

Care farming – using farming, food production and the farmed landscape to benefit young people with a defined need

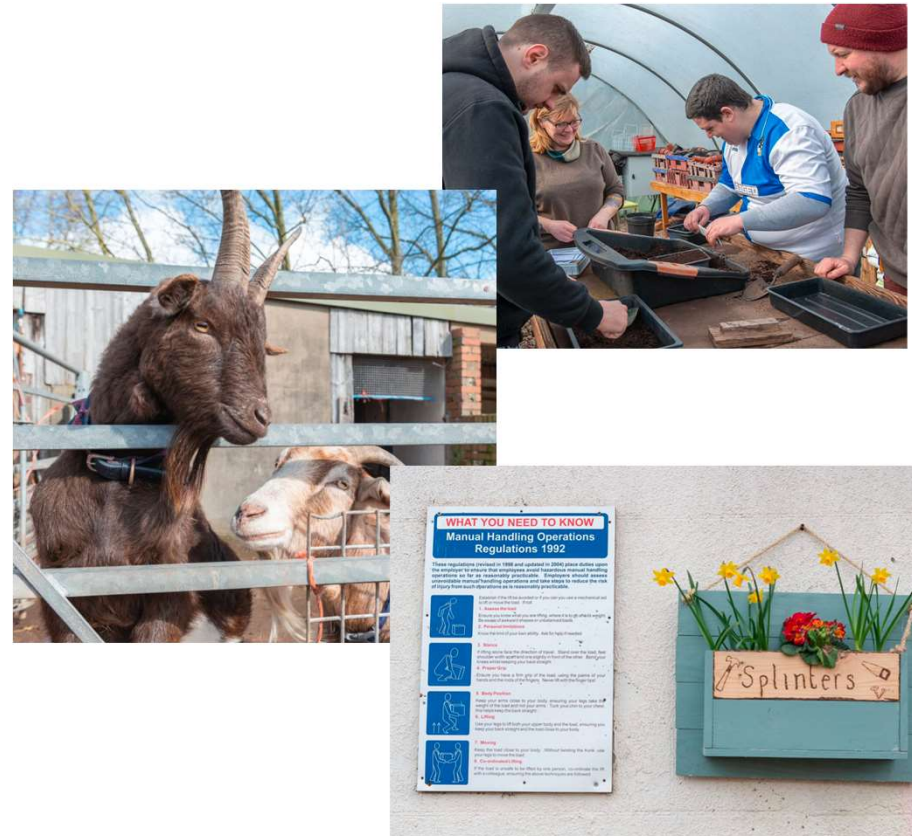
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Overview

- What is care farming for young people and where does it fit?
- How SF&G and Growing care Farming are supporting care farming for young people
- Working in partnership - Collaboration with Leaf Ed – School Visits plus
- Why is care farming especially relevant now in light of recovery post Covid?
- Potential for care farming to be part of the solution



Care farms vary, but they all....

- Deliver health, social or specialist educational care services for individuals from one or a range of vulnerable groups of people.
- Provide a programme of farming-related activities for individuals with a defined need
- Provide supervised, structured, bespoke care services on a regular basis for service users
- Are commissioned to provide services by a range of referral agencies
- Deliver services for adults, young people and children

