

# Where does care farming fit - for health & social care, education provision and agriculture?

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# Nature-based opportunities – what are the differences?

## Green Care

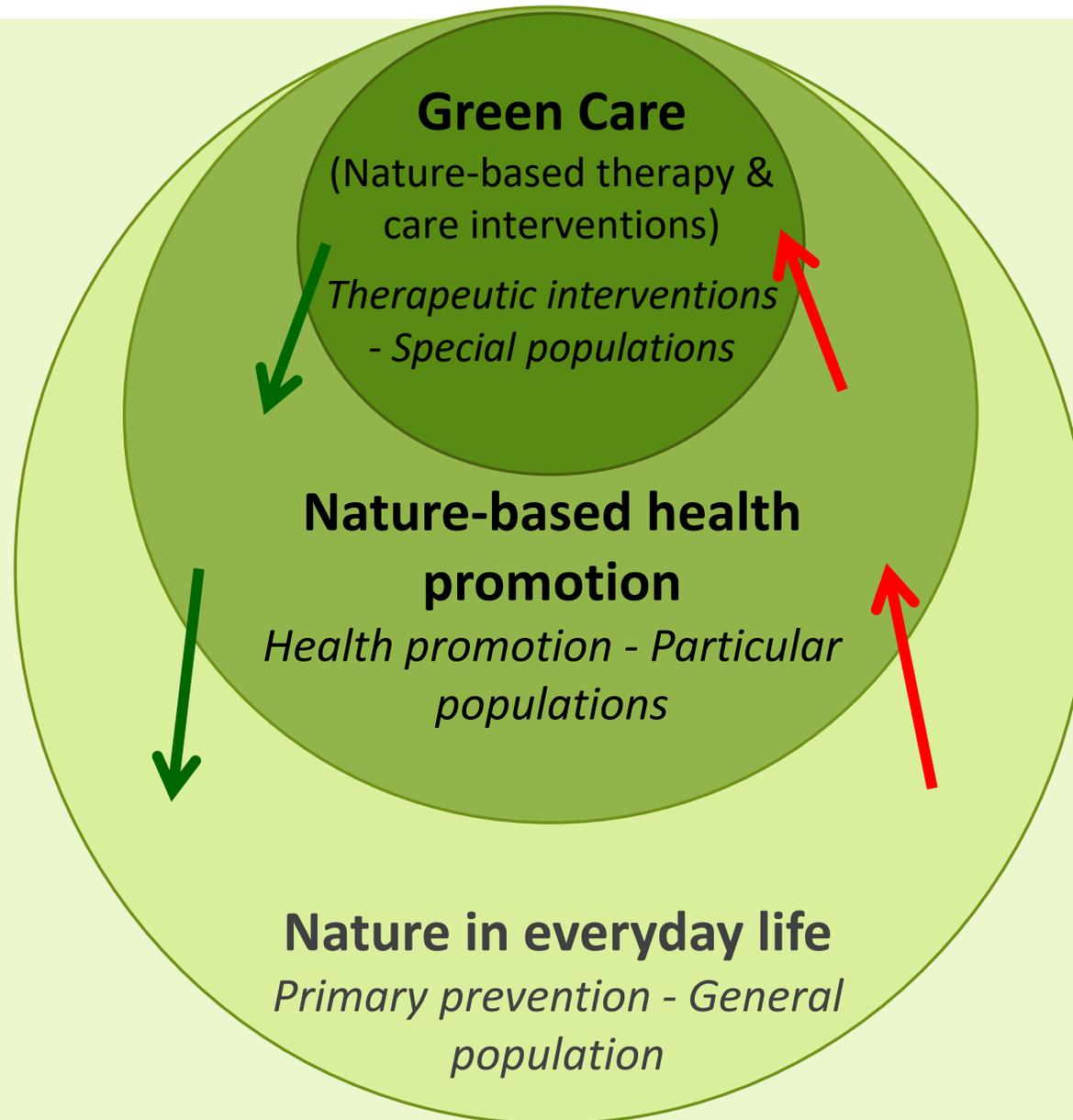
Care Farming;  
Horticultural Therapy & STH;  
Animal Assisted Therapy;  
Nature therapy; Ecotherapy

## Nature-based health promotion

Community farming;  
Community food growing;  
Community gardening;  
Walking groups  
Facilitated green exercise

## Everyday nature

Gardening; Horticulture;  
Green exercise; Animal based recreation; Farming;  
Forestry



Needs of the individual:

- ↓ More acute
- ↑ Less acute

# Notes for 3 circles diagram

The 3 circles represent the different contexts in which an individual may engage with nature, and were originally developed to aid communication with the health and social care sectors.

