

Growing Care Farming: Knowledge Base

Funded by



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What is a Knowledge Base?

Social Farms
& Gardens



Thrive
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- A self-serve online library of information
- Often used by businesses to reduce staff resources on time spent answering repetitive questions
- More charities using them to improve users' experience in finding answers to questions and navigating their way round dense resource pages
- Variety of media – text, images, audio or video
- Helps collate and, importantly, curate information that exists in a range of disparate places

Why do we need one?

- In light of COVID-19 we will be offering less face-to-face support – need to somewhere to refer people to
- Easy to access, accurate information will reduce staff time dealing with enquiries
- Will assist in standardising the quality of resources and responses
- It will make our sector look smart, up to date and professional
- Offer further opportunities to engage with our stakeholders – can be developed collaboratively

Ultimately it will enable us to create, curate, share, utilise and manage knowledge across our sector

Building our Knowledge Base

Social Farms
& Gardens



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- Needs to be more than just a list of resources and links
- Needs to show a clear pathway for those who are just broadly interested in the sector, but also with enough robust information to help care farmers, prospectives or commissioners
- It will need to be consistent so that the information looks and sounds the same – quality control!
- It needs to be easy to use, relevant and easy to navigate
- Content needs to be organised to fit the sector and then maintained to keep it up to date and relevant

GCF Knowledge Base



Care Farming Knowledge Base

HOME >> CARE FARMING KNOWLEDGE BASE

Care Farming Page *Care Farming Knowledge Base* has been updated. ×

[View](#) [Edit](#)

Knowledge Base

The Growing Care Farming Knowledge Base is a self-service online library of information to support care farmers, those wanting to start up, commissioners, researchers and those interested in care farming.

It allows you to access resources, templates, videos and presentations developed by the care farming sector, and for the care farming sector, to support you in finding the answers you are looking for.

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

GCF Knowledge Base

Introduction to what it is

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Keyword search function

 

- What is care farming all about?
- Why is care farming a good thing?
- A typical care farm?
- Referrals to care farms
- Where can I find local care farms?
- Getting started with care farming
- Developing care farming services
- Research on care farming
- History of care farming
- Further Information

Sidebar menu of hyperlinks

Sidebar list of hyperlinks

[What is care farming all about?](#)

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[History of care farming](#)

Each of these hyperlinks from the sidebar will take you into a mini site with a series of mini-blogs which form the basis of the information journey. Within these mini-blogs will be the links to pdfs, templates, tutorials, videos, case studies etc.

What is care farming all about?



What is care farming?

Put simply, care farming is the use of therapeutic farming practices.....[READ MORE](#)

Series of blog articles to choose from with a teaser sentence



Who is care farming for?

Care farms provide services for individuals with a defined need.....
[READ MORE](#)



Who benefits from care farming?

Care farming provides health, social care and specialist.....
[READ MORE](#)



How big is the sector in the UK?

There are around 250 care farms providing services for an estimated..... [READ MORE](#)



How does it work?

Care farms receive payments from a wide variety of sources.....
[READ MORE](#)



Media coverage of care farming

There have been some fantastic examples of care farming in the press..... [READ MORE](#)

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

Sidebar navigation remains

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GCF – Knowledge Base – What is care farming all about? – What is care farming? (breadcrumb menu so people can see where they are)

Example of how the page might look like. Blog to the right. Option to upload resources and links to the left.

KNOWLEDGE BASE

WHAT IS CARE FARMING?

Definition:



Care farming is the therapeutic use of farming practices

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

[Leaflet on care farming](#) Resources and links

Put simply, care farming is the therapeutic use of farming practices, where service users regularly attend the care farm as part of a structure health or social care, rehabilitation or specialist education programme. Care farms deliver a range of farming related activities as part of their service provision, including care of livestock, growing crops and vegetables, horticulture and land management.

Accessing an agricultural holding on a regular basis can help a wide range of people with a vulnerability improve their health and wellbeing and build social skills. Some are based on commercial farms, while others are more like smallholdings. Clients can get involved as much or as little as the provider deems appropriate, such as feeding and cleaning out livestock, harvesting crops, or running a box scheme. The individual comes first and the activities must be tailored around them. There is no such thing as a typical care farm because it is so varied.