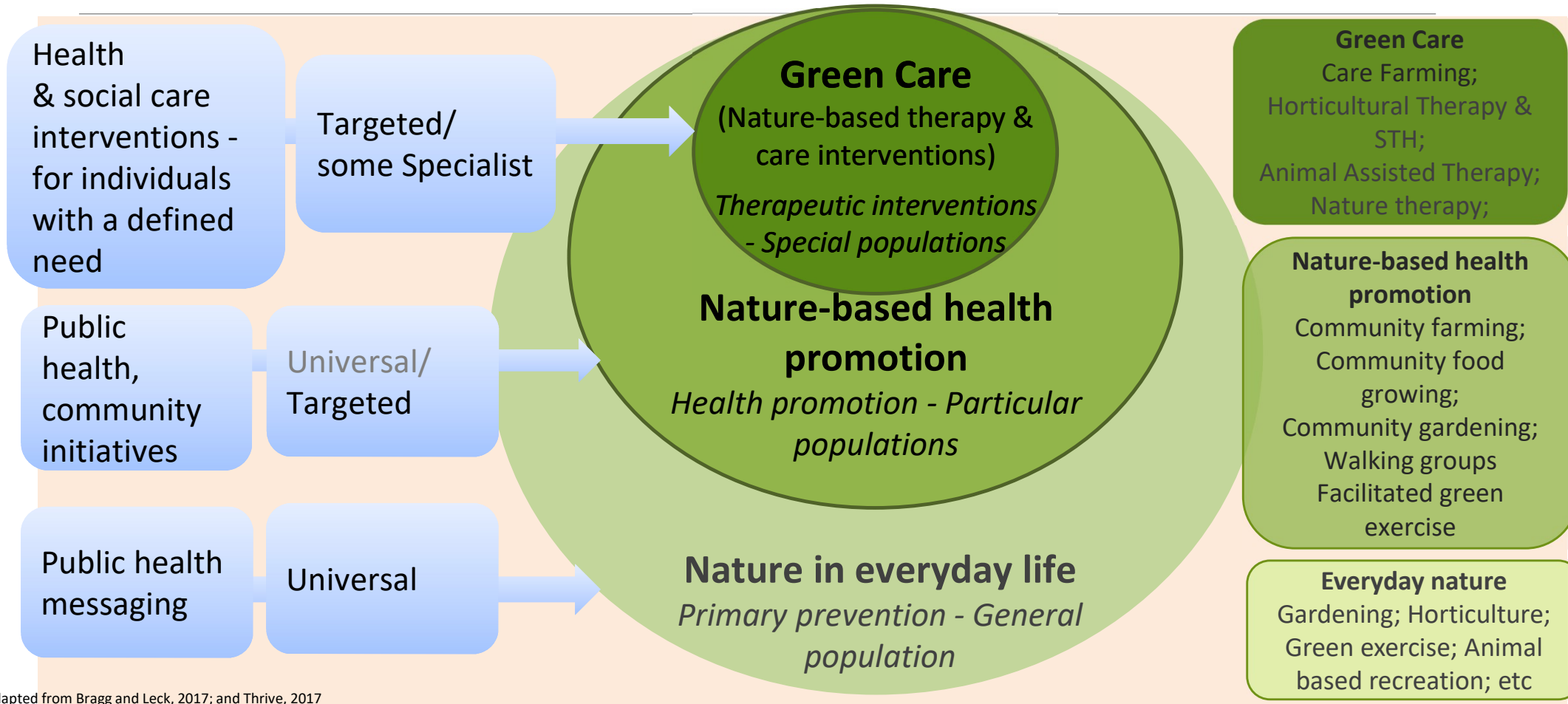




Film available here:

