



# **Providing stability and direction in the Dorset countryside**

**Julie Plumley**



## Providing stability and direction

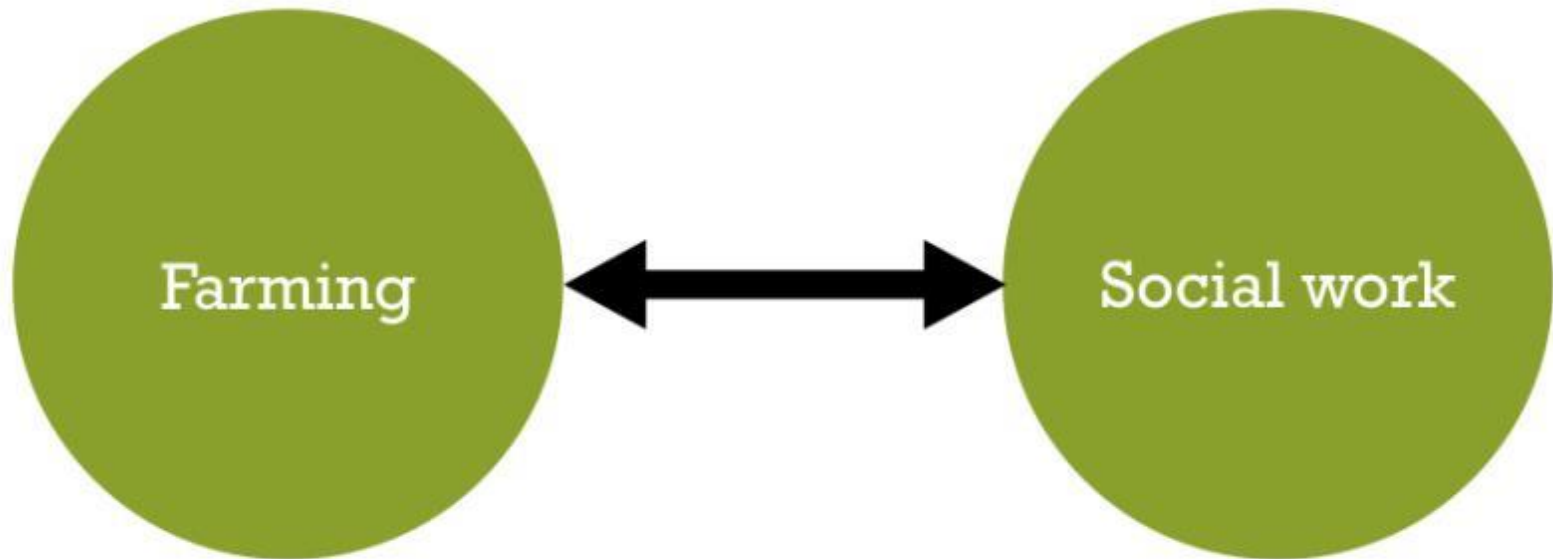
We provide stability and direction  
- at the times when people need them the most -  
through farm life and work in the Dorset countryside

**We achieve this by harnessing the therapeutic  
value of farming and the countryside**



## Providing stability and direction

**Our work combines:**





## **Providing stability and direction**

**Our farm has been commissioned to provide educational services for the last eight years**

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**Why are farms an ideal environment for learning?**



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**Visualising  
Auditory  
Kinaesthetic**



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### **Exercise**

What's your learning style?

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**98% of the young people we work with are kinaesthetic learners**







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### **Resilience**

To bounce back from adversity



# Providing stability and direction

Basics	Belonging	Learning	Coping	Core Self
Good enough housing	Find somewhere for the child to belong	Make school life work as well as possible	Understanding boundaries and keeping within them	Instil sense of hope
Enough money to live	Help child understand his/her place in the world	Engage mentors for children	Being brave	Teach the child to understand other people's feelings
Being safe	Tap into good influences	Map out career or life plan	Solving problems	Help the child to know her/himself
Access and transport	Keep relationships going	Help the child to organise her/himself	Putting on rose-tinted glasses	Help the child take responsibility for her/himself
Healthy diet	The more healthy relationships the better	Highlight achievements	Fostering their interests	There are tried and tested treatments for specific problems, use them
Exercise and fresh air	Take what you can from any relationship where there is some hope	Develop life skills	Calming down and self-soothing	
Play and leisure opportunities	Get together people the child can count on		Remember tomorrow is another day	
	Responsibilities and obligations		Lean on others when necessary	
	Focus on good times and places			
	Make sense of where child has come from			
	Predict a good experience of someone or something new			
	Make friends and mix with other children			



