

SOCIAL FARM LOCATOR

South East

Farming opportunities for people with additional needs aged 9-90



A 5 Minute Practical Guide

to finding the right
farm for you

For residents in:

Berkshire
East Sussex
Hampshire & IOW
Kent
Surrey
West Sussex



FarmBuddies
SOUTH EAST ENGLAND

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INTRODUCTION & KEY MESSAGES

Social Farms, also known as Care Farms, provide opportunities for people aged 9-90 with any mild or moderate additional need(s) to visit a day or more a week to improve their wellbeing.

Participants do meaningful work in a real life situation according to age, choice and ability. Usually accessible by self-referral, the visits are fully supported by a trained farmer, with animals often an important focus of the day.

The efficacy of the concept is evidenced every day around the country by the wide-ranging beneficial outcomes of visits & is further supported by a sizeable body of overwhelmingly positive field research published over the last 10 years.

BENEFITS OF USING THIS GUIDE

- See at a glance a selection of Social Farms, all accessible by self-referral, within sustainable travel distance
- All farms listed offer looking after farm animals (as well as other activities), thus incorporating the benefits of indirect animal therapy
- Introduces the 'farm facilitator' role in the region as a key resource to choose an appropriate farm for you & answer queries
- The information provided comes from tried & tested practice

GETTING READY

Step 1:

Read this Guide or other introductory information

Step 2:

Use a farm facilitator to assist your farm choice (see p.3) or self-select from the farm list (see p.4)

Step 3:

Supply brief details of the participant (see p.3), enjoy a short introductory visit to meet the farmer, ask any questions & agree a start date



PURPOSE OF THIS GUIDE

There are a variety of different therapeutic services open to the Public in the countryside. This Guide is the link to one such service - Social Farming.

The Guide has two main purposes:

- 1 to identify a selection of Social Farms in every part of the region (see p.4-9)
- 2 to help select the right Social Farm for any individual using a farm facilitator as required (see p.3)

The content of this Guide is based on 10 years' practical experience in assisting Commissioners (including parents, schools, Local Authority Social Care teams, NHS staff & other wellbeing professionals) to locate a suitable Social Farm. Monitoring the resultant 2500+ successful Individual Day Places not only confirmed the efficacy of Social Farming but also how best to access the service.

CAVEAT — The reader should be fully aware that this Guide is not intended to contain professional advice nor be comprehensive but a brief time saving introduction to the subject matter. Changes to the information provided will occur, so up to date confirmations direct from the farm should always be obtained prior to any decision. Great care has been taken in preparing this Guide but the author/publisher does not assume & hereby disclaims any liability to any party for any loss howsoever caused whether directly or indirectly.

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SELECTING A FARM



No two Social Farms are alike & one a little further away from the participant's home could be well worth the extra travel time in terms of improved outcomes.

Using the farms listed on p.4-9 self-selection is an option. However, you can expect to benefit more at no cost by asking a farm facilitator* to choose the farm for you; that person will have 1) experience of similar placements & their outcomes 2) visited many farms, including those suitable for wheelchair users 3) up to date information on availability of places, including access to other farms not listed in this Guide that may be more convenient.

The main factors a farm facilitator will consider when making a farm choice are: the interests & needs of the participant, the farmer/activities lead, the range of activities, the site, the social dynamic of other staff/participants present, the travel time & daily charge.

When contacting an appropriate farm to enquire about available places, the farm facilitator is likely to need: the proposed participant's age, gender, interests, individual needs & desired outcomes, the available day(s) in the week for the farm visit, accompanier details if required & how the funding is to be sourced.

Once a place has been offered, the final step is to arrange an introductory visit to meet the farmer, review the farm's safety precautions & if all parties are happy, set a start date.

** The 'farm facilitator' role (eg FarmBuddies in the South East) is becoming increasingly recognised in the UK & Ireland as a key resource in matching participants to farms. Social Farms & Gardens www.farmgarden.org.uk are expected to make new appointments to serve all regions of England by 2021.*



SOCIAL FARMS IN YOUR AREA

For ease of selection, the farms have been preallocated to 31 principal towns/cities across the 6 county region.

First identify your nearest listed town/city, then select any farms in your preferred direction eg If you live in Petersfield (Hampshire), the nearest listed town is Midhurst (West Sussex) & there is one farm listed in your direction (West). For more farm options repeat the exercise for other listed towns/cities near you.

Important: any visit should always be arranged with the farmer in advance.