Businesses range from those hosting one or two days with farming being the main income stream to others that mainly care farm, with less emphasis on commercial production.

Care farming can help the agricultural community to remain viable but also help with supporting vulnerable individuals to engage with nature and support good mental health. It is therapeutic by addressing a range of public health and service provision issues by engaging with farming activities and improving their health and social and educational opportunities.

Blog article in chatty style with quotes –

GCF – Knowledge Base – What is care farming all about? – Who is care farming for?

KNOWLEDGE BASE

Beetle Bank Social Farm

Beetle Bank Social Farm in York provides care for individuals living with dementia; Justin discusses how Beetle Bank has reached the position it is in today, and the challenges and achievements they've seen since setup.

Densholme Care Farm

Densholme Care Farm in East Yorkshire has been running for over a decade, providing care mostly for adults with physical or learning difficulties and young people in Alternative Provision. Service users can take part and gain skills in animal husbandry, horticulture and orchard management, fencing and tree planting and even pond digging and maintenance.

FarmAbility

FarmAbility in Oxford not only provides social farming services for adults with a learning disability but also provides placements for Occupational Therapy students from Oxford Brookes University.

Hall Farm Eastoft CIC

Hall Farm Eastoft, in North Lincolnshire, provides opportunities for young people and adults with specific needs to engage in activities on the farm, as well as organising promotional and educational events for the community to learn more about farming.

Pathways Care Farm

Read about life at Pathways Care Farm in Lowestoft, Suffolk, from the unique perspective of Angie; a service user turned volunteer. Angie discusses how Pathways have helped her along on her road to recovery and provides advice for individuals going through similar difficulties.

Potsford Farm, Suffolk

The story behind Potsford Farm is a perfect example of how a partnership between mental health professionals and farmers/landowners can lead to the set up of a care farm. This case study highlights the work, challenges and achievements of Potsford Farm

Scrubditch Care Farm

Scrubditch Care Farm, in Gloucestershire, caters to a wide range of both adult and young service users with a defined need. Among these service users are children with additional needs in mainstream education, for whom coming to the farm forms part of their education.

Wellies On

This case study looks into how Wellies On has helped Verity, a care farm volunteer, to recover from a time of mental ill-health and realise her full potential. Verity explains how care farming has helped and provides advice to others who may be in a similar situation.

Windmill Hill City Farm

Windmill Hill City Farm, based in the centre of Bristol, delivers health and social care activities on the farm - focussed on three key principles: improving people's wellbeing, being there for the people of Bristol, and addressing disadvantage across the city.

WHO IS CARE FARMING FOR?

Clients are generally referred by health and social care professionals (local authority social services; GPs; community mental health teams) and educational commissioners, and include: children with special educational needs, people with dementia, students excluded from school, ex-service personnel with post-traumatic stress disorder, people with mental ill health, people on the autism spectrum, people rehabilitating from drug or alcohol addiction

Some user groups would need to be kept apart – for example, anyone with an issue with excess noise can't be put with a more exuberant group, but some care farms support a range of client groups.

It is interesting to see how the connection with something as simple as a daily structure can impact so positively on user groups, however it can also provide the conditions for a radical shift in the way we farm. Farmers who choose to care farm have to significantly adjust their working day to deliver the right opportunities for people to feel part of the farming process. This shift, combined with working with groups they would necessarily always engage with can have the knock on effect of benefiting the mental health of the farmer by reducing rural isolation – a win/win all round!

GCF Knowledge Base

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Social Farms
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Benefits of care farming to service users
Including research.....

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Why is part of post COVID recovery?

Like starting anything, good planning and research are key to starting..... [READ MORE](#)



Why is it good for farming and mental health?

Like starting anything, good planning and research are key to starting..... [READ MORE](#)



How does it fit in with the nature, health and wellbeing sector?

A teaser sentence here.....

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How can it work with education and young people

A teaser sentence here.....

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How has care farming helped me?

Although it's true that many care farms are owner occupied.....

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Wider lifestyle benefit effects

Nutrition etc.

