



Alternative provision for young people at Middle England Farm

# Care farming

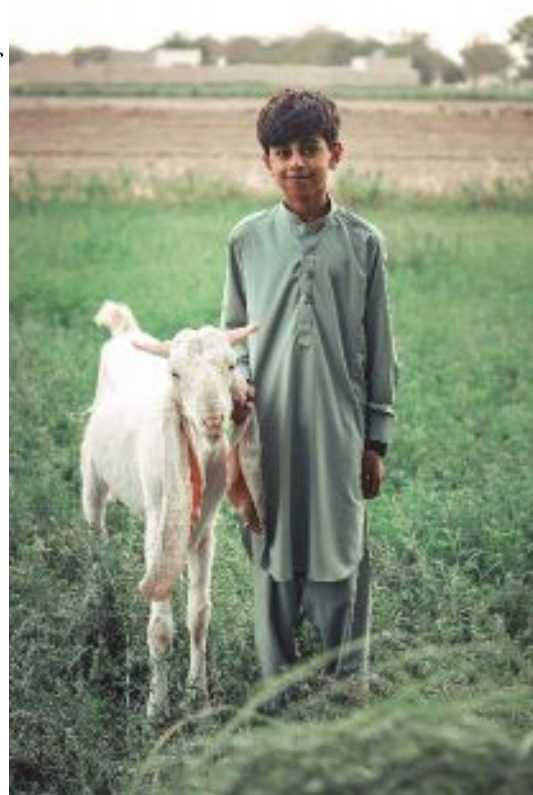
Warwickshire, Worcestershire,  
West Midlands and beyond



Care farming is a fantastic way to combine farming activities with support for health, social wellbeing, and education. At our care farm, young people can find the help they need, whether they're facing feelings of depression, special educational needs like autism and ADHD, or challenges such as anxiety and stress. It's also a warm and welcoming space for young people who may feel disconnected or those who are being home-schooled.

### About us

We're excited to offer care farming services at our beautiful 64-acre farm near Henley in Arden! Our dedicated team of care farm practitioners love to share our wonderful animals with everyone who can benefit from spending time with them. We're fully qualified and have plenty of experience working with children who have additional needs, along with the animals that support them. Our farm is home to over forty friendly alpacas, as well as llamas, goats, sheep, pigs, emus, chickens, geese, rabbits, guinea pigs, gerbils, hamsters, and more! We're fully insured, follow the CEVAS code of conduct, and proudly belong to Social Farms and Gardens.



## How we work

We embrace the spirit of 'Green Care,' which focuses on using farming practices for therapy and well being. Participants visit the farm regularly, whether on their own or in larger groups. Care farming is a wonderful collaboration between us as farmers, care providers like parents and teachers and the participants themselves.

As a partnership we aim to offer the potential to improve mental health problems, family relationships, learn life skills and develop resilience to every day problems through the therapeutic use of farm animals as a type of 'co-therapist'. The use of animals can achieve outcomes such as addressing anger issues, helping with depression, coping abilities etc. It's therapy from animal contact, new responsibilities, fresh air, being surrounded by nature and 'living in the moment'.

Our therapeutic Interventions are generally for students aged 8-18 who are failing to thrive in their schools. It maybe they have been excluded, have poor attendance, refusing lessons or suffering too much anxiety to attend lessons daily.

Whilst continuing to attend their schools or homeschooling sessions, students can spend one or two days a week at the farm, taking part in purposeful work that gives them a sense of achievement. We help them explore the way they respond to situations and take more positive actions.

Schools we work with notice students improved motivation, communication, ability to deal with everyday situations and of course improved mental health.

We also welcome participants onto the farm who may not have any big issues to address, but who would really just benefit from time with the animals, fresh air, nature and just 'getting away from every day life'.

We are happy to offer sessions for people who want to get more 'hands on' with animals to improve future career prospects. We have a sizeable greenhouse and vegetable/flower beds for those that are interested in gardening. Watching plants grow and thrive is very rewarding and students often get to take home the fruits of their hard work. We have a horticultural expert who enriches our 'farming of the land' sessions. We do farm to fork sessions, with students learning how the fruits of their labour culminates in a fresh nutritious meal around the campfire!