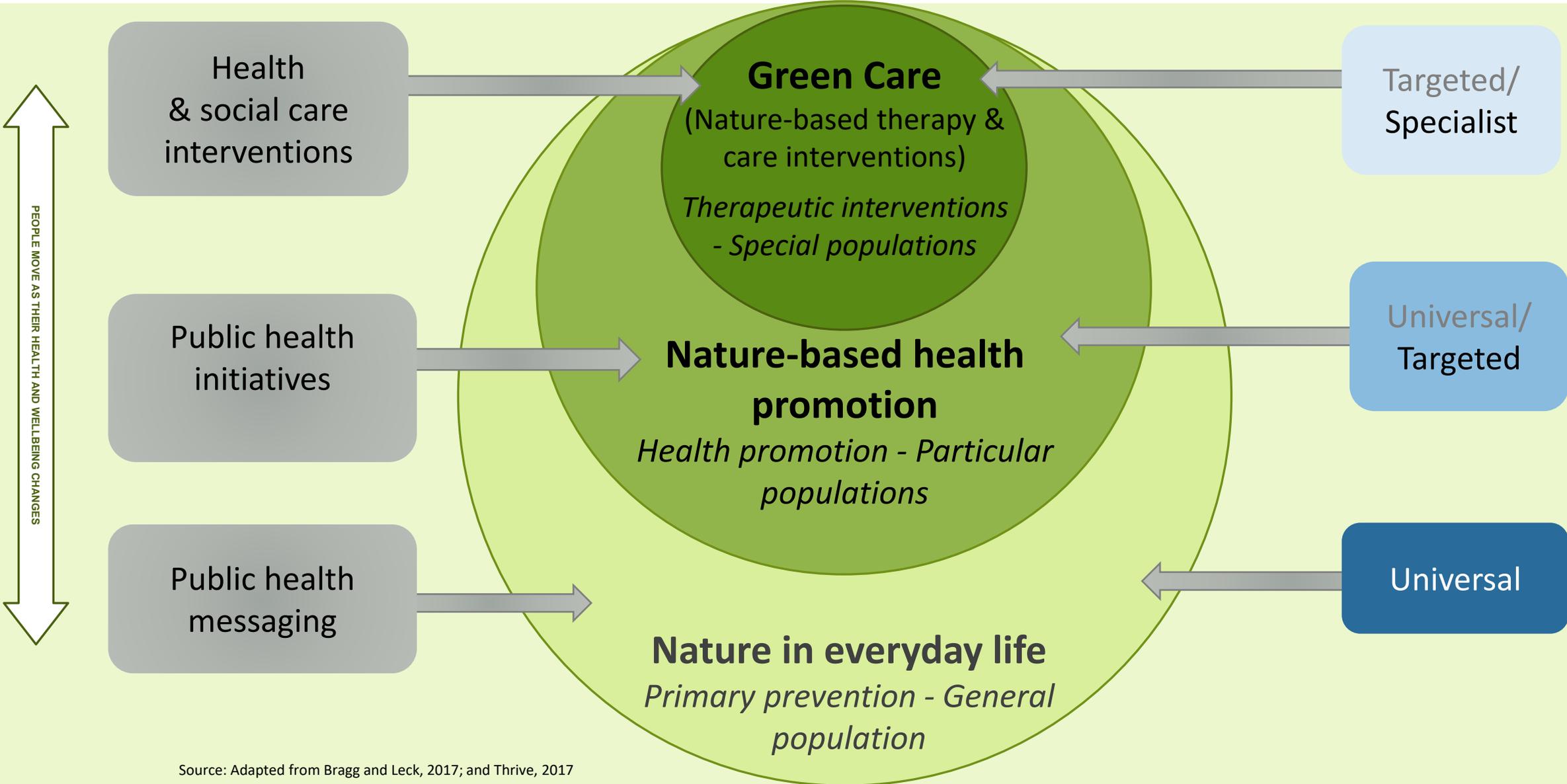
The outside 'Everyday life' circle highlights various situations in which an individual engages with nature as part of their normal lifestyle, including everyday leisure or work activities. People usually make a conscious choice to incorporate these nature-based activities into their lifestyle and have the ability and opportunity to do so.

