

# 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’***

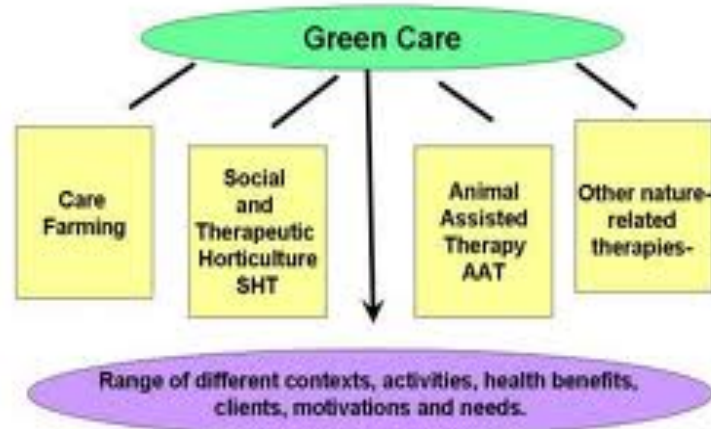
Welsh Government Report

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

Dutch National Support Centre for Agriculture and Care



What does Greencare involve?



# 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?