## Activities on offer

All of our activities are designed for their therapeutic value and are normally offered in small groups or on a one to one basis. Some of the activities include:

**Animal care** - including husbandry, feeding, cleaning

**Animal handling** - including alpaca and goat walking

**Gardening** - growing fruit, vegetables, herbs, spices and flowers

**Talking Therapy** - chatting in a relaxed way with staff to address every day problem solving in a none pressurised environment

**Arts and Crafts** - farm related activities such as decorating animal housing, making bird feeders and houses

**Poultry breeding** - from collecting the eggs to raising the chicks and integrating them into the flock

**Lambs** - learning how to take care of a young animal and training them to make good 'pets'

**Forest school** - hedge building, campfire building and cooking

**Socialisation and personal growth** - in safe space sessions, whilst being fun and enjoyable. Includes educational content, helping to fulfil many elements on the National Curriculum. Maths and science particularly

**ASDAN qualifications** - for students aged 13 plus who wish gain extra qualifications outside of school

**Cooking** - making everything from jam to soup, with products we've grown here on the farm. Including food prep and cooking over our campfire





### Our Approach

While some children respond well to rewards and consequences, we understand that not everyone does. Instead of focusing on punishment, we prefer to talk about behavior. This helps students learn to manage their actions and see the natural outcomes of what they do. For instance, if a child chooses not to help with the morning chores, they might miss the chance to walk an alpaca later in the day. Since we spend most of our time outside, children have plenty of room to relax and find their own coping strategies with our team's support.

### Reporting of progress

We use Tapestry to share a fun visual snapshot of what we've been up to during our sessions! Every half term, we also put together a short report to keep everyone in the loop. Tapestry also helps us communicate any concerns we might have. When we report, we focus on how the students are feeling both physically and mentally, how their self-esteem is growing and whether they're making new friends.

We're so proud that our students consistently tell us how much they've enjoyed their time on the farm! Schools have noticed this too, as they see improved engagement in class and stronger social connections with friends and family. If you'd like more reports or updates, just let us know anytime!

### What equipment is needed

Don't forget your wellies! The farm can get a bit muddy, even in summer! A cosy, waterproof old coat will come in handy, and we definitely recommend waterproof trousers for those rainy days. During the summer months, wellies are a great choice, along with comfy clothes to keep you safe from the sun. Be sure to bring a sunhat and apply some sunscreen before you arrive!

### Referrals

We accept referrals from schools, local councils and private referrals from parents or guardians. We do group sessions and private sessions. Please request a referral form to make an application. We usually assess the application within just a few days!



## Our Team

Our team is full of experienced individuals who bring a variety of skills to the table. At the heart of what we do is calmness, which helps us respond positively to the students in our care. We not only have a great understanding and experience in working with children with additional needs, we also share a passion for farming, animal care, horticulture, bushcraft, the arts and so much more.

Of course it goes without saying that we are all DBS enhanced checked, fully trained and our staff to student ratio is always exceptional.

## Care Farming Pricelist

**Day sessions** - Tuesdays, Wednesdays & Thursdays - 10am-2pm. Blocks of ten sessions minimum - £150 per session. 8 years plus.

**Private sessions** - 1 hour accompanied by a parent or carer. Blocks of ten sessions minimum - £75 per session. Any age.

**Private group session for schools or social groups** - £30 per person (min 10 attendees 1 hour 30 minutes accompanied by teachers) Blocks of three sessions minimum.





Middle England Farm, Aibrean Grange, Redditch Road, Henley in Arden B95 5NY

[www.middleenglandcarefarm.co.uk](http://www.middleenglandcarefarm.co.uk)

You can start the ball rolling by emailing [andie@middleenglandcarefarm.co.uk](mailto:andie@middleenglandcarefarm.co.uk) or [carefarm@middleenglandfarm.co.uk](mailto:carefarm@middleenglandfarm.co.uk) for an enrolment form.

Follow us on Facebook, Instagram and TikTok

We are approved by Warwickshire County Council, Worcestershire County Council and Birmingham City Council and our animals are licensed by Stratford District Council.



We want all  
children in  
Warwickshire  
to be...

