Care Farming

Enhancing farmer resilience and community connection
Care Farming……

‘(is the) Therapeutic use of farming practices to provide health, social or educational care services for one or a range of vulnerable groups of people’

Care Farming UK

‘(is) The use of commercial farms and agricultural landscapes as a base for promoting mental and physical health, through normal farming activity’

Welsh Government Report

‘…..offers possibilities to people who need support, care or guidance’

Dutch National Support Centre for Agriculture and Care
What does Greencare involve?

- Care Farming
- Social and Therapeutic Horticulture SHT
- Animal Assisted Therapy AAT
- Other nature-related therapies

Range of different contexts, activities, health benefits, clients, motivations and needs.

Source: Rachel Wise – University of Exeter
A long history

• From 1800’s - asylum patients/TB
• Hospital gardens
• Rehabilitation – physical/mental
UK Care Farms

• Users - 5869
• Farm size - varies
• Purpose – learning difficulties, Youth and mental health
The Netherlands

• Well established – good government support
• Larger number of farms
• Good financial benefits - farmers
Germany

• Larger scale farms – smaller number
• Closely linked to healthcare provision
Australia

• Triple Care Farm
• St Laurence Care Farm
Individual Benefits

• Self esteem
• Physical health
• Mental health
• Connectedness
Community Benefits

• Physical activity
• Mental health
• Social connectedness
• Cost of health provision
• Keeping farmers farming
Farmer Benefits

• Financial
• Skilled workers
• Personal – intrinsic benefits
• Inclusion in the community
Care Farming – a Win/Win
Any questions?