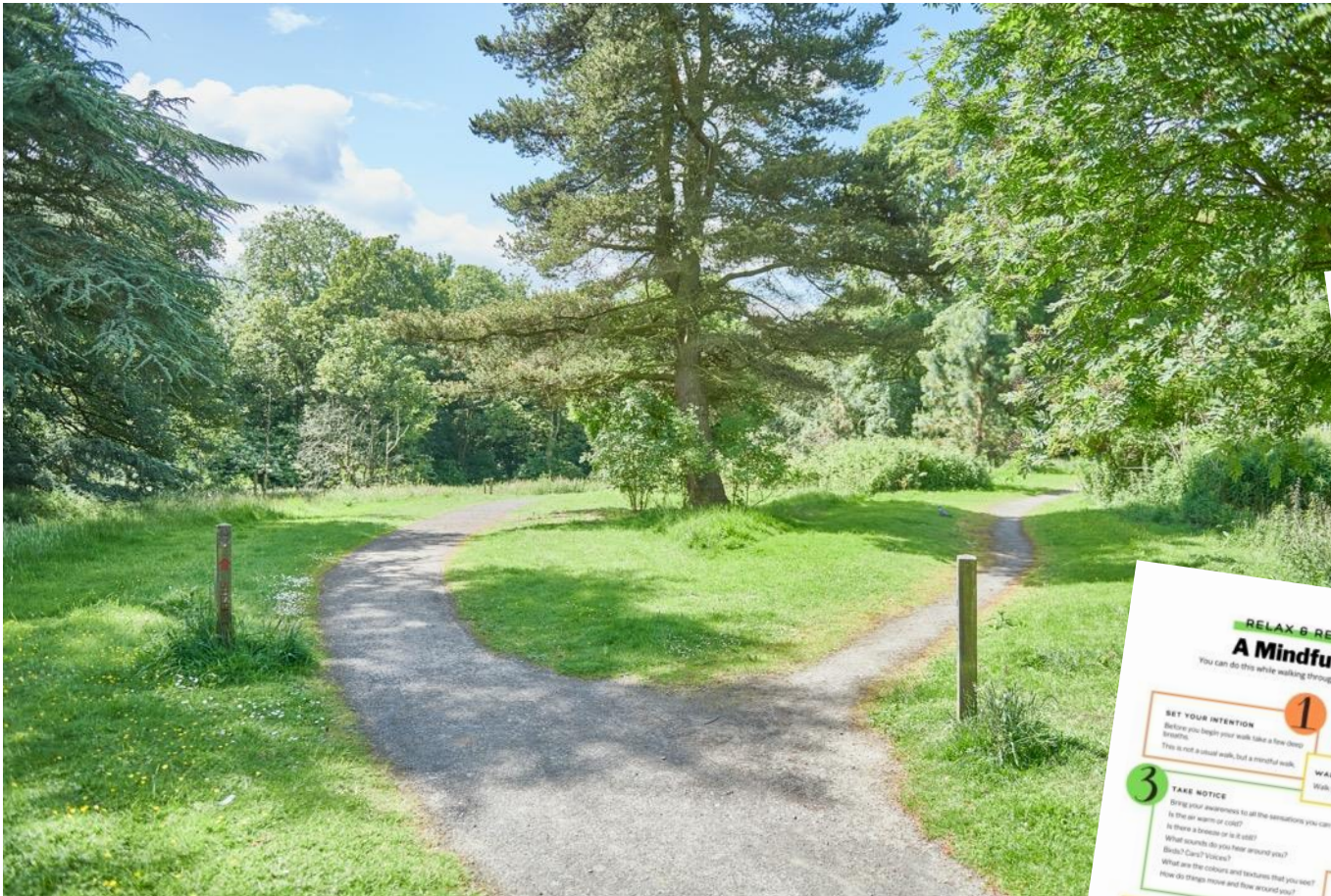
NEW: DROP-IN STAFF SUPPORT SESSION WEDNESDAYS 12-2PM

LEAFROOM, NINEWELLS COMMUNITY GARDEN

Staff support since April 2020



'I love coming here, it's my new favourite spot!'