The 'Sector/Age' column in the list refers to the most likely participants present; however, in some cases farms may offer places to other sectors so it is always worth checking the website or contacting the farm for more information.

Key:

LDIs = Learning Disability

LDif = Learning Difficulty

ASD = Autistic Spectrum Disorder

MH = Poor Mental Health

All 9+ = Available to all sectors aged 9-90

BERKSHIRE

| FARMS NEAR YOUR TOWN/CITY | TRAVEL by car/direction | SECTOR/AGE | |
|---------------------------|-------------------------|------------|---------------------------------|
| Newbury | | | |
| Upper Lodge | 30 mins East | All 9-30 | upperlodgefarmingproject.org.uk |
| April's | 30 mins South | All 9+ | aprilsfarm.co.uk |
| Origin Project | 30 mins South | LDIs 16+ | originproject.co.uk |
| Boaz Project | 30 mins South | LDif 18+ | boazproject.co.uk |
| Pennyhooks | 45 mins West | ASD 9+ | pennyhooks.com |
| Reading | | | |
| Upper Lodge | 15 mins West | All 9-30 | upperlodgefarmingproject.org.uk |
| Animal Rangers | 30 mins East | All 9+ | animalrangers.co.uk |
| Slough | | | |
| Animal Rangers | 15 mins West | All 9+ | animalrangers.co.uk |
| Mares | 30 mins North | All 8+ | marescharity.co.uk |
| Upper Lodge | 45 mins West | All 9-30 | upperlodgefarmingproject.org.uk |
| Road Countryways | 45 mins North | All 9+ | roadfarmcountryways.com |

For more full & part-time Social Farms contact a farm facilitator info@farmbuddies.org.uk 01420 538793

EAST SUSSEX

| <i>FARMS NEAR YOUR TOWN/CITY</i> | <i>TRAVEL by car/direction</i> | <i>SECTOR/AGE</i> | |
|--------------------------------------|------------------------------------|-------------------|---------------------------|
| Brighton | | | |
| Baulcombes Barn | 30 mins East | All 14+ | owenasfarmtherapies.co.uk |
| Ferring Centre | 45 mins West | LDIs 18+ | ferringcountrycentre.org |
| East Clayton | 45 mins West | All 8+ | eastclaytonfarm.co.uk |
| Hope Charity | 45 mins North | MH10-18 | hopecharityproject.org |
| Wellies2Work | 45 mins North | LDIs 16-25 | wellies2work.co.uk |
| Eastbourne | | | |
| Olivers Hill | 30 mins East | All 9-30 | olivershillfarm.co.uk |
| Baulcombes Barn | 30 mins West | All 14+ | owenasfarmtherapies.co.uk |
| Hastings | | | |
| Little Gate | 30 mins North | LDIs/LDif 8+ | littlegate.org.uk |
| Olivers Hill | 30 mins North | All 9-30 | olivershillfarm.co.uk |
| Mount Lodge | 45 mins North | All 9+ | kentcarefarming.co.uk |
| Heathfield | | | |
| Olivers Hill | 15 mins East | All 9-30 | olivershillfarm.co.uk |
| Baulcombes Barn | 30 mins West | All 14+ | owenasfarmtherapies.co.uk |
| Little Gate | 45 mins East | LDIs/LDif 8+ | littlegate.org.uk |

*For more full & part-time
Social Farms contact a
farm facilitator*

*info@farmbuddies.org.uk
01420 538793*



HAMPSHIRE & IOW

FARMS NEAR TRAVEL SECTOR/AGE
YOUR TOWN/CITY by car/direction

Andover

| | | | |
|----------------|---------------|--------------|---------------------------------|
| April's | 15 mins North | All 9+ | aprilsfarm.co.uk |
| Origin Project | 15 mins South | LDis 16+ | originproject.co.uk |
| Boaz Project | 15 mins South | LDif 18+ | boazproject.co.uk |
| Able Hands | 30 mins West | LDis/ASD 16+ | ablehandstogether.org.uk |
| Riverbourne | 30 mins South | Youth 7-18 | riverbournecommunityfarm.org.uk |
| Upper Lodge | 45 mins North | All 9-30 | upperlodgefarmingproject.org.uk |

