



'Happy Tomatoes:' garden farming for the wellbeing of those with mental illness

LOCATION: Arroyomolinos de León (Huelva)

DURATION: 1'35"

SUMMARY: Sebas Molina is a young man from Arroyomolinos de León, in Huelva, a computer technician by trade and representative of the ONG FEAFES in his town. He is the head of 'Happy Tomatoes,' an innovative idea with which he is aiming to launch the social inclusion and employment of people with mental illness, along with their wellbeing. They cultivate vegetables in the garden so that, through contact with nature, they can reach the ideal balance. Furthermore, the idea is to sell them to businessmen and restaurants in the region.

VTR:

In this vegetable garden. The clearing process following the grass' growth due to the recent rainfall has begun. And sowing the tomatoes. 'Happy Tomatoes,' is the name of the project that uses vegetable growing as therapy for people with mental illness.

SEBAS MOLINA
Project Leader

"We want to use the garden, farming in the garden, and contact with nature, as a way to reach the objectives we're proposing. As well as facilitating knowledge about social skills, time management, stress management."

This is an FEAFES initiative, who are the support team for this group, based in Arroyomolinos de León, a town of 1,000 habitants in the Sierra de Huelva. Sebas is its head and thought of the idea... Marilí a user, finds what she needs in the garden to maintain the stability she now has.

MARILÍ GARCÍA
User

"Mainly that people buy the tomatoes because they're really good, but also to give the cause a little push."

SEBAS MOLINA
Project Leader

How? Selling the vegetables to businesses, bars and restaurants in the area. This means, the five users could be employed in the future. And they want to reach out to more people with mental illness in the region.

MARILÍ GARCÍA
User

"We're going to sow more stuff, aubergines, peppers, courgettes, cucumbers..."

SEBAS MOLINA
Project Leader

"And, yeah, naturally it's a project that needs time. Now we're, as they say, at the beginning of the beginning."

It's calculated that one in ten people worldwide suffers from or will suffer from a serious mental disorder. And yes, this is just the beginning of an emotional adventure.

For more information or support please email info@andalusianstories.com