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**What are the results?**



## **Providing stability and direction**

### **Attitudes to learning (teacher survey):**

- 100% reported increased motivation
- 89% reported improved communication skills
- 66% reported improved behaviour
- 44% reported increased attendance



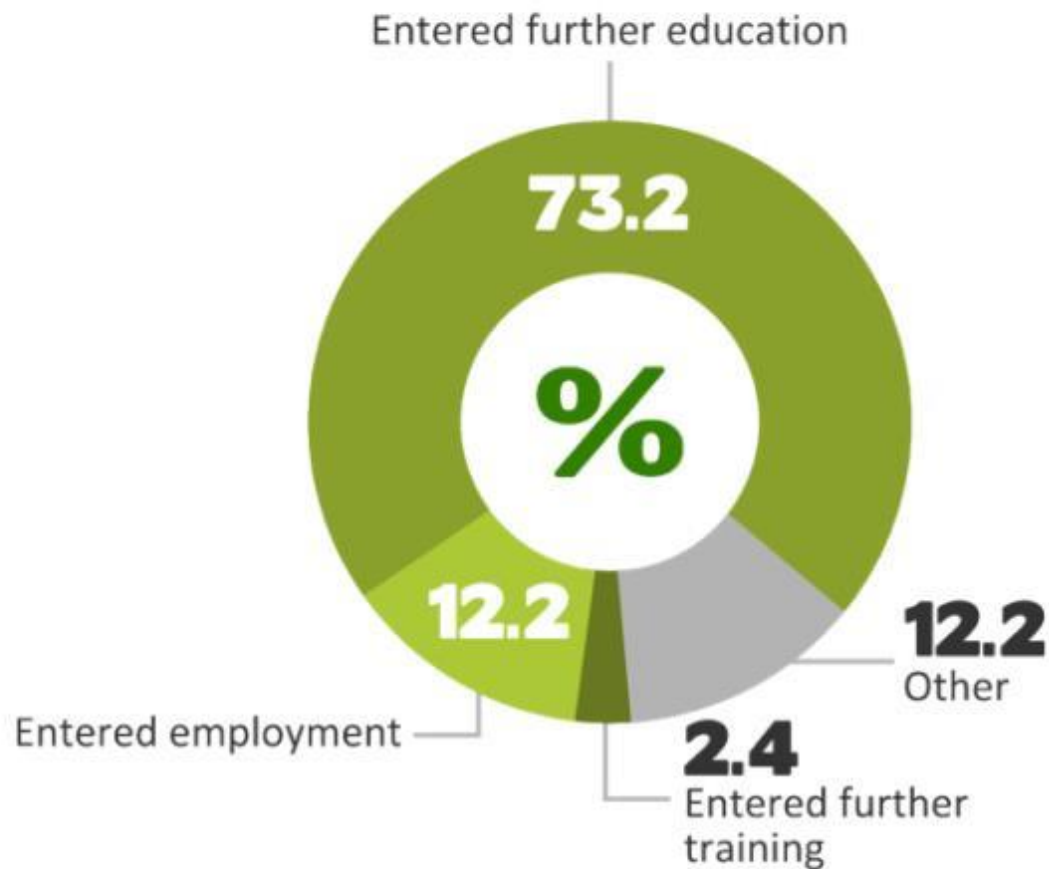
## Providing stability and direction

*We have sent five students from my year group to Future Roots this year and for most, if not all of them, their visits have been their most positive experience within the education system thus far. I have been extremely happy with the positive relationships built up with staff and these mutually respectful relationships do not happen by chance, but through getting to know these disparate characters as individuals and then making sure they were helped to develop in a way that suited them.*





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**Providing stability and direction**



**Bournemouth  
University**



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**Aim:** to understand our impact on the mental and social health of young people with BESD who are at risk of becoming NEET

**Method:** mixed method using qualitative and quantitative techniques captured over nine months, contextualised using the RE-AIM framework.

**Quant results:** strong suggestion of positive changes in emotional regulation, conduct, hyperactivity, peer problems, pro-social behaviour, and coping.

**Qual results:** improvements in personal and social functioning, and personal development as well as reduction in (self reported) mental health risks

## Conclusions...

## Next steps...





**Thank you**