

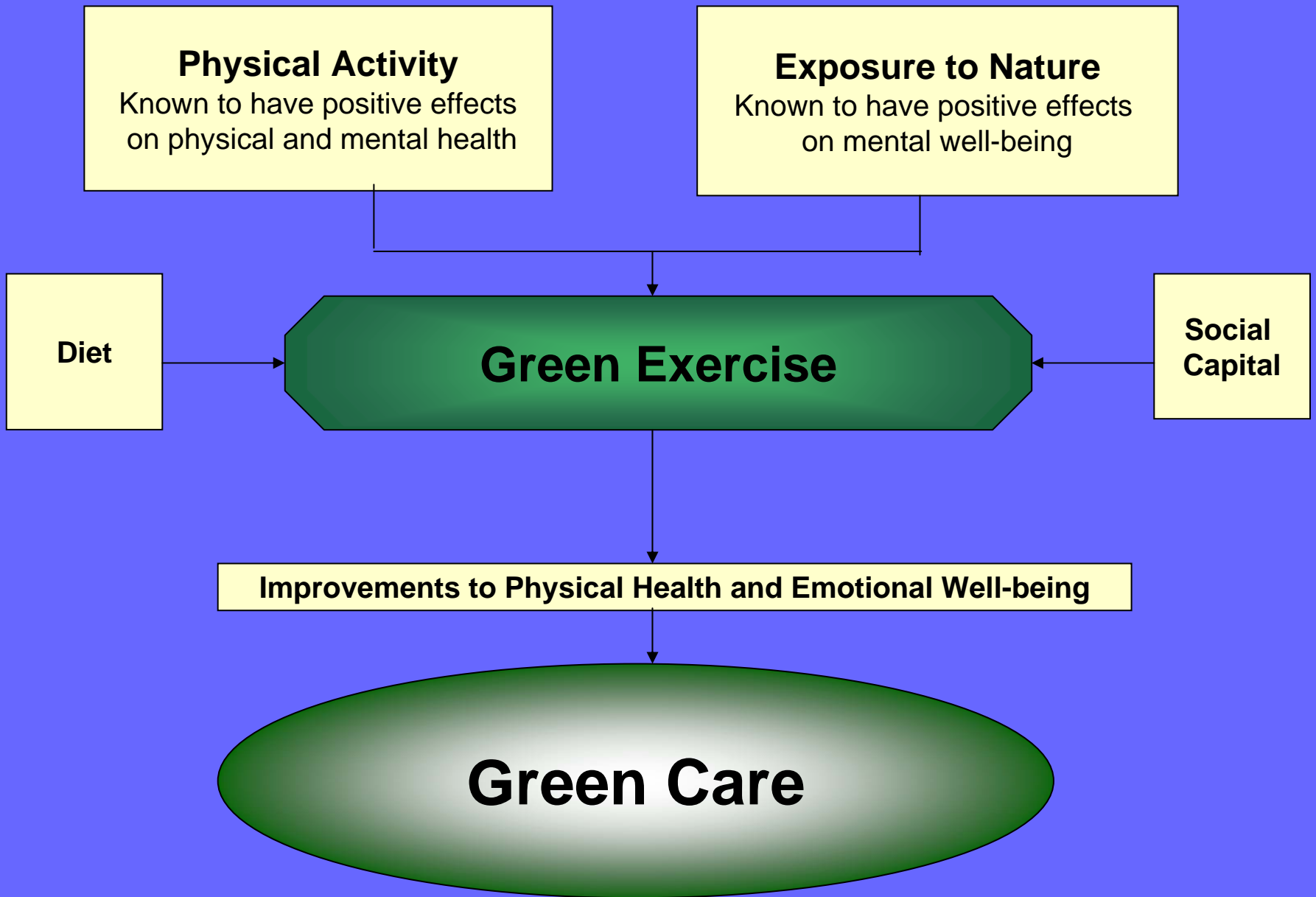
Green Care and Care farming in the UK

COST 866 Green Care in Agriculture – Vienna, June 20-22



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Multifunctionality - A new model for farms

- Food
- Income generation
- Wildlife and biodiversity
- Landscape aesthetics
- Carbon sequestration
- Flood protection
- Clean water
- **Health services**
- Social capital
- Leisure and recreation
- Historic features
- Community