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Care Farming and Social Care
SEN provision

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A typical care farm?



What does a care farm look like?

Range of sites.....

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How is a care farm run?

Governance, staffing, payments

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What is care farming all about?
Why is care farming a good thing?



Is a care farm a safe place to be?

Risk assessments, Code, safety.....

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[A typical care farm?](#)



Activities on a care farm

Animals, vegetables.....

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Referrals to care farms
Where can I find local care farms?



How big is a care farm?

[Link to survey data](#)

[READ MORE](#)

Getting started with care farming



Who does a care farm work with?

Range of clients, volunteers mixed groups

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Developing my care farm
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Referrals to care farms



What sort of people access care farms

Client groups

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How do referrals work?

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What is care farming all about?
Why is care farming a good thing?



How are care farming services paid for?

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A typical care farm?



Health and social care referrals

A commissioners perspective
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[Referrals to care farms](#)

Where can I find local care farms?



Education referrals

A story of how this works

[READ MORE](#)

Getting started with care farming



Why do I refer people to a care farm?

A commissioners perspective

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Where can I find local farms?



Code of Practice care farms

Background to Code, member sites & SF&G

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Other member sites

[READ MORE](#)



Visiting a care farm

[Visitor protocols etc.](#)

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Working or volunteering on a care farm

A story of how this works

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Regional care farming networks

A commissioners perspective

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Social media

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Getting started with care farming



Help, I don't know where to start!

It can be daunting when you are thinking about setting up and.....

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Where can I get advice on starting a care farm?

Like starting anything, good planning and research are key to starting..... [READ MORE](#)



Can I make a living as a care farmer?

This is the \$64,000 question! We firmly believe that care farmers.....

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Is there any support, training or funding available?

It's often daunting to think of all the things you need to have.....

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I don't have any animals. Can I be a care farm?

Absolutely! Care farming activities include growing crops and.....

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How can I get land?

Although it's true that many care farms are owner occupied.....

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KNOWLEDGE BASE

Podcast – interview with Robin Asquith about setting up

Helpful checklist of things to think about

Link to training – Starting with Care Farming

Case study – how Tim at the Houghton Project got started

Handy glossary of terms and acronyms

HELP, I DON'T KNOW WHERE TO START!

It can be daunting when you are thinking about setting up and all the care farms you've seen and read about around the country seem to have amazing facilities and you're looking at your (admittedly lovely!) farm and wondering where to begin.

Don't panic! It's important to remember that most care farms didn't start out with super duper loos, purpose built kitchens and cosy break rooms. Add to these things fantastic car parking, cafes and a full support team of staff and it's easy to become disheartened.

If you have a cool million to invest or a generous donor, brilliant. If not, you'll need to work with what you've got and adapt and adopt as you go. Ellie Goff of Wellie's On talks about the early days of starting her care farm, "....."

Many care farms start out with a compost loo and somewhere dry for a break. Hand washing facilities are needed as a minimum.

Getting clients is often the first big hurdle. It is so important to talk to as many different people as possible - local authorities, GPs, health and wellbeing boards, local charities. It's important to remember that they are not sitting around waiting for your service. You will need to persuade them of what you can offer and why it's better than what they currently pay for.

All that jargon can also be confusing – so many acronyms that everyone else seems to understand but you don't have a clue. Check out our handy glossary of terms along with a range of other helpful interviews, checklists and case studies to the left of this blog.

Developing care farming services



Code

It can be daunting when you are thinking about setting up and.....

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Training

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Outreach and expanding

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Promoting and marketing your services

It's often daunting to think of all the things you need to have.....

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Measuring outcomes for your clients

Absolutely! Care farming activities include growing crops and.....

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Developing relationships

Although it's true that many care farms are owner occupied.....

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Health Benefits

A sentence here to introduce the blog.....
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Research in the sector

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UK research

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Nature Connection

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Measuring outcomes for your clients

Absolutely! Care farming activities include growing crops and.....
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Developing relationships

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UK – the care farming journey

It can be daunting when you are thinking about setting up and.....

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Europe

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SF&G's involvement

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What is
care
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about etc

Blogs & Resources
(linking back to
QA/Training/Regions
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