

Bridewell Gardens



mental health recovery

Ruth Madder, Director & Rachel Green, Fundraising & Comms Officer









Bridewell
Organic
Gardens

Bridewell's History

- The organisation began life in 1994 as an offshoot of Oxfordshire Mind
- The idea that land-based activities could benefit people with mental health difficulties

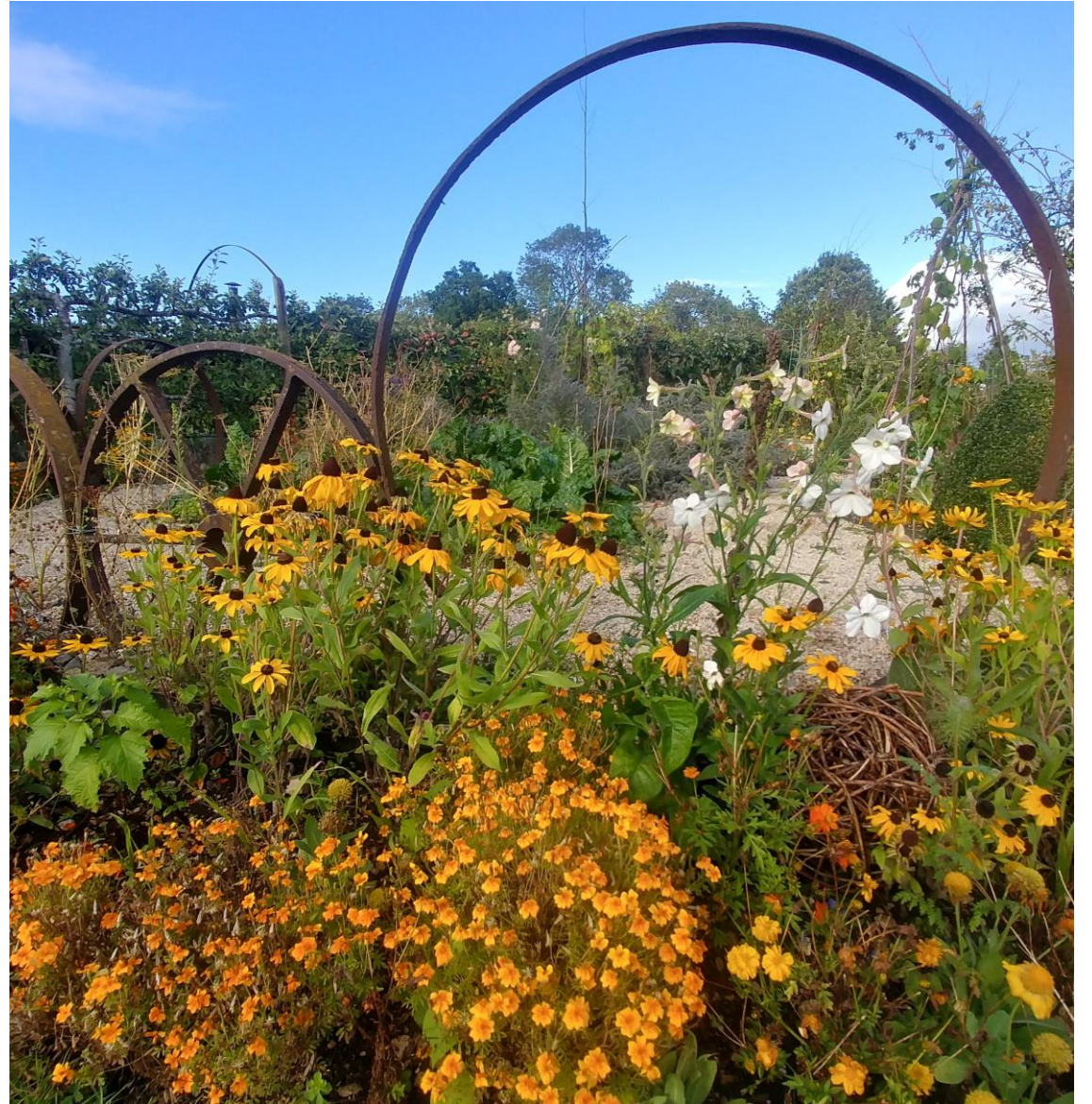


Bridewell's History

- The Walled Garden of 1.25 acres was built in the 1880s
- The garden fell into disrepair after WW1
- The Walled Garden (then derelict) was found and permission granted by our patrons the Cecil family to use the garden for a mental health charity