The middle circle 'Health promotion' outlines a variety of existing group projects and initiatives which aim specifically to encourage individuals, communities and disadvantaged groups to benefit from nature-based activities in order to become more active, to have more social contact, to increase wellbeing or in the case of community food growing, to eat more healthily. People who attend these initiatives may not have the opportunity or ability to engage with nature as part of their 'usual' lifestyle and can attend these health promotion projects on either a regular or ad hoc basis. They may or may not be 'vulnerable' and will have joined the project on their own volition, or have been advised or suggested to join by a health, social or community worker, by a family member or friend. Funding is usually for the project as a whole and may come from public health, local authority grants or from the voluntary or private sector.

The 'Green care' circle represents the various nature-based interventions which have been specifically commissioned for an individual with a defined health or social care need, as part of their care or treatment package. People attending these interventions will follow a facilitated and structured programme, on a regular basis; will have defined needs and outcomes; and the service is usually commissioned by health or social care (although service users in receipt of a personal budget may commission their own services). Funding is usually paid per individual for the care/ treatment service provided by the intervention.

The red arrows suggest that as one moves from everyday life to green care, the needs of the individual become more acute, the support/care required is more intensive and the cost of the service increases. However what makes nature-based interventions so unique is the ability to reverse the trend and move from green care to less supported interventions (green arrows) as the individual's wellbeing improves. The existence of associated projects can (where appropriate) help an individual move on from needing the services of a green care intervention, to maintaining their improved wellbeing state by attending a health promotion initiative, and then to progress further by choosing to incorporate nature-based activities and healthier behaviours into their everyday lives, thus creating a habit for life.

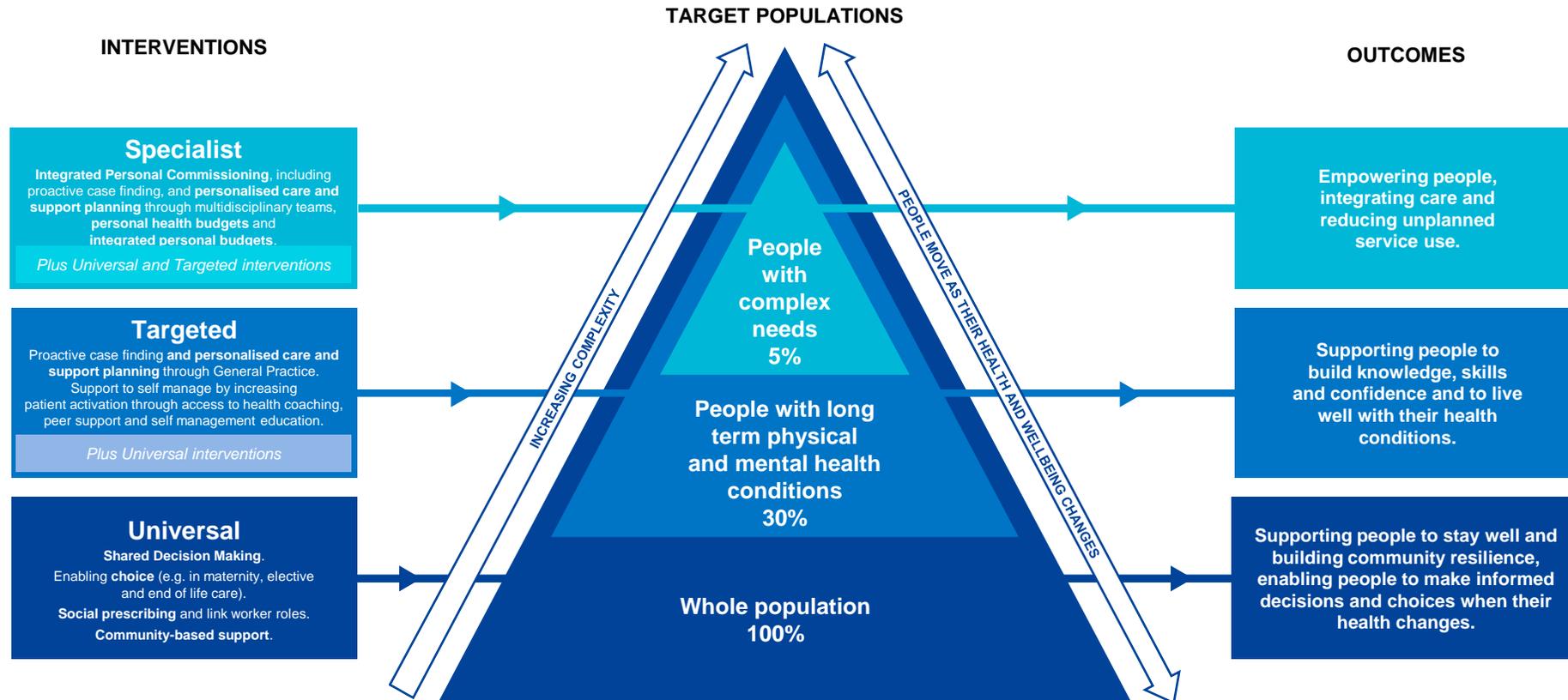
# Care farming for health & social care – where does it fit?



