

Dandelion Time

**Delivering the health and wellbeing
benefits of the natural environment**



Dandelion Time

- What is Dandelion Time
- Who we work with
- Characteristics of Dandelion Time's approach
- How the natural world compliments our work
- Outcomes

What is Dandelion Time



- Charity serving needs of West Kent for 15 years
- Working with 100 children and families per year
- Referrals from education, health agencies and social services
- Funded by charitable trusts, the public, corporate sectors and to a minor extent statutory agencies and local government in Kent
- Offers accredited training: 1 year diploma course and CPD training for professionals in allied occupations

Who we work with



- Abused or neglected children aged 7 to 13 years
- School phobic or excluded children
- Statemented children; ASD, ADHD, OCD +
- Fostered or adopted children
- Parents, carers and other family members

Therapeutic Approach



Dandelion Time works in a relational
(systemic) context which includes
children, parents, teachers, others
important to the child and the
natural world

What we offer



- Home visit and assessment
- Multi/single family half day sessions
- Therapeutic play, filial play
- Couple counselling and strategic support
- Cross agency work with other organisations
- Volunteering and work experience
- CPD and diploma training courses

The natural therapeutic setting



- Non clinical setting
- Meeting the passage of life processes
- Resonates with the child's imagination
- A place of beauty
- Being useful
- No cost:

Healing space, healing activity



- Engagement in the natural environment is not polarised as success or failure
- Progression is influenced by natural lore, time cannot be set... Things can't just happen when we want
- Building esteem through work, action and through their ability to build resilience. Promotes responsibility of one-self as a resource for self-healing and relational healing

- Therapeutic activity can complement medicalised approaches, but also provides a different perspective: the use of the body and hands, 'parking' the diagnosis, an unusual context of engagement, working on strengths rather than weaknesses, working as a team
- The approach is co-dependent on the relationship between people and the natural world. Both suffer, both can positively influence the other.

Two examples of therapeutic engagement through the natural world



Forming attachment senses and rhythm



Early life attachment between mother (usually) and baby is defined by an engagement of the senses . When senses are not stimulated the baby will be deprived

Sensory experiences in the natural world can re-invigorate attachments

Positive sensory memories can be established which can help improve mood.

Trauma recovery



The natural world has continuous rhythmic flows

Rhythmic quality is also present in human lives

‘To & fro’ rhythm, repetitively enacted through
craft work, with animals and in gardening

Rhythmic engagement seems to contribute to
traumatic recovery

Outcomes



90% who are referred engage fully on programme

80% of those who are out of school go back into school

Strong favourable effect (improvement of 80% +) in at least 2 of 3 personal goals set by families





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