Our site

In 1999 Bridewell leased an additional 5 acres to the south of the Walled Garden

1,800 Orion and Phoenix vines were planted over 2 years

The garden includes:

- An organic vineyard
- A cottage garden
- Large polytunnel
- Raised beds
- Workshop areas













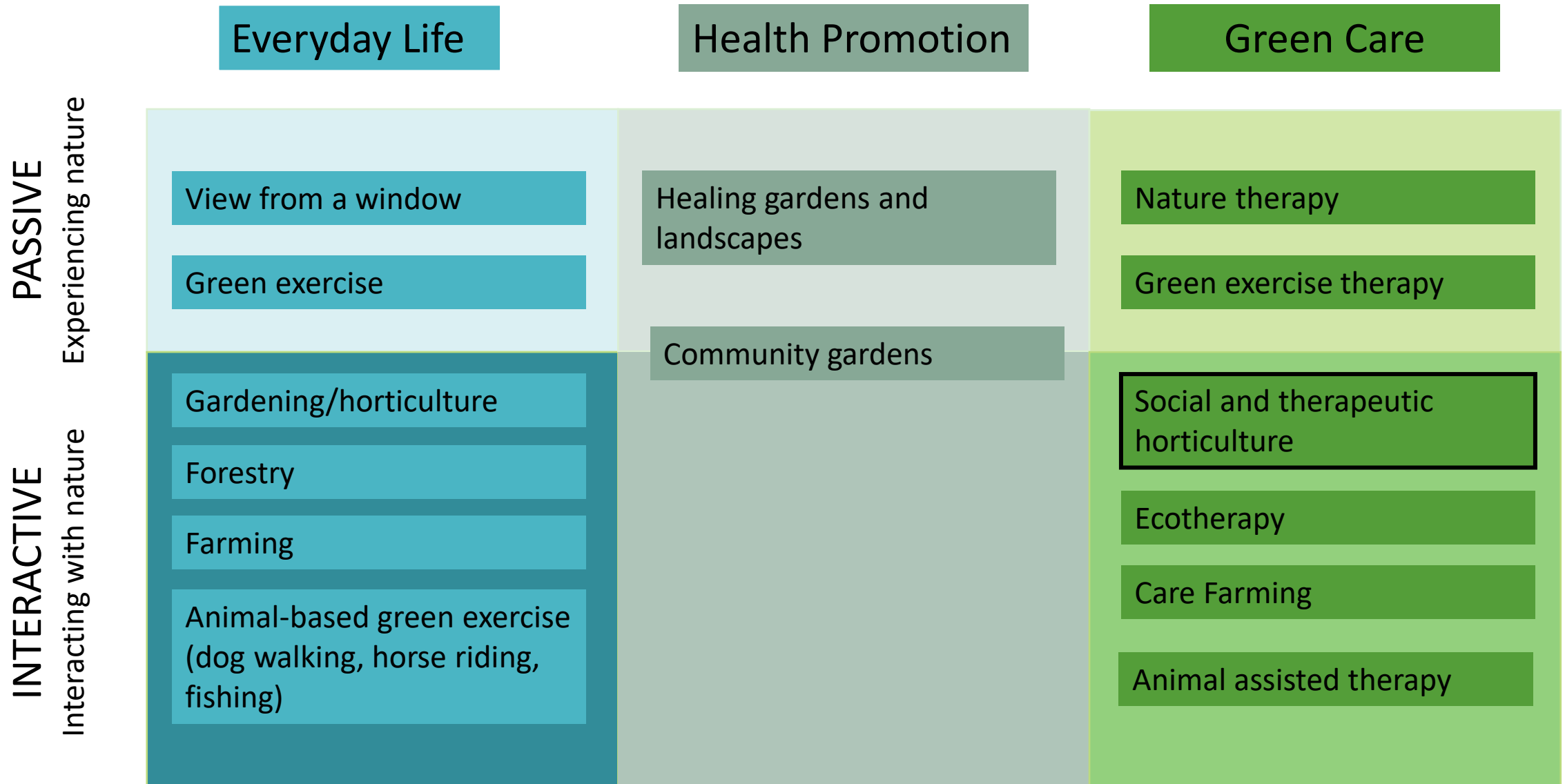




Social and therapeutic horticulture

Nature-based intervention to
support improved wellbeing and
health for a specific group