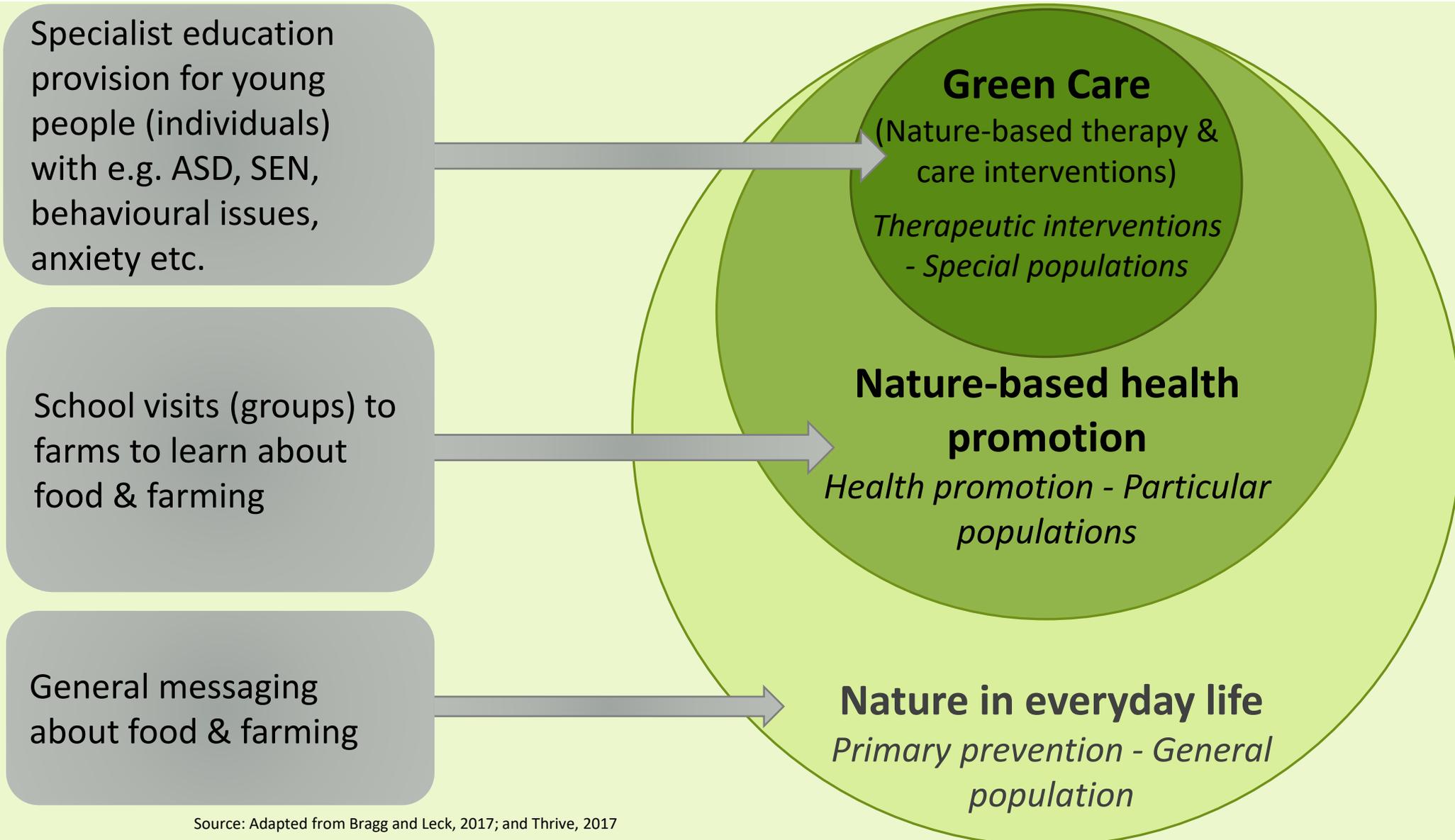
Source: Adapted from Bragg and Leck, 2017; and Thrive, 2017