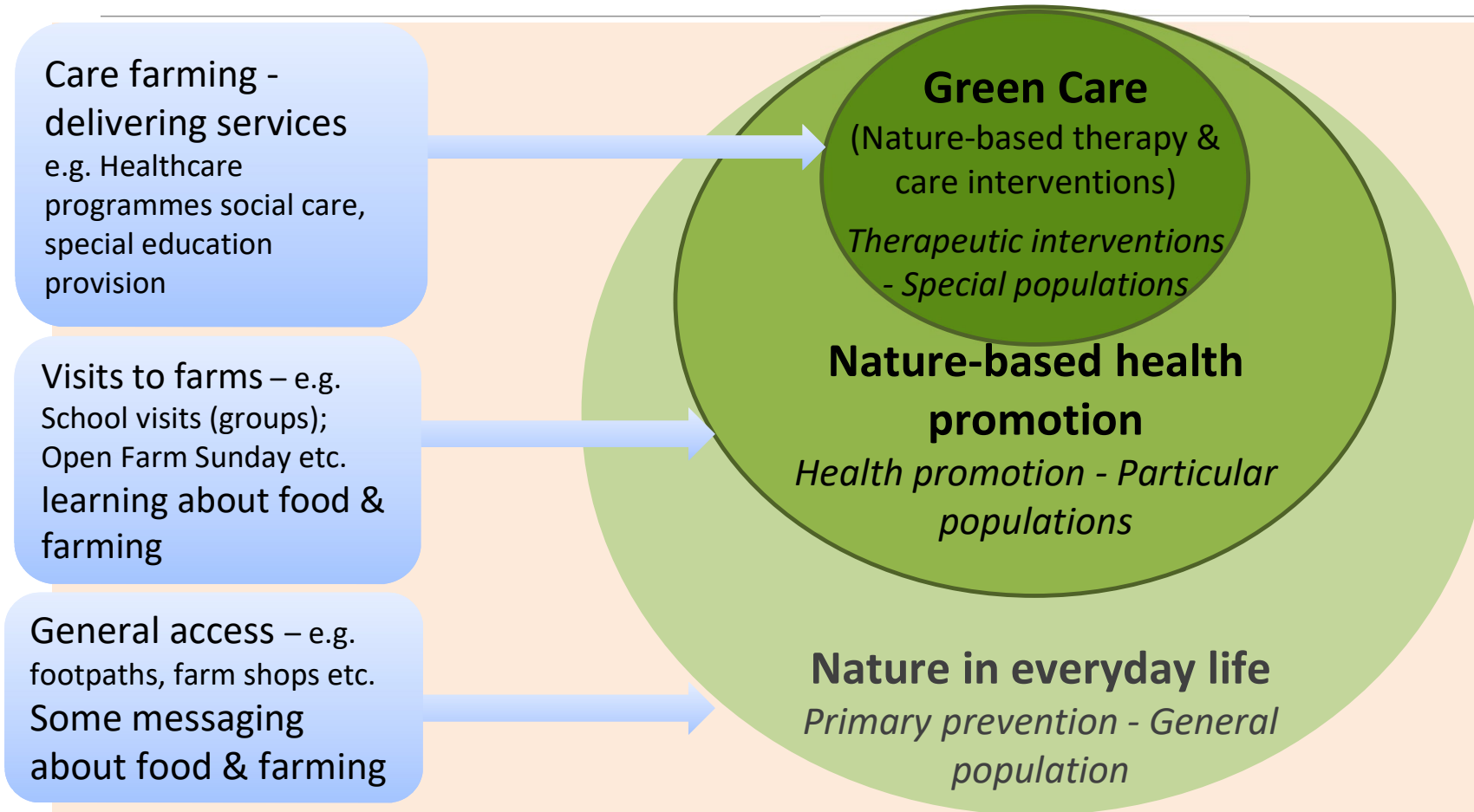
<https://www.countrysideclassroom.org.uk/care-farms>

Different types of nature-based interventions



Source: Adapted from Bragg and Leck, 2017; and Thrive, 2017

Where does care farming fit?



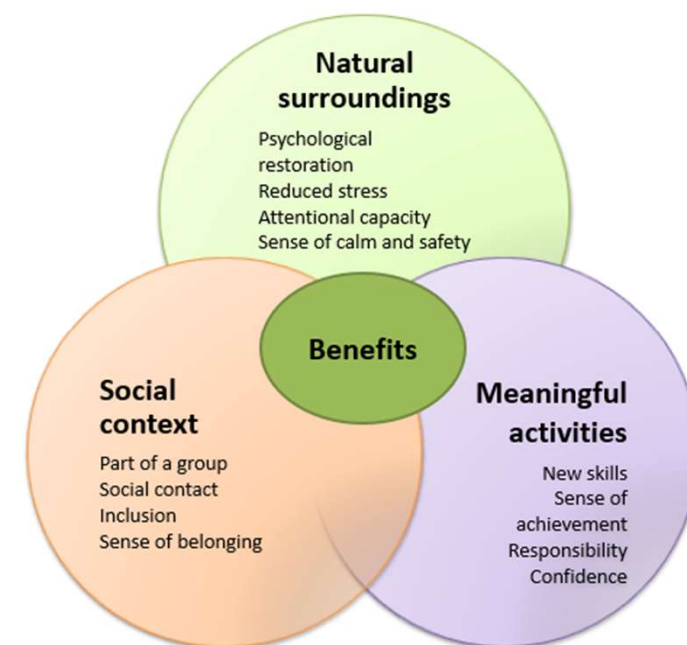
Source: Adapted from Bragg and Leck, 2017; and Thrive, 2017

Multiple outcomes from care farming

- Simultaneously produces positive life outcomes = wider than clinical outcomes
- Integrates health and social care
- Is therefore cost-effective
- Also enjoyable – people go back
- Ticks many of the boxes for:
 - Health (particularly for mental health and for social prescribing);
 - Social care policy, and
 - Education (both SEND and Alternative Provision)

Benefits of care farming and green care come from the interaction of three key elements