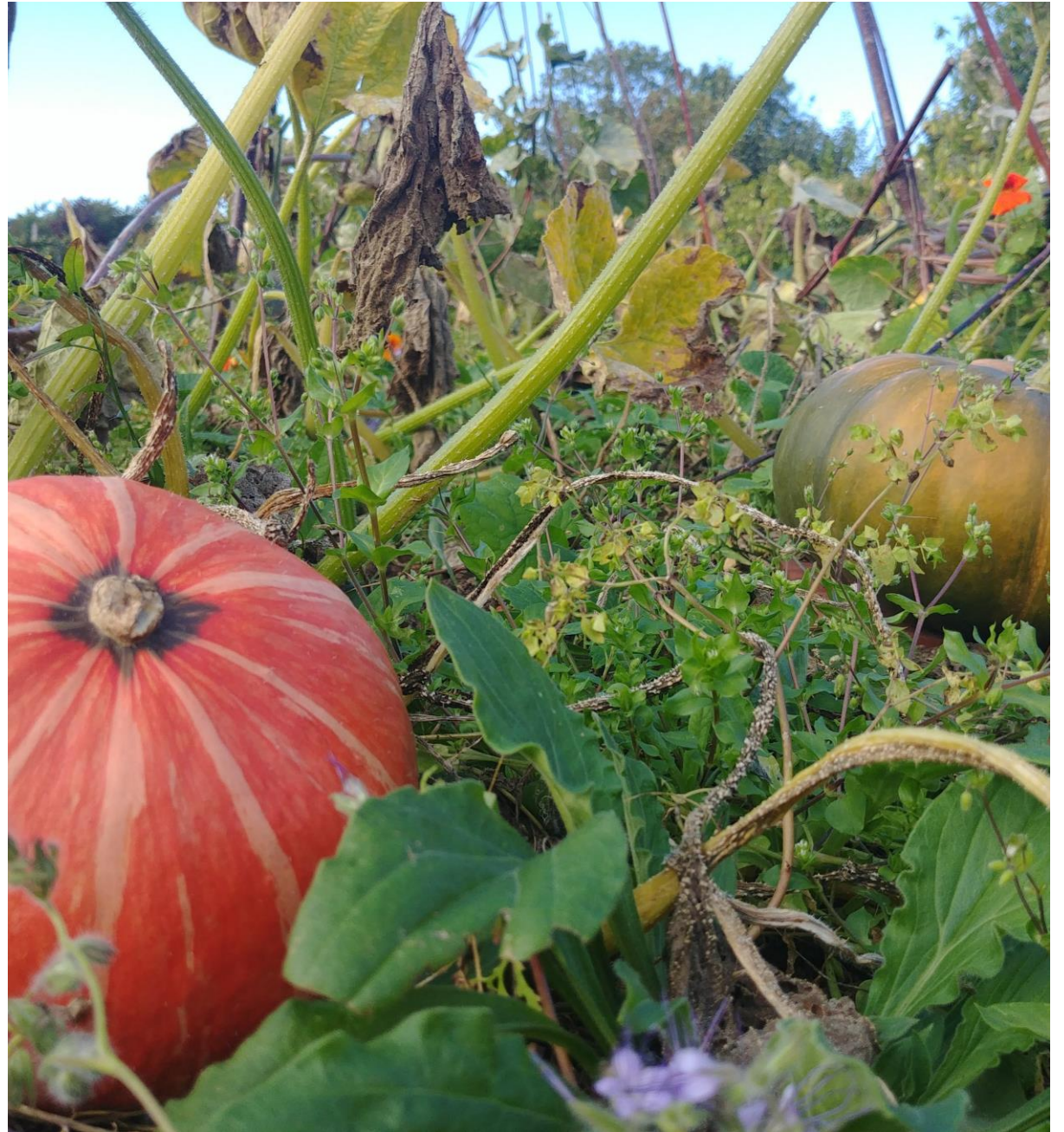


Source: Bragg, 2015,2014; adapted from Haubenhofer et al., 2010; and Sempik and Bragg, 2013

The Growing Season

- Structure and routine
- Meaningful work
- Supportive and friendly people
- Encouragement to try new things
- Peaceful and natural environment







“

Bridewell has taught me how to love life once again.

”





“

The single most important aspect was being treated as a person.

Not a patient, not someone with a mental health condition, but another human being.

”



A gardener's
point of view



Find out more

Referrers Event

- 26th March

Plant Sale

- 30th April

Open Days

- 15th May
- 18th & 19th June
- 11th September

Contact us

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