

Growing Care Farming



Dr Rachel Bragg
Care Farming Development Manager, SF&G

*“Care farming is the
therapeutic use of farming
practices”*

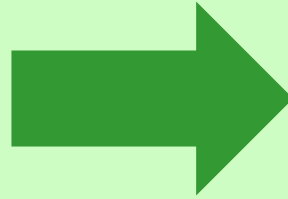
Care farms:

- 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
- Adults, young people and children

No such thing as a ‘typical’ care farm!



- Obesity
- Physical inactivity
- Smoking
- Diabetes
- Cancer
- Mental ill-health
- Dementia
- Comorbidity



Challenges for NHS in
treatment

and for Public health in
prevention

- Interest in commissioning new cost-effective interventions for mental health
- Increasing recognition of importance of nature for health (mental and physical)



Mental ill health in adults and children

- Scale of problem
- Health inequality and mental health
- Increase in mental health prescriptions
- Impacts on:
 - individuals
 - society
 - natural environment too
- Care farming – part of the solution

An estimated **1 in 6 people** experienced a 'common mental disorder' like **depression or anxiety** in the past week.



How the antidepressants polluting our waters could change animal behaviour

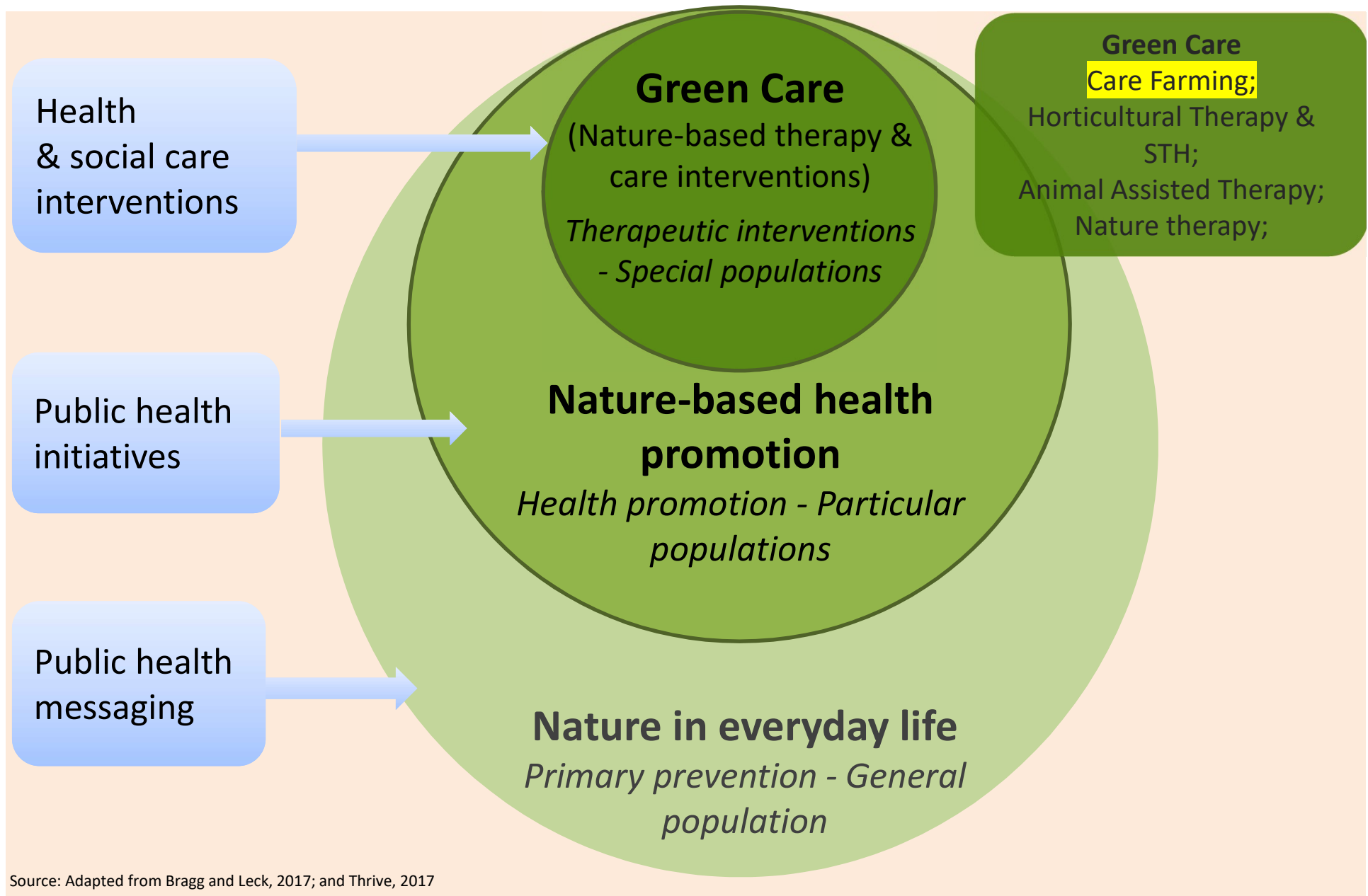
With mental health problems on the rise, more and more medications are finding their way into rivers and estuaries. Scientists are making use of technology to find out how this is affecting wildlife