Basingstoke

| | | | |
|----------------|---------------|----------|---------------------------------|
| April's | 30 mins West | All 9+ | aprilsfarm.co.uk |
| Origin Project | 30 mins West | LDis 16+ | originproject.co.uk |
| Boaz Project | 30 mins South | LDif 18+ | boazproject.co.uk |
| Upper Lodge | 30 mins North | All 9-30 | upperlodgefarmingproject.org.uk |
| Broadlands | 45 mins South | All 9+ | fibrefarmer.com |

Isle of Wight

| | | | |
|----------|---------------|----------|--------------------|
| Haylands | 15 mins North | LDis 16+ | haylandsfarm.co.uk |
|----------|---------------|----------|--------------------|

Lymington

| | | | |
|---------------|---------------|----------|-----------------------------|
| Down to Earth | 45 mins North | All 9+ | downtoearthfarm.org |
| Sturts | 45 mins West | LDis 18+ | sturtscommunitytrust.org.uk |
| High Mead | 45 mins West | All 9+ | highmeadfarm.org.uk |

Portsmouth

| | | | |
|---------------|---------------|--------|---------------------|
| Down to Earth | 30 mins West | All 9+ | downtoearthfarm.org |
| Broadlands | 30 mins North | All 9+ | fibrefarmer.com |

Southampton

| | | | |
|----------------|---------------|------------|---------------------------------|
| Down to Earth | 15 mins North | All 9+ | downtoearthfarm.org |
| Boaz Project | 30 mins North | LDif 18+ | boazproject.co.uk |
| Origin Project | 45 mins North | LDis 16+ | originproject.co.uk |
| High Mead | 45 mins West | All 9+ | highmeadfarm.org.uk |
| Riverbourne | 45 mins West | Youth 7-18 | riverbournecommunityfarm.org.uk |

Winchester

| | | | |
|----------------|---------------|------------|---------------------------------|
| Boaz Project | 15 mins North | LDif 18+ | boazproject.co.uk |
| Down to Earth | 30 mins South | All 9+ | downtoearthfarm.org |
| Origin Project | 30 mins North | LDis 16+ | originproject.co.uk |
| Broadlands | 30 mins East | All 9+ | fibrefarmer.com |
| April's | 30 mins North | All 9+ | aprilsfarm.co.uk |
| Riverbourne | 30 mins West | Youth 7-18 | riverbournecommunityfarm.org.uk |
| Upper Lodge | 45 mins North | All 9-30 | upperlodgefarmingproject.org.uk |

For more full & part-time Social Farms contact a farm facilitator
info@farmbuddies.org.uk 01420 538793

KENT

| <i>FARMS NEAR YOUR TOWN/CITY</i> | <i>TRAVEL by car/direction</i> | <i>SECTOR/AGE</i> | |
|--------------------------------------|------------------------------------|-------------------|----------------------------|
| Ashford | | | |
| Muddie Wellies | 15 mins South | All 9+ | brogdalecic.co.uk |
| Chalk Hill | 30 mins East | Youth 9-18 | facebook.com/chalkhillfarm |
| Mount Lodge | 30 mins West | All 9+ | kentcarefarming.co.uk |
| Lucketts | 45 mins East | LDis18+ | thejohngrahamcentre.co.uk |
| Little Gate | 45 mins South | LDis/LDif 8+ | littlegate.org.uk |
| Canterbury | | | |
| Chalk Hill | 15 mins West | Youth 9-18 | facebook.com/chalkhillfarm |
| Lucketts | 15 mins North | LDis 18+ | thejohngrahamcentre.co.uk |
| Muddie Wellies | 30 mins South | All 9+ | brogdalecic.co.uk |
| Folkestone | | | |
| Muddie Wellies | 15 mins West | All 9+ | brogdalecic.co.uk |
| Chalk Hill | 30 mins North | Youth 9-18 | facebook.com/chalkhillfarm |
| Lucketts | 45 mins North | LDis 18+ | thejohngrahamcentre.co.uk |
| Gillingham | | | |
| Lucketts | 45 mins East | LDis 18+ | thejohngrahamcentre.co.uk |
| White Rocks | 45 mins West | Youth 14-30 | whiterocksfarm.co.uk |
| Maidstone | | | |
| White Rocks | 30 mins West | Youth 14-30 | whiterocksfarm.co.uk |
| Lainey's | 30 mins South | LDif 18+ | laineysfarm.co.uk |
| Muddie Wellies | 30 mins East | All 9+ | brogdalecic.co.uk |
| Mount Lodge | 30 mins South | All 9+ | kentcarefarming.co.uk |
| Lucketts | 45 mins East | LDis 18+ | thejohngrahamcentre.co.uk |
| Tandridge | 45 mins West | LDis/ASD 18+ | consensusupport.com |
| Sevenoaks | | | |
| White Rocks | 15 mins South | Youth 14-30 | whiterocksfarm.co.uk |
| Tandridge | 30 mins West | LDis/ASD 18+ | consensusupport.com |
| Lainey's | 45 mins South | LDif 18+ | laineysfarm.co.uk |
| Tunbridge Wells | | | |
| Mount Lodge | 30 mins East | All 9+ | kentcarefarming.co.uk |
| Tandridge | 30 mins North | LDis/ASD 18+ | consensusupport.com |
| Lainey's | 30 mins East | LDif 18+ | laineysfarm.co.uk |
| Oliver's Hill | 30 mins South | All 9-30 | oliverhillfarm.co.uk |
| White Rocks | 30 mins North | Youth 14-30 | whiterocksfarm.co.uk |
| Muddie Wellies | 45 mins East | All 9+ | brogdalecic.co.uk |

