

# Case Study: Dorset's Natural Health at its best

## Farming and horticulture therapy at Future Roots Care Farm



**Lead Partner:** Future Roots

**Other Partners:** Care Farming UK

### Project Summary

Future Roots Care Farm run sessions using a working farm and horticultural site. People attending are involved in the day to day working from Rylands Farm, near Holnest, and therefore have purpose and interest in what happens.

Those attending care for the animals and land, grow their own vegetables, repair broken equipment, do woodwork play outdoor games like boules, sing, eat and be merry.



Future Farmers Group © Future Roots



The Countrymen's Club Singalong © Future Roots

### What are the health benefits?

- Health benefits improve mental health and motivation through socialisation as well as physical and mental stimulation
- Animal assisted therapy provides a calming influence helps with anger and anxiety
- Sensory awareness and maintaining cognitive links
- Enjoyment, engagement and laughter through animal contact and building relationships - laughter is known to have health benefits.



### Testimonials:

*Bert, an ex-fisherman, was suffering from depression and isolation. His reluctance to go to a club was overcome as he realised that there was good banter between the men and he could spend time using his skills making or fixing things. When Bert joined he was very low and a risk to himself; he was using a lot of NHS services. That was over two years ago and Bert is a transformed man – he has purpose and energy.*

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The Countryman's Club © Future Roots

### Testimonials:

*Laura was diagnosed with Aspergers and she coped with going from one care home onto to another and during this time Future Roots was her only constant. We gave her a sense of belonging and a place to achieve and do right. She was polite, gentle and committed. We are proud that we now keep in touch with a young woman who has completed her City&Guilds qualification and has aspirations to work with children.*



The Countrymen's Club © Future Roots

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### Health outcomes and other benefits

#### Young people

- Benefit to society as young people are more able to cope and understand their feelings and feel part of society less likely to damage things, drop litter and/or be abusive
- Less self-harm in young people and improved positive thinking, hope
- People are less angry and therefore there is improved self esteem

#### Older people

- People with poor memory retain short term memory information
- Benefits to carers for the elderly by reducing isolation
- Support people to remain active for longer, and being physically active allows us to discuss things like healthy living including not smoking
- People attend until their last few weeks supporting end of life care and remaining at home for longer

#### All ages

- Engagement with hard to reach group is very good, and socialisation is known to be good for mental health — both young and older people feel a sense of belonging and companionship



Working with the cattle © Future Roots