

## **The Hawthorn Project**

Hello! Welcome to the Hawthorn Project. We've put together this information pack so that you can find out more about the project, how to get involved, what to expect from us and what we expect from you.

### **About the Project:**

The Hawthorn Project invites people who identify as female to join us in the woods for weekly sessions to help build confidence, self-esteem and wellbeing.

Although this programme is open to any woman who might benefit from it, it is mainly intended for women who wouldn't normally access a place or activities like these and are experiencing difficulties due to being in recovery from alcohol or drug dependency, having experienced trauma, feeling socially isolated or other mental health challenges.

The project is designed to be supportive and is run entirely by women for women. We offer you the opportunity to step out of your day-to-day life and spend some time in a safe space, learning new skills.

As part of the Hawthorn Project you will learn woodland skills such as fire lighting, outdoor cooking, plant and wildlife identification and tool use as well as crafts with natural materials. This will all be taught to improve your confidence and the women who are already attending say that it gives them something to look forward to.

All the activities are optional, and you don't have to do them if you don't want to – we also recognise the value of a good cup of tea and a chat! All we ask is that you come with a positive attitude and allow those who are doing activities to do so with encouragement and positivity.

### **We meet every Wednesday at 10.20 in Portland Square.**

We have a minibus to drive everyone to the woodland and the first thing we do is to have a cup of tea/coffee in our hands and a biscuit or some toast(sometimes both!) and then we decide what we are going to do with our day.

It's worth noting that sometimes it can be muddy. We use a clearing with an open sided roundhouse that has wooden benches for seating. There is a simple compost toilet with a lockable door! If you are worried about any of this then please get in touch.

We provide you with lunch, which we all help to cook on the open fire. Please let us know if you have any allergies or dietary requirements.

We will return to Portland square by about 3.00pm. We expect you to be committed to coming every week during the 5-7 week term if you can, and you are welcome to attend more than one term.

### **How to get involved**

To join us you will need to meet certain criteria and fill out the application form. You will also need to be committed to both your recovery and to the Hawthorn Project. It sounds a bit daunting saying that you will come to the woods every week but in reality, it will go by very fast.

### **Referral**

You will need your GP or support agency to fill in one section of the form, to confirm that you are ready for the project. They will need to tell us why they think you are eligible for the Hawthorn Project and return the form to us.