Alex Ford | Monday 13 August 2018 23:00 | I

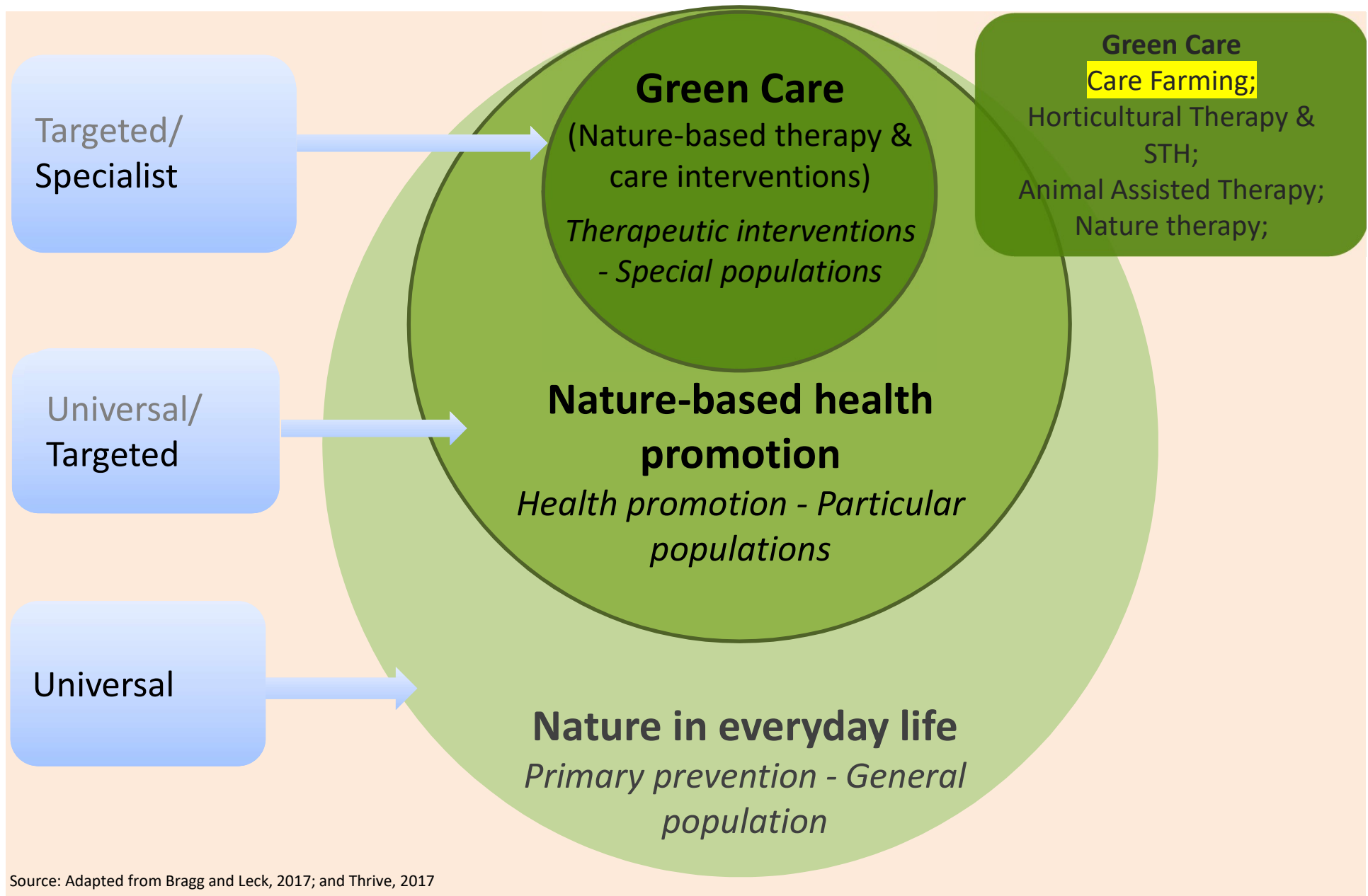


Only a small minority of people (13%) report living with high levels