



The science of the mind: investigating mental health

Talking about Blackthorn: referring GP

Narrator

Dr Sugina Hesketh is a general practitioner who sometimes refers patients to the Blackthorn Garden.

Dr Sugina Hesketh

We're very lucky in that Blackthorn is a close neighbour to the practice in which I work. I've referred people into Blackthorn for a variety of reasons, and there are various projects that go on here, and sometimes I've referred people who I felt would really benefit from the gradual social reintegration, and Blackthorn provides a very supportive, caring environment, and people can gradually rebuild self esteem and self confidence, alongside having various therapies.

And the various therapies involve, as I understand it, a lot of touch, there's massage, there's also art therapy, there're lots of different kinds of things which aren't available anywhere else on the NHS that for a few people, for whom other things really haven't helped, those things can be extremely useful in just helping them move forward again. And there is project here called Workways that helps people get back into a working environment, and sometimes people with emotional disorders really do become very socially isolated, and lose self esteem, self confidence, and aren't able to manage daily contact and the stressful environment of the workplace with its demands. And so this provides a stepping stone of helping people rebuild those skills, that they need to actually get back into a working environment, so the support here is fabulous, and I've seen patients who've been suffering for a long time, many, many years with nothing really helping, really blossoming and moving forwards again through the experience they encounter here.