



The science of the mind: investigating mental health

Talking about Blackthorn: Vicky

Narrator

Vicky came to Blackthorn Garden as a co-worker after she found she could no longer cope in her job as a nursery nurse.

Vicky

When I first came here I really struggled, I had low self esteem, and my doctor actually dragged me up here because I wouldn't come up on my own 'cos I was that scared. They gradually introduced me to people one at a time so I didn't feel too overwhelmed about meeting new people, and they showed me the daily routine of how Blackthorn runs.

When you first come here you, you've got a lot of problems and you really focus on yourself. I have done art therapy because it would help me be more grounded for when I meet new people, I've done watercolours which I found quite difficult 'cos I'm not really used to watercolours, and I also do clay, modelling shapes of clay which I thought was quite fun and quite therapeutic as well. And I also do stained glass on a Monday, which I love because I am quite creative so I can choose whatever design and choose the colours. It's good fun. And now I've just started doing eurhythmy; eurhythmy is a form of physical exercise, it's not too vigorous, it's quite gentle exercise and it's fun again.

We do have a knitting group on a Thursday evening and until last year I didn't know how to knit at all and someone said to me I'm going to teach you how to knit, and I learnt to knit in a week, and it was something that, another skill that I'd gained while I'm here. Oh, we used to play basketball and we'd go out sometimes as groups and go and play sports, and pool and snooker, so once you've made friends here you sort of go out with them in the evenings and stuff like that.

I get along with everyone here, but there's certain people that I will trust more and if I have a problem I will go and see them more, but also because most of us are in a similar situation we can sort of realise each other's needs and wants, and if someone's looking down we can always go and speak to them and cheer them up. We sort of help each other along quite a lot.