of good mental health.

Care farming – where does it fit?



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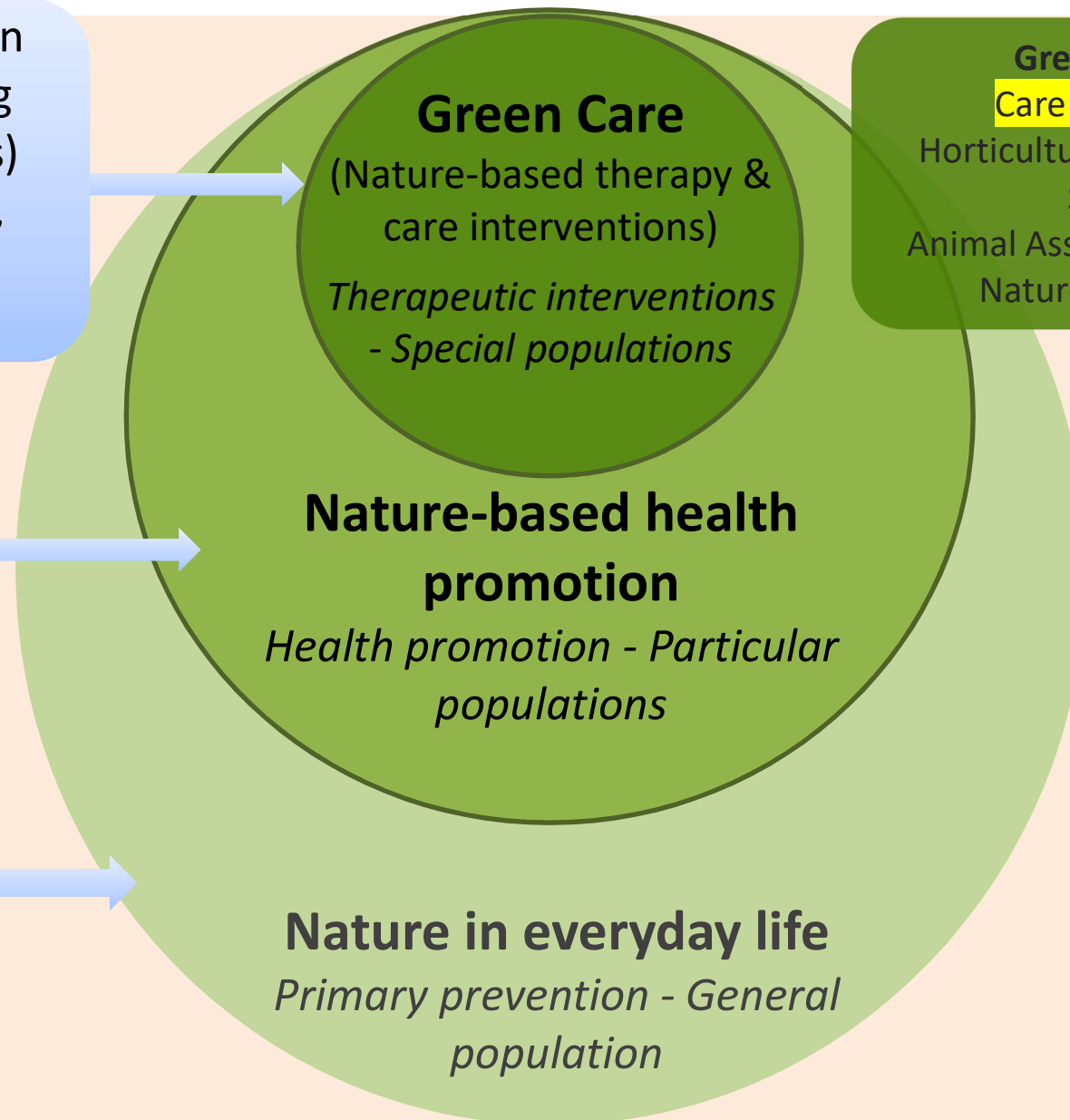