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info@farmbuddies.org.uk 01420 538793*

SURREY

FARMS NEAR
YOUR TOWN/CITY

TRAVEL
by car/direction

SECTOR/AGE

Camberley

| | | | |
|----------------|---------------|----------|---------------------------------|
| Animal Rangers | 30 mins North | All 9+ | animalrangers.co.uk |
| Upper Lodge | 45 mins West | All 9-30 | upperlodgefarmingproject.org.uk |
| Boaz Project | 45 mins West | LDif 18+ | boazproject.co.uk |
| Elysian | 45 mins South | All 9+ | elysianatwestland.org |

Chertsey

| | | | |
|----------------|---------------|--------------|-----------------------|
| Animal Rangers | 30 mins North | All 9+ | animalrangers.co.uk |
| Tandridge | 45 mins East | LDis/ASD 18+ | consensussupport.com |
| Elysian | 45 mins South | All 9+ | elysianatwestland.org |

Farnham

| | | | |
|----------------|---------------|----------|---------------------------------|
| Elysian | 30 mins East | All 9+ | elysianatwestland.org |
| Upper Lodge | 45 mins North | All 9-30 | upperlodgefarmingproject.org.uk |
| Boaz Project | 45 mins West | LDif 18+ | boazproject.co.uk |
| Origin Project | 45 mins West | LDis 16+ | originproject.co.uk |

Guildford

| | | | |
|--------------|---------------|------------|-----------------------|
| Elysian | 30 mins South | All 9+ | elysianatwestland.org |
| Broadlands | 30 mins South | All 9+ | fibrefarmer.com |
| Wellies2Work | 45 mins South | LDis 16-25 | wellies2work.co.uk |

Reigate

| | | | |
|-------------|--------------|--------------|-----------------------|
| Tandridge | 15 mins East | LDis/ASD 18+ | consensussupport.com |
| White Rocks | 45 mins East | Youth 14-30 | whiterocksfarm.co.uk |
| Elysian | 45 mins West | All 9+ | elysianatwestland.org |



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WEST SUSSEX

FARMS NEAR
YOUR TOWN/CITY

TRAVEL
by car/direction

SECTOR/AGE

Billingshurst

| | | | |
|----------------|---------------|------------|--------------------------|
| Wellies2Work | 15 mins East | LDIs 16-25 | wellies2work.co.uk |
| East Clayton | 15 mins South | All 8+ | eastclaytonfarm.co.uk |
| Hope Charity | 15 mins East | MH10-17 | hopecharityproject.org |
| Elysian | 30 mins North | All 9+ | elysianatwestland.org |
| Ferring Centre | 30 mins South | LDif 18+ | ferringcountrycentre.org |

Chichester

| | | | |
|----------------|---------------|------------|--------------------------|
| Broadlands | 30 mins North | All 9+ | fibrefarmer.com |
| Ferring Centre | 30 mins East | LDif 18+ | ferringcountrycentre.org |
| East Clayton | 30 mins East | All 8+ | eastclaytonfarm.co.uk |
| Wellies2Work | 45 mins North | LDIs 16-25 | wellies2work.co.uk |