Source: Bragg and Atkins, 2016



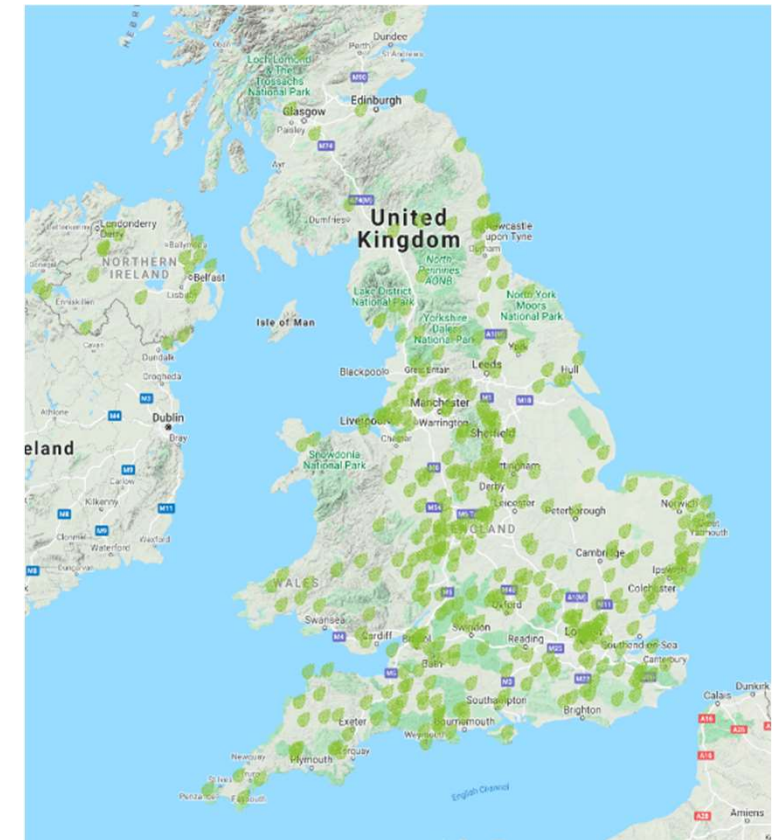
Scale of care farming: Annual survey 2021

402 care farms and sites currently delivering care farming (and green care services) in the UK, with 90 in the Republic of Ireland

- 344 in England
- 17 in Wales
- 15 in Scotland
- 26 in Northern Ireland

In addition, 220 'prospective' care farms

- Wales - 15
- Scotland - 10
- Northern Ireland – 34



Data from SF&G CRM database, NI figures with help from Rural Support and Ireland figures from Social Farming Ireland

Care farming transforms lives.....

Adults:

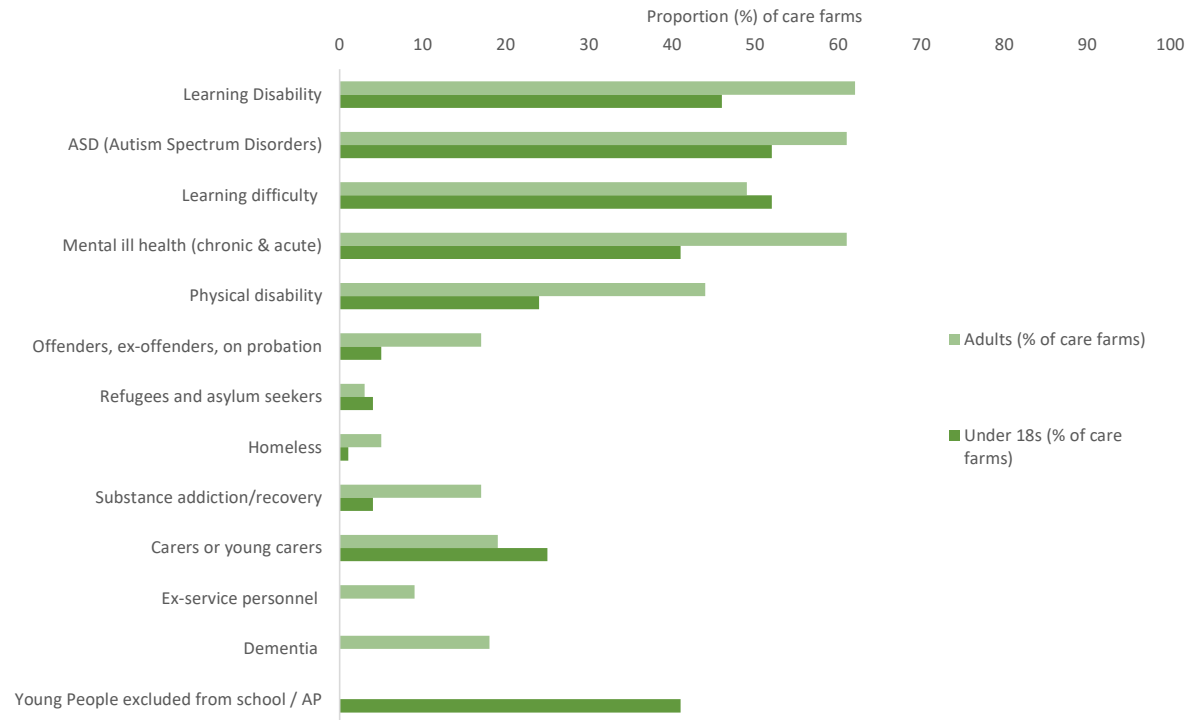
- Learning Disability (62%)
- ASD (61%)
- Mental ill-health (61%)
- Learning difficulties (49%)