Care farming – where does it fit?

Specialist education provision for young people (individuals) with e.g. ASD, SEN, behavioural issues etc.

School visits (groups) to farms to learn about food & farming

General messaging about food & farming



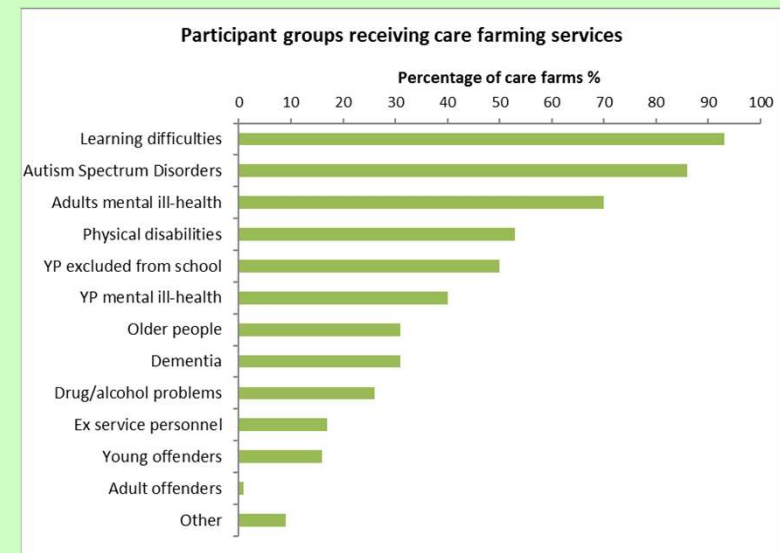
Green Care
Care Farming;

Horticultural Therapy & STH;
Animal Assisted Therapy;
Nature therapy;

Who is care farming for..?

