

Food for Thought

Improving health and wellbeing through gardening.

Food for Thought provides a supportive environment which helps people develop practical and life skills whilst gaining confidence, increasing self-esteem and feeling valued.

It suits young people with special educational needs, poor mental health including anxiety, or low confidence, and those needing assistance with transition into adulthood.

The work includes seed sowing, planting out, weeding, plant nurturing and harvesting as well as making jams, chutneys, pickles, sauces and soups with the ingredients we have grown. There is also a fair amount of garden maintenance using hand tools, such as building/repairing beds and cutting fire wood.

The project is designed to be attended on a regular basis, up to 3 days per week, in conjunction with school, tutoring or other alternative provision. There is no expectation to achieve any form of qualification initially, but there is scope to progress to work towards a City and Guilds Level 1 Land Based Qualification in Horticulture.

£90 per person, per day (as of 1st Sept 2019)

working in a 3:1 student:staff ratio. If additional support is required, this must be arranged separately. Transport from a central point can be provided.



Contact Jan, Food for Thought Coordinator
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registered charity number 1105063

Hands On

Animal focussed land-based vocational training.

Hands On is an integrated programme of farm, environmental and land-based activities designed to build young people's confidence and self-esteem, address challenging behaviour, develop new skills and raise aspirations.

This project is aimed at young people who learn better through 'doing'. Ideally suited to young people not coping in mainstream curriculum whether it be through poor school attendance, low or under achievers, people with low confidence or self-esteem, with additional needs or exhibiting challenging behaviour, and for people interested in future careers in land-based industries.

Achievements are recognised through national vocational qualifications:



Level 1 land-based qualification in Animal Care
Level 1 land-based qualification in Estate Maintenance
Level 2 Animal Care

The project is designed to be attended on a regular basis, up to 3 days per week, in conjunction with school, tutoring or other alternative provision.

£90 per person, per day (as of 1st Sept 2019)

plus a one off City and Guilds Registration fee of £200

working in a 6:1 student:staff ratio. If additional support is required, this must be arranged separately. Transport from a central point can be provided.



Contact Sam, Learning Programmes Coordinator
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In partnership with Wellgate Community Farm

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WELLGATE
COMMUNITY FARM

Reg. Charity No. 1091729

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Rural Studies Programme

Topic based learning to enhance the curriculum.

An exciting and stimulating programme designed to meet elements of the KS2 curriculum for children with special educational needs who find studying in the classroom challenging.

The programme combines farming, gardening, environmental and teamwork activities set in our 54 acre outdoor classroom.

The project is designed to be attended on a regular basis, for 1 or 2 days per week, in conjunction with school, tutoring or other alternative provision. The programme runs on Tuesdays and Wednesdays.

£90 per person, per day (as of 1st Sept 2019)

working in a 3:1 student:staff ratio. If additional support is required, this must be arranged separately. Transport from a central point can be provided.



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Focus Programme

Personal and social development programme with a focus on outdoor learning and adventurous activities.

A programme designed to raise confidence and self-esteem, improve team work and communication and develop life skills. The programme supports pupils with social skills using adventurous activities like archery, climbing, bushcraft and sports to engage them, providing a positive experience of education.

This project is for young people in KS3 who are underachieving in mainstream school and are at risk of not fulfilling their potential.

The project is designed to be attended on a regular basis, for 1 or 2 days per week, in conjunction with school, tutoring or other alternative provision. The programme runs on Mondays and Fridays. Transport from a central point provided.

£90 per person, per day (as of 1st Sept 2019)

working in a 3:1 student:staff ratio. If additional support is required, this must be arranged separately. Transport from a central point can be provided.



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The Blacksmith – Forging Futures

Forging life skills, creating confidence and promoting individual responsibility.



The forge at Urban Crafts Foundation provides an environment to develop academic, practical, social and artistic skills. It suits a variety of young people such as those with behaviour problems or who struggle in a traditional academic environment.

As a working forge students will be involved in variety of tasks. The project is designed to work along the lines of "apprenticeship". Students will assist the blacksmiths in their work, and work on their own projects. The provision will provide instruction in art, maths, welding, traditional forging as well as supporting students to take responsibility for themselves & others around them, gain the confidence in having opinions & ideas and to provide a real life working environment to help them progress into adulthood.

Students would gain the most by regular attendance of 2 days a week in conjunction with school or tutoring.

£90 per person, per day



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