



Permaculture applied in the recovery
process of people with mental illness



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CASE STUDY DESCRIPTION

ORGANIZATION:	Changemaker AB
COUNTRY:	Sweden
CASE STUDY NAME/ ID/TITLE	Noas ark/Onsala församling Trainers

BACKGROUND INFORMATION (i.e. previous learning and challenges, situation...etc)

For several years people with mental health issues has been coming to Noas's ark for rehabilitation and nature- and animal assisted interventions. Most of the people have stress related problems or for other reasons have been unable to work for a short or longer period of time. Noas ark is a small farm, owned by the church of Sweden, with a kitchen garden with visitors and educational activities for children.

Two staff-members attended the course in Tenerife and were already part of the PermIND project. One is a trained gardener specialized in horticultural therapy. One is a teacher, both interested in nature-based interventions and in permaculture and curious in learning more about the topic and finding new methods. Both trainers share an ambition to transform Noas ark into a more environmentally friendly farm with permaculture as an inspiration for that.

REASONS FOR ATTENDING THE TRAINING

Learning more about permaculture, developing new methods in growing vegetables and caring for the farm and integrate them with existing. Connect with other professionals around Europe, getting and sharing best practice.

EXPECTATIONS BEFORE THE COURSE

Be inspired in taking Noas ark to the next level in permaculture and transforming the farm into an even more environmentally friendly farm.

Learning new methods.

DID IT MEET HIS/HER EXPECTATIONS? WHY?

Both.

It did meet the trainer's expectations when it comes to knowledge in permaculture principles and in connecting with other farms and persons in the other projects. It did meet the expectations when it



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comes to the participant's development and feedback.

It did not meet the expectations when it comes to the learning platform and IT-solutions/tools, and somewhat the manual. We had the impression that these would be developed in the beginning of the projects to be used in the project, not in the end of it.

OUTCOMES FROM THE TRAINING (OR CHANGES) IN THE PARTICIPANT'S LIFE (personal, familiar, etc.)

Trainer 1 – Inspired, happy, some new ideas and methods and material to use in existing activities. Inspired by passionate people and happy and content in meeting other people that share somewhat the same passion for nature, gardening and people.

Trainer 2 – Changes in a philosophical way, that you can be happy without making a career or consume things. Feel inspired and happy.

PARTICIPANT'S NEW PLANS FOR FUTURE TRIGGERED BY THE TRAINING

Strengthen the work with sustainability within the whole organization.

Using existing and develop new methods inspired by permaculture principles.

Share knowledge with the visitors of Noas ark. Both adults and children.



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