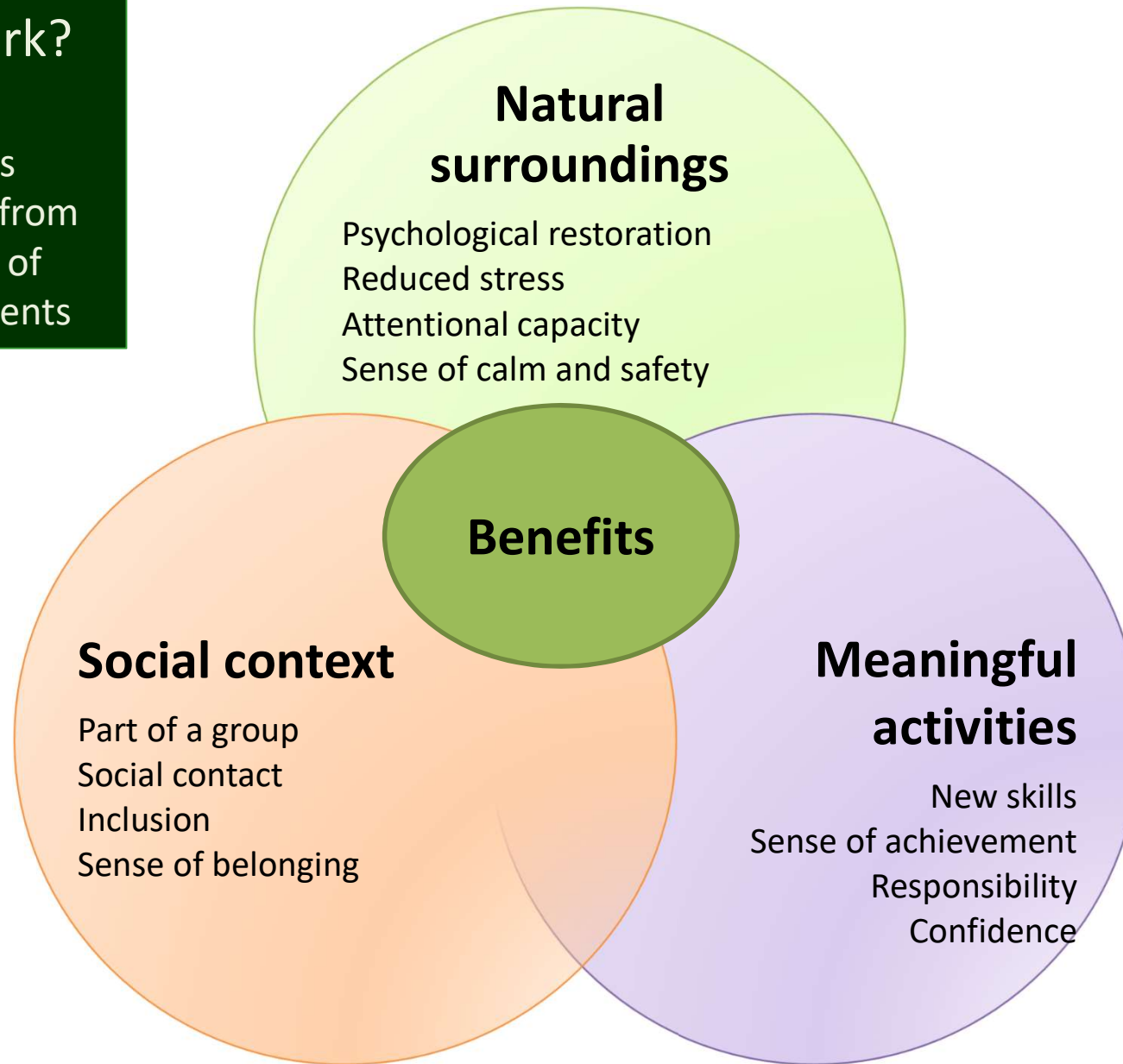
People with:

- learning disabilities (93% of care farms)
- ASD (86%)
- mental ill-health (70%)
- Physical disabilities (53%)
- Young people excluded from school (50%)
- Young people with mental ill-health (40%)
- Older people (31%)
- Dementia (31%)
- Drug/alcohol history (26%)
- Ex-service personnel (17%)
- Young offenders (16%)



Why does care farming work?

Research shows benefits come from the interaction of three key elements



- Multiple outcomes
 - 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 and social care policy
- Ideal for social prescribing and OT
- Still a need to raise awareness of what the service can offer – with commissioners and patients alike



Other facts about UK care farms.....

