

Transport

Chip and Rab will pick you up from around Hexham in a minibus and drive to private woodland near Slaley where the group takes place.

Timetable for weekly group sessions on Mondays

10am	Pick up in Hexham area,
10.30am	Set-up, (light fire etc)
11am	Group Time
1.30pm	Pack up
2pm	Leave site
2.30pm	Return to Hexham area

Food

Bring your own lunch, Hot drinks and some snacks will be provided.

Evaluation

There will be optional involvement in some form of evaluation of how helpful the group is for you.

Spaces in this group are limited but we hope to be able to offer more groups in future.

Weekly Ecotherapy Group for Men who are Suffering with Depression

10th February - 6th August 2018



Would you like to join us?

Could you benefit from talking and listening to other men? We will meet weekly and we'll be based in a natural woodland setting so there's time to sit by the fire, have a cup of tea, chat and learn some woodland skills.

What might you gain?

Group therapy is at least as effective as one-to-one therapy. It can improve both your experience of relating with others and your sense of yourself. This can happen when we build a group in which it feels safe to be open and honest about your experience. Group experiences take time to develop but can be enormously beneficial. The intention of the woodland activities is to help you explore your experiences and express yourself.

Staff



Rab Erskine and Chip Ponsford are experienced counsellors who share an enthusiasm for outdoor counselling work. We are excited about this opportunity to offer respectful, accurate listening and open and honest relating in a woodland setting with a view to helping you move towards your own healing.

Is this for you?

- **Are you aged 25 - 60 and suffering with depression?**
- **Are you able to attend an initial residential weekend on 10th and 11th February 2018?**
- **Are you able to commit to attending regular weekly sessions from 10am to 2.30pm on Monday afternoons for 24 weeks? Actual group time will be about 2.5 hours. See timetable on the back of this leaflet.**
- Could you benefit from helping to build a trustworthy, confidential group - somewhere which is separate from the rest of your life?
- Could you benefit from experimenting with how you relate with other men?
- Could you benefit from learning woodland skills and doing creative woodland activities?
- Do you like the idea of sitting around the fire?
- Are you ok about getting a bit wet or dirty?
- Group therapy can be emotionally distressing at times. Do you have a trusted person who could support you outside the group if you were distressed?
- Where possible we will ask participants for a weekly contribution of £2 to cover tea, coffee, biscuits etc.

If you think this could be for you and you'd like to explore the idea further then please contact Chip on 07940 853123