For under 18s:

- learning difficulty and ASD (52%),
- Learning Disability (46%)
- young people excluded from school or on AP (41%)
- mental ill-health (41%)

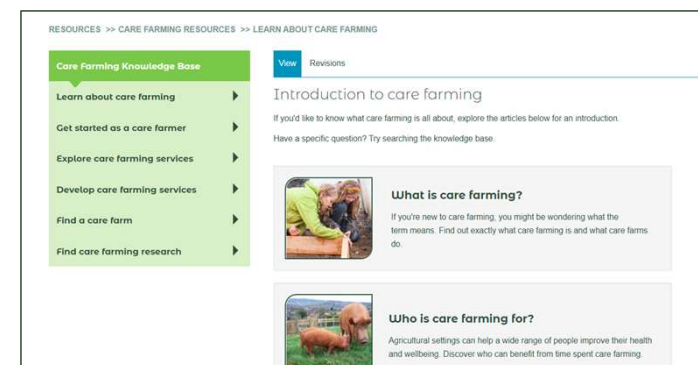
- Number of service user groups worked with varies (average is 5)
- Care farms provide services for individuals with a defined need or diagnosis.
- Session lengths vary depending on abilities and needs of service users
- Referrals come from a variety of sources

Figure 2.3 Proportion of care farms catering for service user groups



Growing Care Farming – Transforming scale

- Social Farms & Gardens and Thrive are delivering **Growing Care Farming**
- Part of the Government’s Children and Nature Programme (*funded by the Department of Education, supported by Defra and managed by Natural England*)
- Aim to expand and transform care farming services across England
- A programme of four key elements:
 - Advocacy, support and resources
 - Training
 - National and regional networking
 - Quality Assurance (via the care farming Code of Practice)
- For more information go to our webpages here:
<https://www.farmgarden.org.uk/gcf> <https://www.farmgarden.org.uk/knowledge-base/homepage>



HOME >> WHAT IS CARE FARMING?

Care farming is the therapeutic use of farming practices

Care farms:

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For some useful new resources that we have developed to explain more about care farming please see links below.

Supporting education on farms and care farming – SF&G

Alongside Leaf and other organisations –SF&G is part of Access to Farms

SF&G lead on the CEVAS Therapeutic route training

SF&G also part of Countryside Classroom

GCF takes this further.....



COUNTRYSIDE CLASSROOM

Find out more about care farms



Densholme Care Farm

Densholme Farm is a working organic farm with a difference...

[View case study](#)



Future Roots Care Farm

Future Roots is a care farm based at Rylands Farm, West Dorset.

[View case study](#)



Longlands Care Farm

Longlands provides alternative provision for young people aged 13-18.

[View case study](#)



Lambourne End

Lambourne End Centre for Outdoor Learning specialises in re-engaging young people with learning.

[View case study](#)

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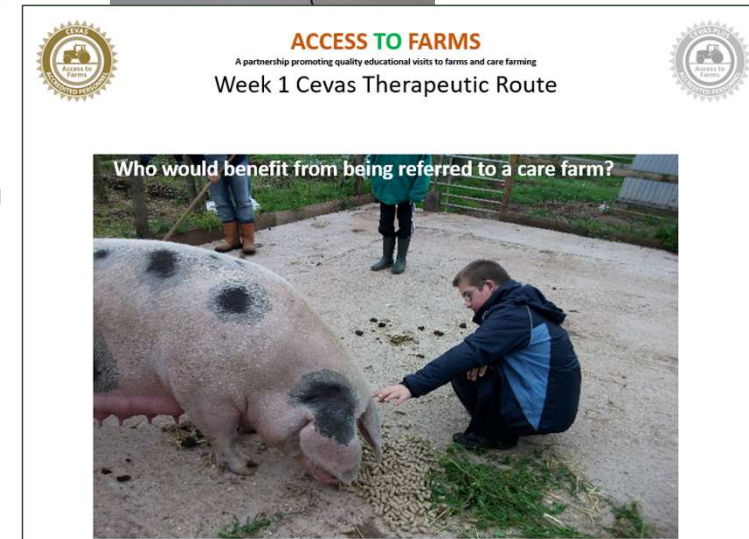


