

Praxis Care



Shaped around the individual



A Social Care Charity

- Praxis Care is a charity providing specialist care and support for individuals with mental ill health, autism, learning disabilities, and dementia.
- With over 40 years of experience, we deliver tailored services across Northern Ireland, the Republic of Ireland, the Isle of Man, and England, supporting 1,500 adults and children to make a real difference in their lives.

Social and Therapeutic Horticulture Service



Allowing nature
to guide our
growth

Who are we?

Seedlings is our Social and Therapeutic Horticulture Service



- At Seedlings, we work with adults on the Autism spectrum who may have intellectual disabilities and/or complex needs.
- The adults we work with attend Praxis Care Cork in both residential and day services.



How Seedlings was created...

PRAXIS CARE



SEEDLINGS

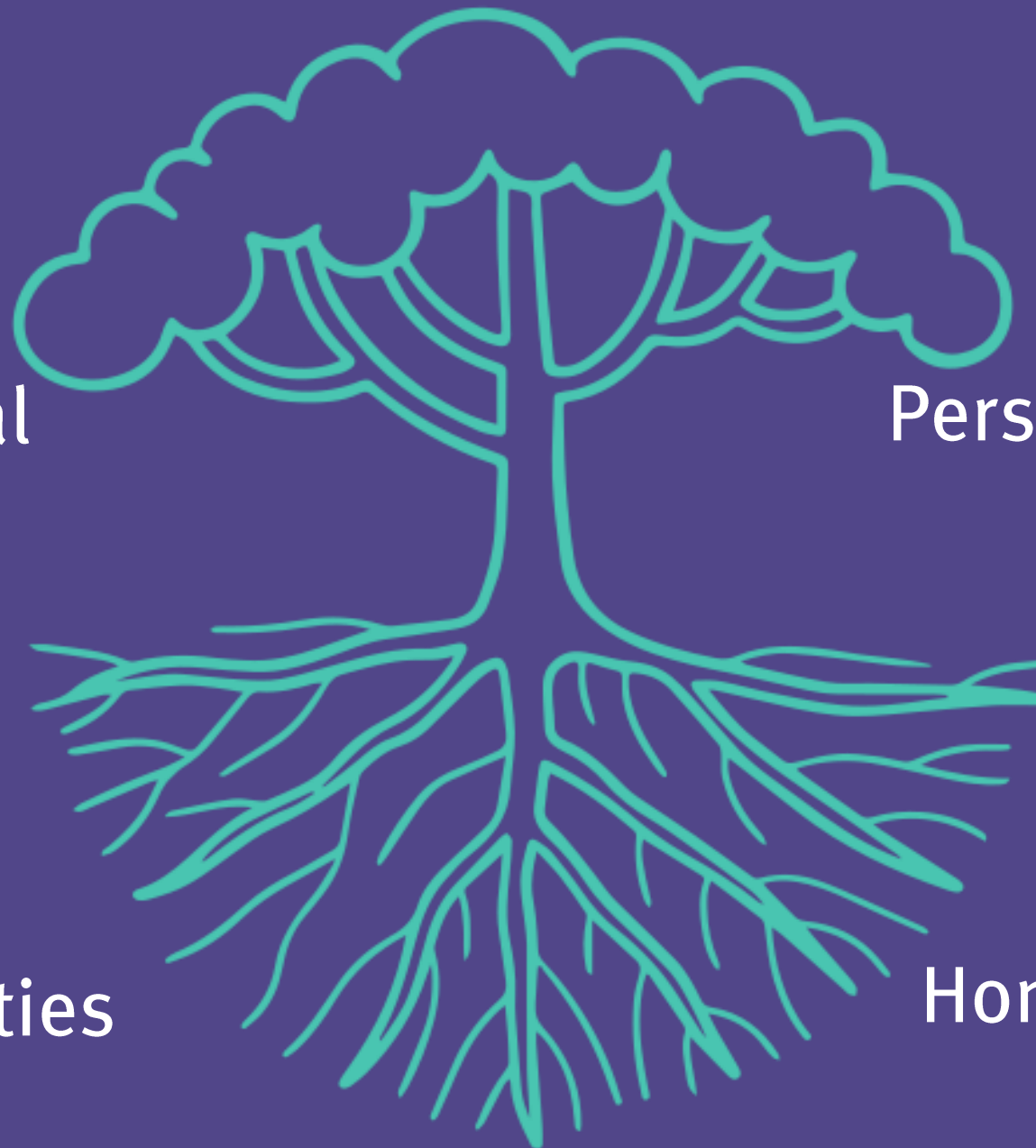
Alignment of Values



Care shaped around the individual



Task-oriented horticulture activities



Person-centred Social and Therapeutic Horticulture service



Honouring our Cork Association for Autism roots

Our Seedlings Team

Praxis Care:

- Anita O' Brien, Seedlings Co-ordinator
- Aoife Spillane, Seedlings Facilitator
- Eddy Costello, Seedlings Facilitator
- Pat Daly, Head Groundsman

Community Employment Scheme participants:

Are incredibly valued members of the broader STH team.
They care for the gardens; learning skills in both horticulture and gardening while with us.



What we do?

Seedlings provide person-centred therapeutic horticulture programs for the people we support that are meaningful and purposeful.



- Indoor plant care and maintenance
- Vegetable growing in raised beds & polytunnels

- Gardening to maintain the beautiful grounds
- Care of our hens

What STH means

SOCIAL

- Sharing tasks
- Friendships
- Conversation



- Working together side-by side
- Enjoying break time together
- Joy when being together

HORTICULTURE

- Learning new skills
- Developing new interests
- Observing nature's cycles
- Caring for our Earth



THERAPEUTIC

- Nurturing creativity
- Exploring the senses
- Nature supports us
- Nature is calming





**How do the people we support access our
Seedlings service?**

A person is referred to us through our STH referral pathway under these 4 areas of need



Cognitive



Social



Physical



Psychological/Emotional

Our Referral Pathway



How Seedlings is run



The people we support can attend 1-to-1 STH sessions with a facilitator or small facilitated groups called ‘Grow Together’.

This is Colin who attends a 1-to-1 session once a week with our facilitator Eddy

How Seedlings is run

This is Barry and Richard who attend the 'Grow Together' group with our facilitator Aoife



Why people come to Seedlings?

Our STH Seedlings service is shaped around the individual



Building trust &
supporting people



Sharing our magick



Building relationships &
connections



At the heart of our Seedlings service is people and nature together

Seedlings benefits & positive impacts



Sensory Benefits

- Catherine presents with mental health challenges.
- The smell of lavender soothes her nervous system.
- Sitting on the grass is calming and grounding.



Physical Benefits

- Niall enjoys maintaining the grounds.
- Pushing the lawnmower improves co-ordination and balance, increases muscular strength and physical fitness.

Seedlings benefits & positive impacts



Psychological/Emotional Benefits

- Dara created this beautiful centrepiece to bring home.
- This provides Dara with the satisfaction of engaging in a meaningful activity that gives increased self-esteem, joy and happiness.

Cognitive Benefits

- Provides choice and opportunities to use problem-solving skills.
- Learning new information
- Longterm planning.

