

*Sharing active opportunities to grow in confidence, learning and self-worth.*

## **Information for Commissioners.**

We're delighted that you are interested in our Care Farming facilities. Our countryside provides a revitalising and safe environment for worthwhile therapy and learning. Here are some examples of what we can provide:

### **Activities :**

- Practical, physical involvement with the animals and surrounding countryside, dependent on individual needs and preferences, very bespoke including all abilities.
- Carrying buckets, pushing wheelbarrows; protective clothing when appropriate.
- Especially involvement with donkeys, goats, turkeys, hens, quail, rabbits, guinea pigs.
- Using tools under supervision to help with woodland and scrub management.
- Help to improve biodiversity to ensure the protection and enhancement of the countryside for long lasting wildlife benefits.
- Help with aspects of our Beekeeping.
- Cooking farm-to-fork and adventures with proper recipes.
- Other quiet activities may include writing poems, drawing, painting, music.
- We like our farm-helper visitors (and their carers) to leave with a feeling of motivation and enjoyment; we're happy to adapt and plan activities to be of most relevance to an individual, so please do help advise us on specific needs.
- We eat lunch and refreshments together as a team, if possible.
- Doing jobs alongside others, helping communication.
- Feedback is important to us and helps to measure outcomes; we use widget-based scales for farm helpers to express their opinions at the end of the day.
- Hand washing happens regularly!

### **Access and facilities:**

- Off the main A413 between Amersham and Aylesbury, the farm is up a long, private drive, over a railway bridge, on the western side of the Chilterns Railway line.
- Parking is easily available for cars and minibuses.
- Uneven ground/slopes not so easy for those with mobility problems.
- All Terrain Wheelchairs and a simple wheelchair available to borrow on the farm.
- Excellent toilet and hand washing including adult hoist and adjustable changing facility.
- Simple, accessible meeting room and accessible kitchen.
- Excellent wood workshop for supervised involvement and learning.
- Superb, heritage environment with outstanding atmosphere.

### **Policies and procedures:**

- Numerous written Safety Procedures and Risk Assessments.
- We are members of Social Farms and Gardens, hold a CEVAS certification for Care Farming and are members of LEAF Education.
- Staff and key volunteers hold DBS checks, and it is our vulnerability policy not to operate on a 1:1 ratio but always in small groups.
- Both visitors and volunteers have an application procedure.
- All personal details and information will be treated strictly confidentially but we do need to keep a concise record of the involvement and progress of our visitors.
- A trial taster time on the farm is needed before finalising any agreement.

We hope this information is helpful to you.