Crawley

| | | | |
|----------------|---------------|--------------|--------------------------|
| Hope Charity | 30 mins South | MH 10-17 | hopecharityproject.org |
| Wellies2Work | 30 mins West | LDIs 16-25 | wellies2work.co.uk |
| East Clayton | 30 mins South | All 8+ | eastclaytonfarm.co.uk |
| Tandridge | 30 mins North | LDIs/ASD 18+ | consensussupport.com |
| Ferring Centre | 45 mins South | LDif 18+ | ferringcountrycentre.org |
| Elysian | 45 mins West | All 9+ | elysianatwestland.org |

Haywards Heath

| | | | |
|--------------|---------------|--------------|------------------------|
| Wellies2Work | 30 mins West | LDIs 16-25 | wellies2work.co.uk |
| East Clayton | 30 mins West | All 8+ | eastclaytonfarm.co.uk |
| Hope Charity | 30 mins West | MH 10-17 | hopecharityproject.org |
| Tandridge | 45 mins North | LDIs/ASD 18+ | consensussupport.com |

Midhurst

| | | | |
|--------------|---------------|------------|------------------------|
| Broadlands | 15 mins West | All 9+ | fibrefarmer.com |
| Wellies2Work | 30 mins East | LDIs 16-25 | wellies2work.co.uk |
| Elysian | 30 mins North | All 9+ | elysianatwestland.org |
| East Clayton | 30 mins East | All 8+ | eastclaytonfarm.co.uk |
| Hope Charity | 45 mins East | MH 10-17 | hopecharityproject.org |

Worthing

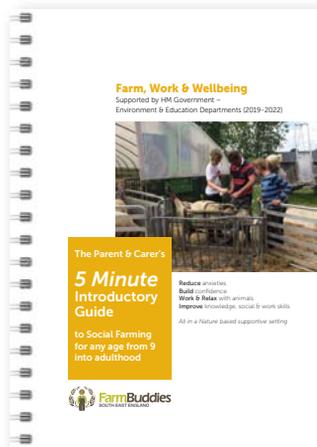
| | | | |
|----------------|---------------|------------|--------------------------|
| Ferring Centre | 15 mins West | LDif 18+ | ferringcountrycentre.org |
| East Clayton | 15 mins North | All 8+ | eastclaytonfarm.co.uk |
| Hope Charity | 30 mins North | MH 10-17 | hopecharityproject.org |
| Wellies2Work | 30 mins North | LDIs 16-25 | wellies2work.co.uk |

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info@farmbuddies.org.uk 01420 538793

APPENDIX

Your Farm Visit:

More information for parents & carers on Social Farming visits is available in a separate free Guide.



About FarmBuddies:

Services provided:

1. To assist parents & others to find the most appropriate Social Farm in their area
2. To assist family farmers, smallholders & others in setting up a Social Farming enterprise

Your contact: Stephen Sellers

Stephen lived on his family's farm in Yorkshire until his early 20s. Later as a farm business adviser in the South East he became interested in the concept of Social Farming to expand the multi-functionality of farms for the public good. The concept also answered a personal desire to be more proactive in his Christian faith through helping others. He set up the social enterprise FarmBuddies in 2008 to expand the awareness & use of Social Farming in the South East region of England, including the Channel Islands.

info@farmbuddies.org.uk 01420 538793
www.farmbuddies.org.uk



Wiro bound copies of this Guide are available on request

#SocialFarmingworks for all

'The farm is giving my daughter greater confidence, Independence, responsibility, sociability and happier mental health'

'Highlight of her week, doesn't want to leave, is so happy, school have noticed, motivated to learn'

'I knew my daughter would love it spending a day in the Sussex countryside caring for animals – what I didn't appreciate is how much I would enjoy it'

PARENTS

'He has improved enormously and takes a very active part in all activities. His confidence has escalated. His parents are over the moon, they have their son back.'

OCCUPATIONAL THERAPIST

'Both ourselves and W's family are extremely pleased with the provision at the farm, back here at school we have seen the beginnings of W taking some responsibility for his behaviour, understanding consequences and trying hard not to over react'

SCHOOL

'Our charitable foundation knew nothing of social farming until meeting up with Stephen and Farm Buddies, since which time we have been very happy to have sponsored farm visits for three young people. Stephen is able to select the right farms with first class people there to help the youngsters'

CHARITY

'The reason social farms work so well compared with regular day services is because they are real life'

'As a farmer, I know how lucky we are to work outside. Being able to share this with people who have never had the opportunity is incredibly rewarding'

FARMER



*'People learn more than just farm skills
when they attend a Social Farm'*

Leading Social Farmer in the UK