# Comprehensive Model for Personalised Care

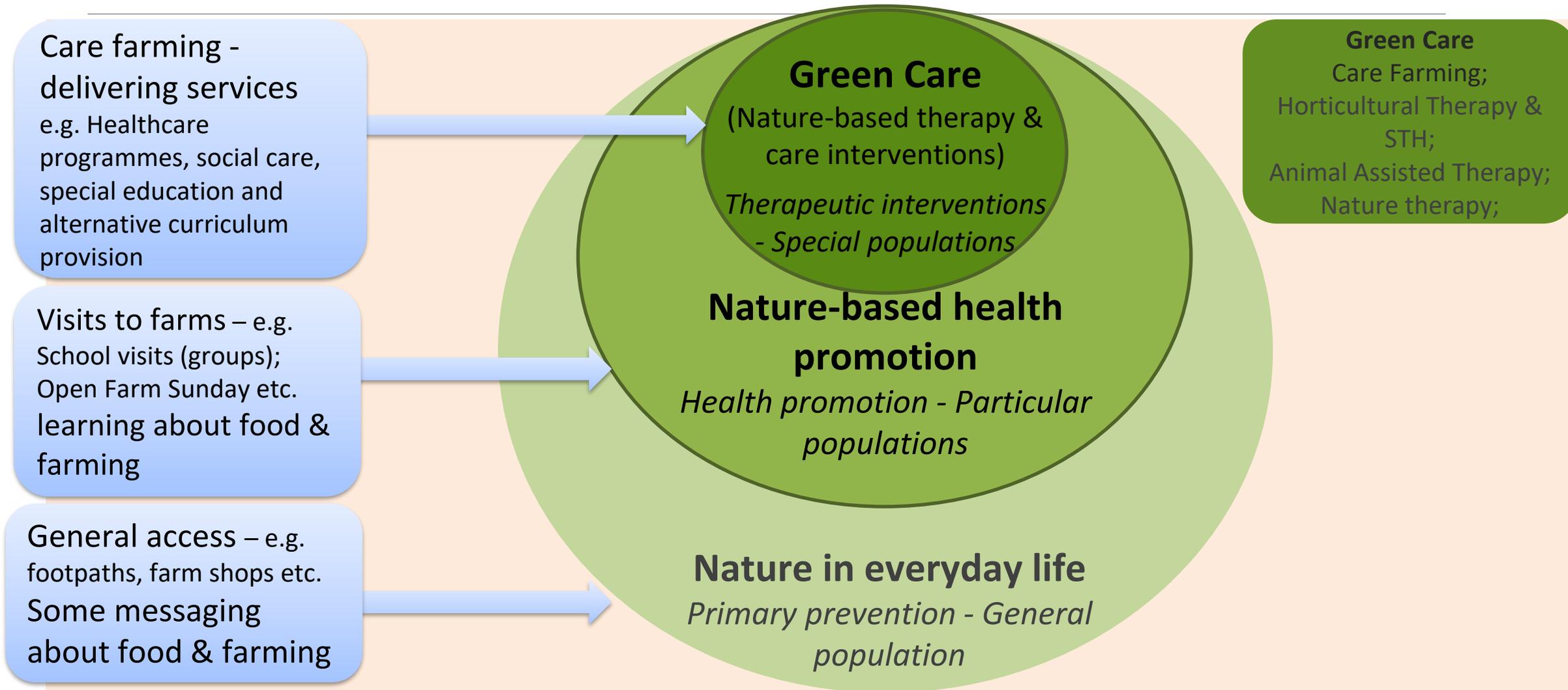
All age, whole population approach to Personalised Care



# Care farming for education – where does it fit?



# Care farming in agriculture – where does it fit?



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

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