RELAX & RECHARGE
Nature Meditation
You can do this sitting, standing, or walking.

- 1 MAKE YOURSELF COMFORTABLE**
This space is meant for always be a form of meditation when we put our full attention on what is around us. Sit upright, cross legs, feet flat on the ground.
- 2 INTEND THE EXPERIENCE**
Allow yourself to experience the sights, sounds and smells without thinking and becoming mentally involved with them.
- 3 FOCUS**
Notice the tendency of the mind to roam and wander everywhere. When you notice this, gently bring it back to the present.
- 4**

RELAX & RECHARGE
Breathing exercise
You can do this sitting or standing.

- 1 MAKE YOURSELF COMFORTABLE**
Loosen any clothes that restrict you. Position your feet flat on the ground. Relax your shoulders and your arms to your sides.
- 2 CLOSE YOUR EYES**
- 3 BREATHE**
Breathe in through your nose and let your breath flow to the bottom of your belly, as if it were a balloon. Without holding it, breathe out slowly through your mouth.
- 4 BREATHE IN SLOWLY AND REGULARLY**
Repeat steps 1-3 for 10 breaths. You may not be able to reach 10 breaths. Do what is comfortable for you.
- 5 CONTINUE FOR 2 TO 5 MINUTES**
Without pausing or holding your breath, let it flow out gently, counting from 1 to 5 again. "1...2...3...4...5." Continue for 2 to 5 minutes.
- 6 OPEN YOUR EYES**
As you stand for a minute. Notice how you feel. When you feel ready, get up with your feet.

RELAX & RECHARGE
A Mindful Walk
You can do this while walking through the woodland or garden.

- 1 SET YOUR INTENTION**
Before you begin your walk take a few deep breaths. This is not a usual walk, but a mindful walk.
- 2 WALK**
Walk your route at a slow, steady pace.
- 3 TAKE NOTICE**
Bring your awareness to all the sensations you can notice. Is there a breeze or is it still? What sounds do you hear around you? Birds? Cars? Trains? What are the colours and textures that you see? How do things move and flow around you?
- 4 BE CURIOUS**
Allow yourself to fall into a state of curious wonder about your environment and all that makes it up.
- 5 FOCUS**
When you get distracted by other thoughts, return to one present moment.
- 6 CONTINUE**
Be mindful for the rest of your walk. When you feel ready get on with your day.

We hope you've found it helpful to give yourself the time and space you need in the garden. You may find it helpful to talk to someone confidentially about what you're going through. Drop-in: Wednesdays 12-2PM at the Lushroom or Dock. A session with a member of our Staff Wellbeing Service over the phone or face-to-face, in a socially-distanced space. Book an appointment: 01382 423110 or wellbeing.taxi@nhs.uk



RELAX & RECHARGE
Listening Meditation
You can do this sitting, standing, or lying down.

- 1 MAKE YOURSELF COMFORTABLE**
This could be sitting on a bench, standing or lying down in the grass.
- 2 RELAX & LISTEN**
Close your eyes, take a few deep breaths, and bring your attention to what you can hear.
- 3 TAKE NOTICE**
Notice which sounds are most obvious. How do they sound? How do they feel in your body? Notice how some sounds come and go, while others are constant. Notice how some get louder and softer.
- 4 BE CURIOUS**
Your goal is to become curious about what you are hearing and to notice the natural ebb and flow of it. It's a way that you don't control it. It's just life.
- 5 FOCUS**
When your mind wanders, notice you've become distracted and then gently return your attention to listening.
- 6 CONTINUE**
Continue listening in this way for at least 5 minutes. When you feel ready get on with your day.

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NHS health oasis with so much potential

Evidence-based self-led psychological interventions for staff





Children and families love our garden



Ninewells Community Garden

Is For
Everyone