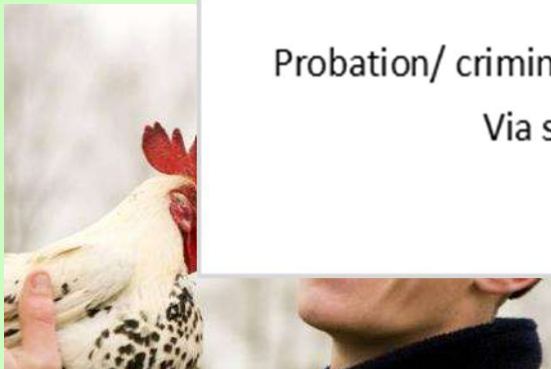
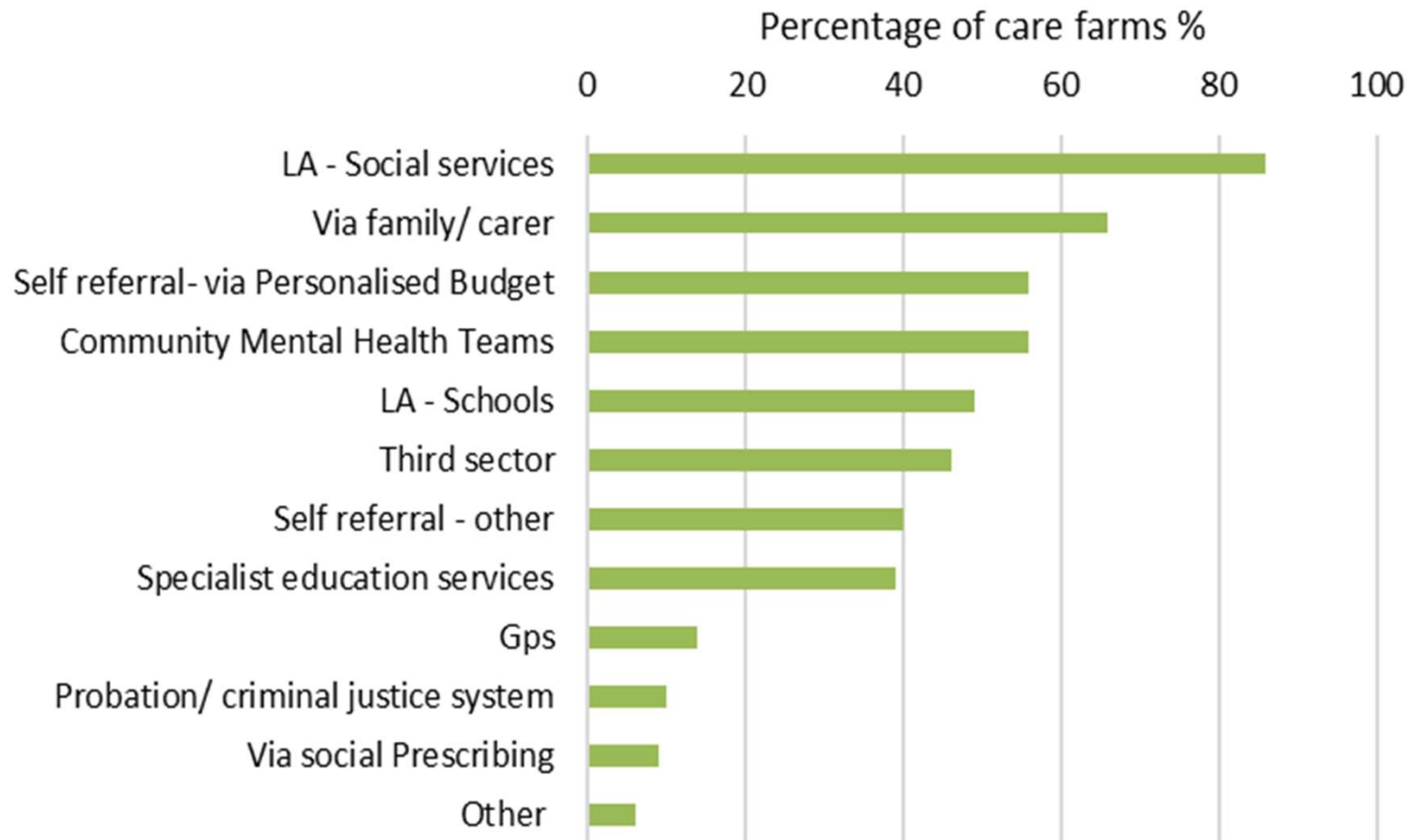
- Typically a care farming session lasts a full day (10am -3pm)
- Most care farms open for 5 days a week
- The majority of care farms (79%) see up to 50 clients a week
- Most service-users attend care farms between 1 and 3 times a week
- Clients come via a variety of commissioning routes



