



# Dundee Therapy Garden

In this relaxed and welcoming environment veterans of the armed forces and blue light services can access counselling and mental health support for help with a range of issues including physical, psychological and social well-being.



**Phone:**

01382 202660

**Email:**

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Scottish Charity No: SC046484

## What We Offer

In a beautiful garden in the centre of Dundee, qualified staff address the needs and aspirations of individual veterans.

We aim to improve mood and self esteem, provide a sense of purpose and achievement, reduce stress and anxiety, reduce blood pressure, improve sleep and give veterans the chance to meet new friends.

We provide space and opportunity for people to engage in gardening, arts and crafts, baking, cooking, as well as other in-house activities. When possible, we organise day trips to local museums and other places of interest.

Everyone eats lunch together in a cosy kitchen. Those who wish, can learn to use the vegetables and herbs grown in the garden to make tasty, healthy meals.



## Staff

A team of experienced mental health professionals, along with a resident gardener, support and encourage each veteran to improve self-confidence and self worth.

In a friendly, non-judgemental atmosphere, veterans are welcome to engage in any of the activities on offer, or simply enjoy relaxing with a cup of tea and chat with staff.

We have a beautiful garden with many areas where veterans can sit and enjoy nature.





## **Difficulties Veterans May Experience**

Working in the uniformed services can inflict a great deal of stress on the body and the mind. It is common for veterans to experience physical and/or psychological difficulties as a result of their service.

Some veterans may struggle with the impact of service-related experiences. This can bring on challenges in day to day life and relations with other people.

Coming to the therapy garden can also benefit veterans experiencing medical conditions not directly linked to their service, such as high blood pressure, pain, heart attacks or strokes.

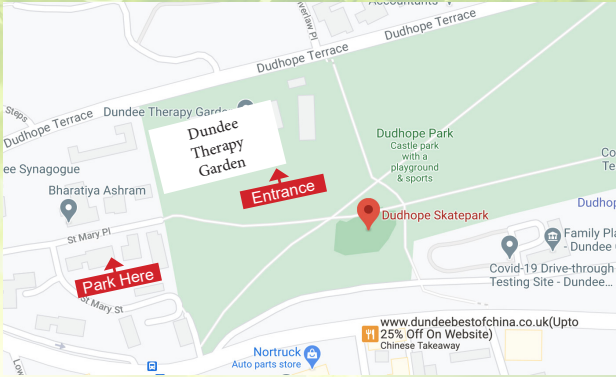


## How Do Our Veterans Benefit?

- Improve mood and self-esteem
- Gain a sense of purpose and achievement
- Reduce stress and anxiety
- Improve strength, balance and flexibility
- Overcome loneliness and isolation
- Meet new friends
- Improve sleep and appetite
- Help reduce blood pressure



Find Us At: Dundee Therapy Garden,  
16 Dudhope Terrace,  
Dudhope Park, Dundee, DD3 6HG



**Phone:** 01382 202660

**Mobile:** 07483 102448

**Email:** [dundeetherapygarden@hotmail.com](mailto:dundeetherapygarden@hotmail.com)

**Web:** [www.dundeetherapygarden.org](http://www.dundeetherapygarden.org)

### Opening Hours:

We are open Monday to Friday.

Veterans can attend the garden between 9:30am and 3:00pm for up to two days per week Monday to Thursday.

Parking available on St. Mary's Place or Dudhope Terrace

