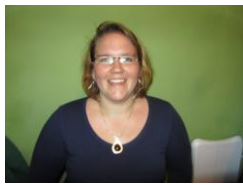


# The Isle of Wight Team

**Chris Mills**  
Manager of Eco  
Therapy Centre



**Charlotte Mallows**  
IOW Projects  
Coordinator



**Toby Eaglen**  
LINX Coordinator



**Elsbeth Giddens**  
Matching  
Volunteers &  
Mentors



**Sue Cadman**  
Training Mentors



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For more details please contact:  
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**Eco Therapy Centre**  
**Branstone Farm**  
**Isle of Wight**



**Getting in touch with nature to  
enhance wellbeing**



**Ecominds**



## Eco Therapy Centre at Branstone

We are currently offering the following:

- 🐝 **One to one eco- mentoring with an accredited mentor**
- 🐝 **Group eco mentoring on a range of topics**

*i.e. 12 week programme of eco workshops for example:*

- Red squirrels
- Bug hunts
- Pond dipping
- Land Management

### 🐝 **Learning through fun with horses**

Workshop – connecting with nature

Six week programme – building relationships

### 🐝 **Community & educational projects involving our ‘Eco Warriors’**



## Schools Based Work.



Choose from our selection of workshops – contact us for a list

Create an eco garden at your school

**If you have a project you would like help with then contact us.**



“How do we get involved?”

“You can make a referral using the forms on line at [http://www.hamptontrust.org.uk/wh\\_at\\_we\\_do/eco\\_therapy/eco\\_mentoring.html](http://www.hamptontrust.org.uk/wh_at_we_do/eco_therapy/eco_mentoring.html) on our Eco page or contact Charlotte on the farm.”



## Eco Mentoring

As young people join the project they are matched with an accredited volunteer eco-mentor.

The role of the mentor is to support young people into in a range of workshops and community projects. We are keen to encourage more volunteers to join the project. If you have an interest in working with young people, or in ecology and wildlife, please contact us.

### **As a volunteer**

- \* You will be offered a chance to gain Open College Network accreditation in Mentoring.
- \* Get involved in Eco focused workshops
- \* Gain fulfilment from working with young people
- \* Receive ongoing training
- \* Join an enthusiastic and committed team

