



# SWEET TREE Farming for All

*Cultivating Confidence*



**Our mission is to make a positive difference** to the lives of vulnerable people who are **experiencing social or educational exclusion**, by providing meaningful experiences in a natural environment and to **help participants grow, to become confident and well balanced individuals who are socially included.**



## Who is SweetTree Farming For All

Farming For All and SweetTree Home Care Services have come together to combine the vast care farming experience of Farming for All with the award winning care and transitional living focus of SweetTree Home Care Services to create 'SweetTree Farming For All', a not-for-profit organisation.

**SweetTree Farming For All** has married these skills to develop the care farming experience. Participants can join in with an existing farming or horticultural project such as Dig Deep or SweetTree Fields Farm, a 14 acre North West London site or interested parties can become a 'partner' to deliver a new community based project.

SweetTree Farming For All encourage and enable participants to positively engage in the great outdoors through farming, horticulture and other outdoor activities. Each project is designed to engage, inspire and offer a regular routine in the great outdoors.





## **What we deliver**

We provide guided activities and training at allotment, farm, outdoor or educational sites for adults and young people. Typical activities include livestock farming, horticulture, bush crafts, horsemanship, falconry, conservation, eco and natural crafts, Forest Schools and cooking. Activities can be curriculum linked and we also offer City and Guilds accredited Horticultural training on a long-term basis.

## **Who we support**

The SweetTree Farming For All team have the experience and skills to work with children, adults and older people with a variety of care and support needs including; learning disabilities, mental health, dementia, physical disabilities, offending histories, ADHD educational exclusion and alcohol/ substance dependences.

“We know from experience that the potential benefits from farming and horticultural therapy projects are huge, the opportunity to help change lives are enormous indeed.”

**Jude Allen, Founder  
Farming for All**

## *How to get involved*

### **Refer a client**

Family members or support organisations can refer a client to one of our existing projects.

### **Become a partner**

We can work with you to design and deliver a new project, build an allotment or create a community engagement project.

### **Commissioner services**

We deliver stand-alone workshops and training days to help kick-start your own project.

## How participants benefit

Our projects are designed to engage, inspire and offer a regular routine in the great outdoors.

Our team offer a positive listening environment in which participants are allowed to safely make mistakes and learn through them!

By highlighting individual successes, clients are constantly put in situations in which they can attain small and unexpected achievements in tasks that they never anticipated, whether herding sheep or harvesting ingredients to cook for lunch.

The courses are designed to deliver results that are instant and tangible; participants often leave with proof of their success such as something they have made which serves as a reminder of their success.

All courses are embedded with skills for life; communication, literacy, numeracy and teamwork.

Animals are non-judgemental of disability, addiction or background so people feel safe, valued and respected.

Clients with complex needs can feel uncomfortable around others. Working in an informal environment allows clients to participate as an individual but leave as part of a group. Many state they feel more patient and tolerant of others after leaving a course as there is a wide range of abilities and people.





## Current Projects

### London

- SweetTree Fields Farm  
(All Support needs/  
Adults)

### Hertfordshire

- The Care Farm  
Project, with 'The Royal  
Veterinary College' (All  
support needs/ Adults)
- Dig Deep with  
ASCEND (All support  
needs/ Adults)
- Horticulture For Health  
(Physical disabilities/  
Adults)
- Farming Horizons with  
offender management  
groups (Offenders &  
Drug related support/  
Adults)
- Westfield Children's'  
Centre and Preschool  
(Children and  
families/ all needs)

**We are always looking  
for new partners and for  
new locations...**

*Please get in touch!*

The **therapeutic** **benefits** of working and learning in the great outdoors have been widely recognised for many years. Some of these many benefits include; **better physical health,** **improved psychological health** and **social benefits.**





"I felt like everyone judged me and my depression. The farm became my weekly routine, something I looked forward to! I started to believe that I could really do things again. Everyone knows that they are there for a reason, you can be yourself. I couldn't even think of committing to an 8 week course a couple of months ago. This has changed my life and no one can underestimate what it has done for me"



[www.SweetTreeFarmingForAll.org.uk](http://www.SweetTreeFarmingForAll.org.uk)

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