Seedlings benefits & positive impacts

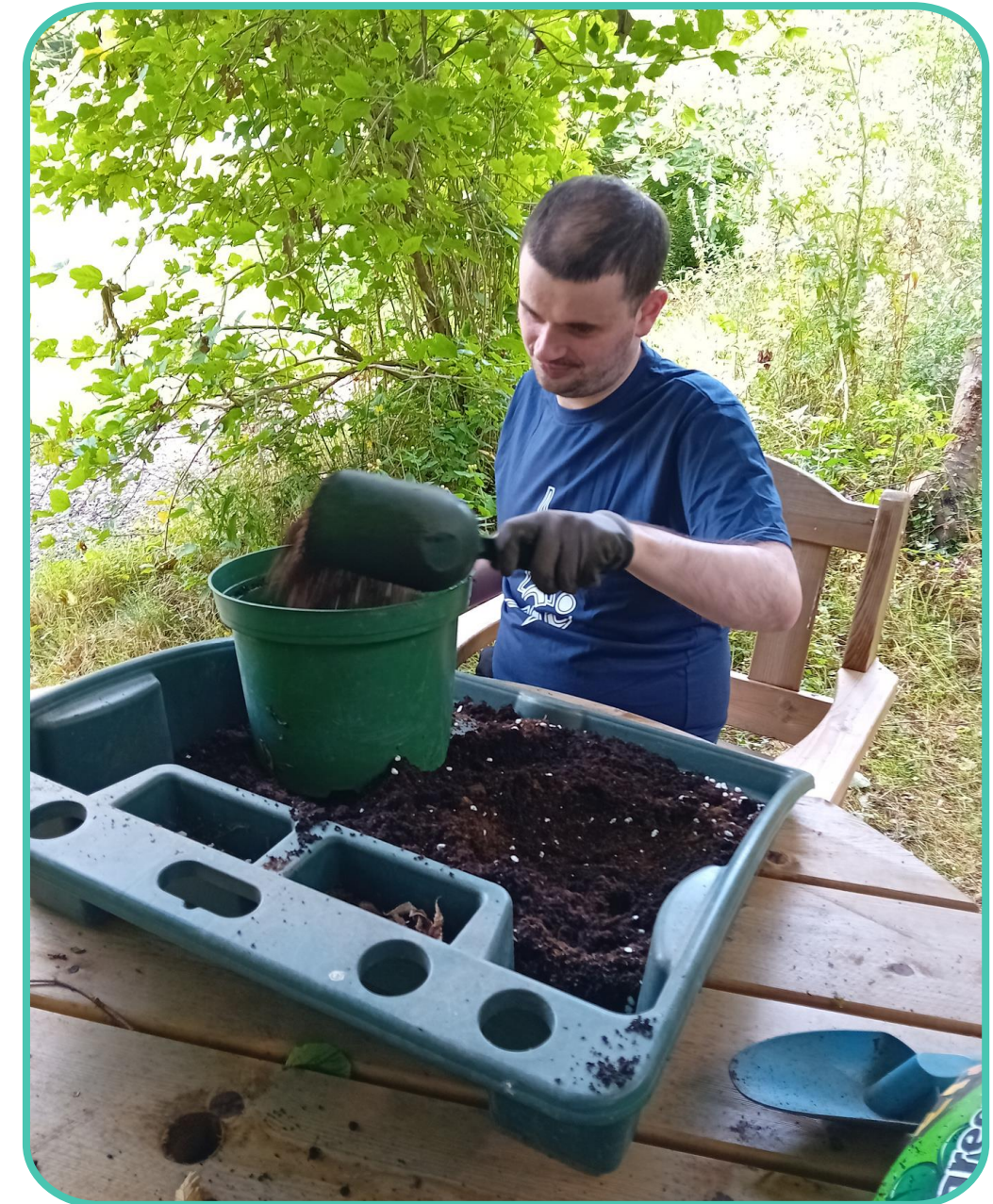


Social Benefits

- Creating friendships
- Taking turns
- Sharing tasks
- Communicating with each other
- Teamwork and working side-by-side

Why Seedlings is successful?

Seedlings works as a therapeutic service because those who come to us - choose us





“ I love coming to horti. I do horti with Barry and Aoife. We care for the hens every week. I love feeding the hens.”

Richard O' Callaghan

Seedlings received positive acknowledgment in the most recent HIQA inspection at our Greenville campus.



**Health
Information
and Quality
Authority**

An tÚdarás Um Fhaisnéis
agus Cáilíocht Sláinte



Why we are celebrating Seedlings today

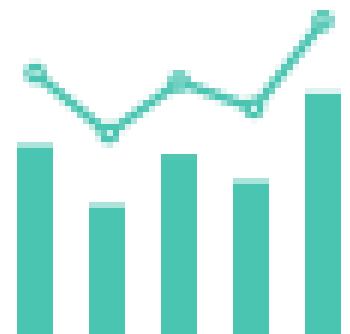
Seedlings is an innovative STH service



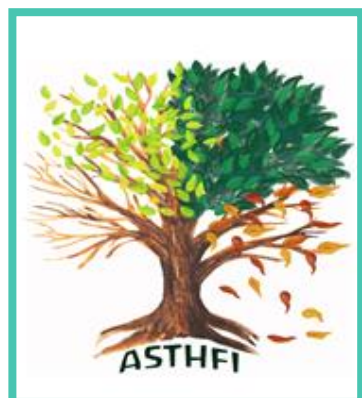
We have created the entire Seedlings framework from the ground up.



We continuously assess, review and adapt according to the needs of the people we support.



We collect primary data for use in research in conjunction with our Research Department.



We are delighted to be members of the Association for Social and Therapeutic Horticulture Facilitators in Ireland.



This all leads to real change and a positive impact in the lives of the people we support





The message we want to leave you with...

The people we support inspired us
to create Seedlings



Praxis Care

Seedlings

Social and therapeutic
horticulture



We want to inspire, uplift
and share our joy with
everyone



Seedlings is possible in all our
communities