Other facts about UK care farms.....

- Type
- Most
- The
- Most
- Client
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- rou

Referral routes for care farm clients



- 2016/17 survey
- Approximately 200 care farms in England
- 250+ care farms in UK
- Providing 8,750 places per week
- Currently approximately 320,000 places per year
- Much potential for increase in scale



Care farming is good for agriculture

- Increased viability of farms (esp. family run, post Brexit)
- Involves more people in farming and wider community involvement in farms
- Reduced isolation (for farmers as well as service users)
- Another example of multifunctional agriculture – *Public money for public goods*
- Shows how farming is beneficial for wider society

Growing Care Farming – a wonderful opportunity

- Transform the scale of care farming
- Increase capacity and infrastructure
- Another option for health & social care and specialist education
- An option for farmers
- Ultimate aim: more people with defined needs can benefit

Objective 1: Support the care farming sector to increase the number of care farming places available to 1.3 million places per year - **SUPPLY**

Objective 2: Support the care farming sector to work with the health, social care and education sectors to refer clients into the additional care farm places - **DEMAND**

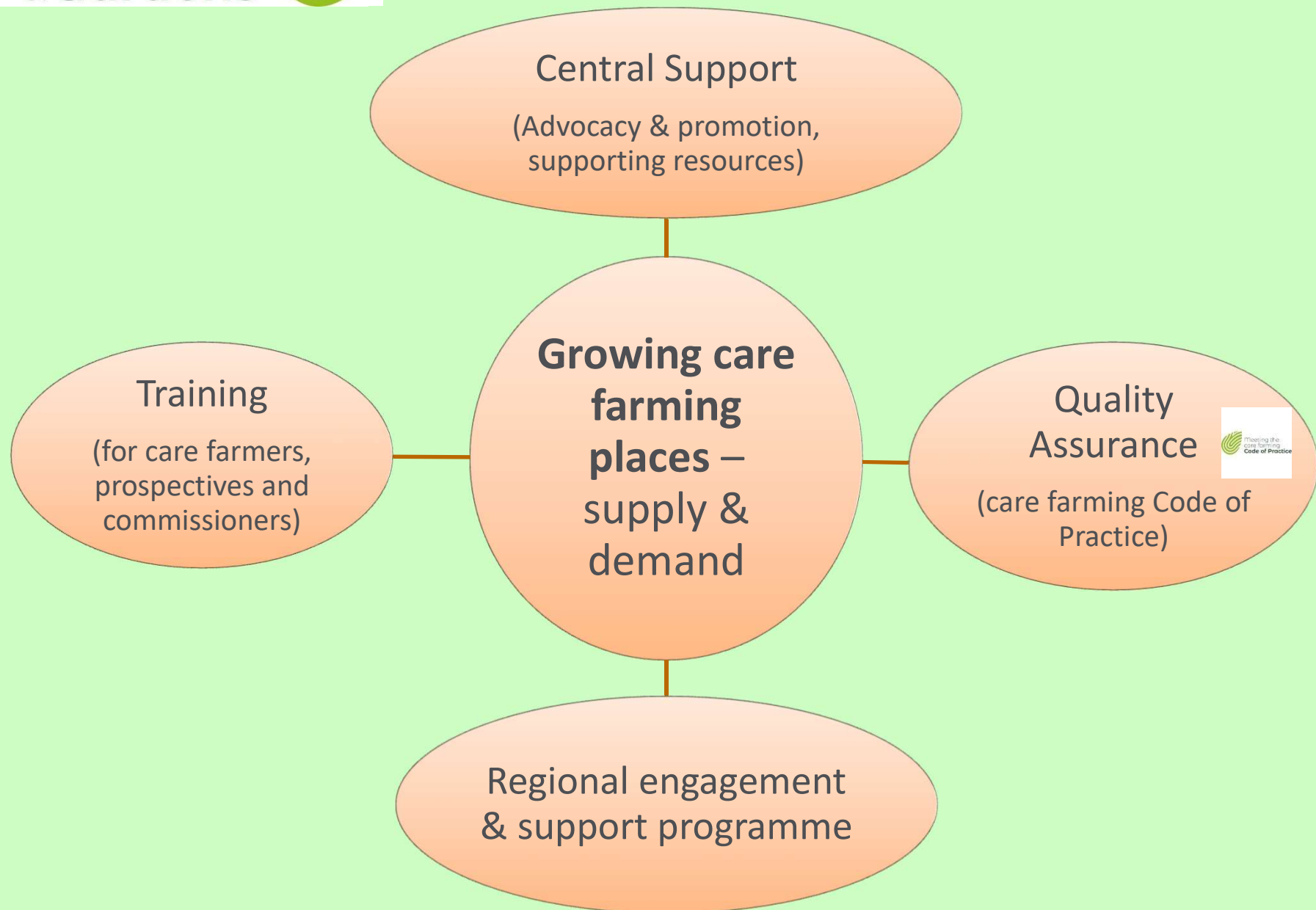
Objective 3: To gather evidence to complete project monitoring and project reporting and to support programme evaluation