IT'S AS EASY
AS BREAD

School visits plus



- Collaboration between SF&G Growing Care Farming and Leaf Education
- Supporting farmers who deliver farm visits to grow their offering to include care farming services for young people with a defined need - From 'Farm Visits' to 'Farm Visits Plus'
- Online training from GCF
- Care farm visit – to see care farming in action
- CEVAS Therapeutic route training – at a care farm
- Support from Leaf RECs and GCF to develop activities
- Farmers deliver first sessions for young people with a defined need (with REC support)
- Leaf Ed develops additional online training
- Video diaries
- Farmers complete the SF&G Care farming Code of Practice
- Follow on care farming training from GCF as required



Relevance of care farming to agriculture



Care farming involves more people in farming; wider community involvement in farms

Increased understanding of food and farming

Reduced isolation (for farmers as well as service users)

Additional income stream - increased viability of farms (particularly family run farms, post Brexit)

Another example of multifunctional agriculture

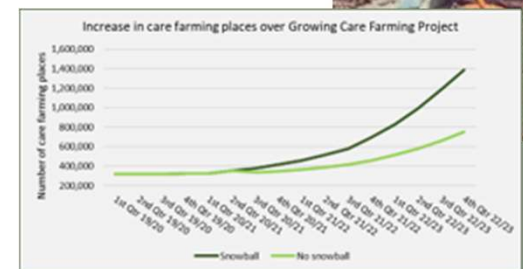
Continuing support from Defra via ELMS

- Care farming needs to be included in ELMs and Agricultural policy – Many care farm places currently funded via Higher Level Stewardship payments

Shows how agriculture is beneficial for wider society

Potential for care farming.....

- Care farms are currently delivering 675,296 places per year in England alone and 734,140 in the UK (based on 2021 survey).
- There is therefore a significant amount of latent potential for care farming to expand
- Not all care farms are on agricultural units many are on urban sites
- Potential for new care farms - UK has 149,000 farm businesses currently less than 0.5% are care farms
 - But an increase to 1% of farms could provide over 2.5 million care farming places annually
- But we need support, consistent referral pathways and cross departmental policy and practice



Relevance of care farming post Covid

- Nature-based options are particularly relevant
- Local services for local people
- Cost effective with good adherence levels
- Many have continued delivery during Covid restrictions
- Increase in demand for mental health services as a result of Covid – including in children and young people
- Seeing an increase in demand for care farming places
- Care farming can play a major part in the nation's mental health recovery post Covid



Could you get PTSD from your pandemic experience? The long-term mental health effects of coronavirus

arming: Transforming the scale of the care farming sector

Social Farming & Gardens



Why nature should be high on the government's recovery to do list

Posted on 19 May 2020 | by Ruth Chambers



Earlier this month, three sector leaders talked about their hopes and aspirations for nature's recovery and how coronavirus has affected them and their constituencies. Hilary McGrady, director-general of the National Trust, Beccy Speight, chief executive of the RSPB and Tony Juniper, chair of Natural England, joined Green Alliance executive director Shaun Spiers for the latest in Green Alliance's series of online events to discuss the impact of the current health crisis on the environment.

Their collective ambition, that nature and people's health and wellbeing should be drivers of government policy and the nation's recovery from the pandemic, was reflected in many of the questions

■ The COVID-19 pandemic has intensified known risk factors for child mental health disorders and disrupted support structures.



Home > News > Children show increase in mental health difficulties over COVID-19 lockdown

Children show increase in mental health difficulties over COVID-19 lockdown



New research shows huge public support for putting nature at the heart of Coronavirus recovery plans

Increasing access to nature and natural greenspace is essential to building a more equitable and environmentally resilient society.



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Growing Care Farming: Transforming the scale of the care farming sector