- Building both supply and demand for care farming – NOT delivery
- Target group: children and adults
- For '*individuals with a defined clinical, social or special educational need*' – i.e. not everyone
- Achieved through partnership working
- Currently in planning and development stage
- Watch this space!

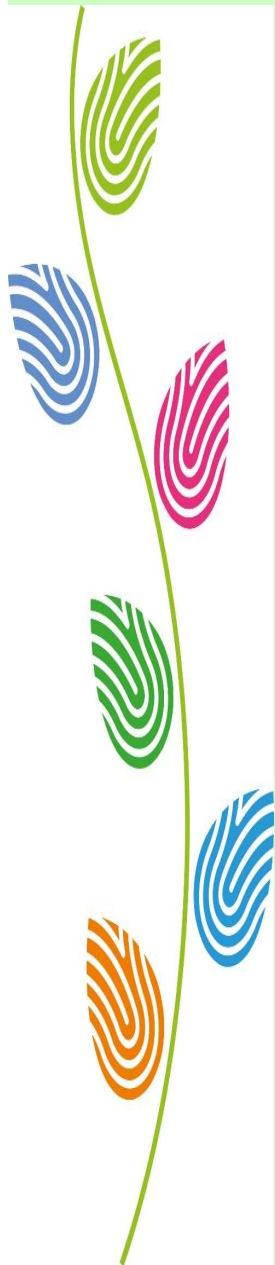






Key Challenges

- Increasing the number of annual care farming places to 1.3 million is ambitious
- We know there is demand – but unlocking referral pathways and funding is always a challenge
- We know there is enormous supply potential
- National support and regional engagement both crucial
- Need to work together to make this happen
- In conclusion.....



Growing Care Farming – The opportunity

- Scale of the mental health challenge
- Potential for care farming - part of the solution
- Need to work together to make this happen
- Care Farming:
 - Good for health & social care and specialist education
 - Good for agriculture, farming families and rural communities
 - **Good for people**



Growing Care Farming – opportunity

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