Green Care

Care
Farming

Social
and
Therapeutic
Horticulture
SHT

Animal
Assisted
Therapy
AAT

Other nature-
related
therapies-
Ecotherapy,
Onotherapy,
and more

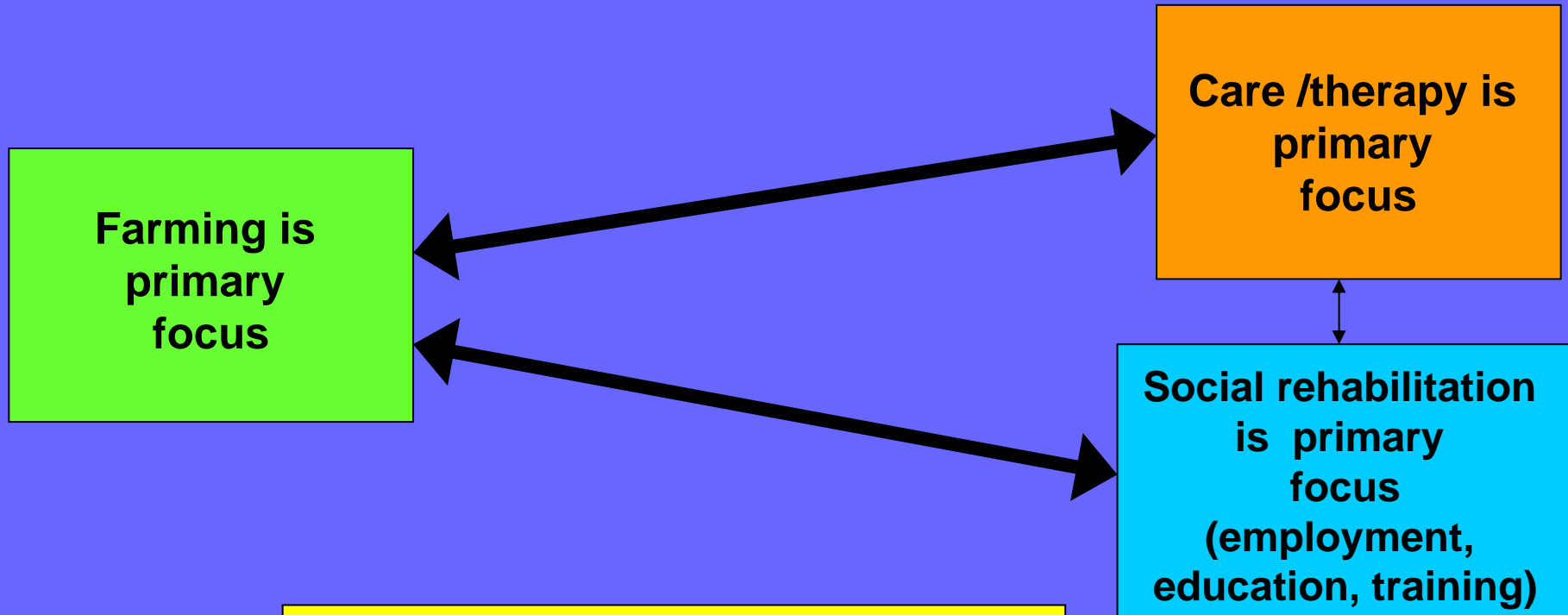
Range of different contexts, activities, health benefits,
clients, motivations and needs.

Care Farming in Europe



- Several hundred care farms in Europe: Norway (500), the Netherlands (600), Italy, Germany, Austria, Belgium, Slovenia and much interest in UK, Ireland, Sweden, Poland and more
- Farming for Health, Care Farming and Social Farming - many different terms
- Research Issues:
 - common to all countries
 - until recently been largely qualitative and anecdotal
 - lack of formal evaluation, research and statistics
 - methodological and theoretical challenges to research
 - research initiatives are currently underway examining the physical, mental and social health benefits of green care for various populations and groups

Care Farming – range of motivations and focus



- Variations:
- Level of integration into farm system
 - Independence of participants
 - Number of participants
 - Type of organisation
 - Funding
 - Contexts

Care Farming in the UK

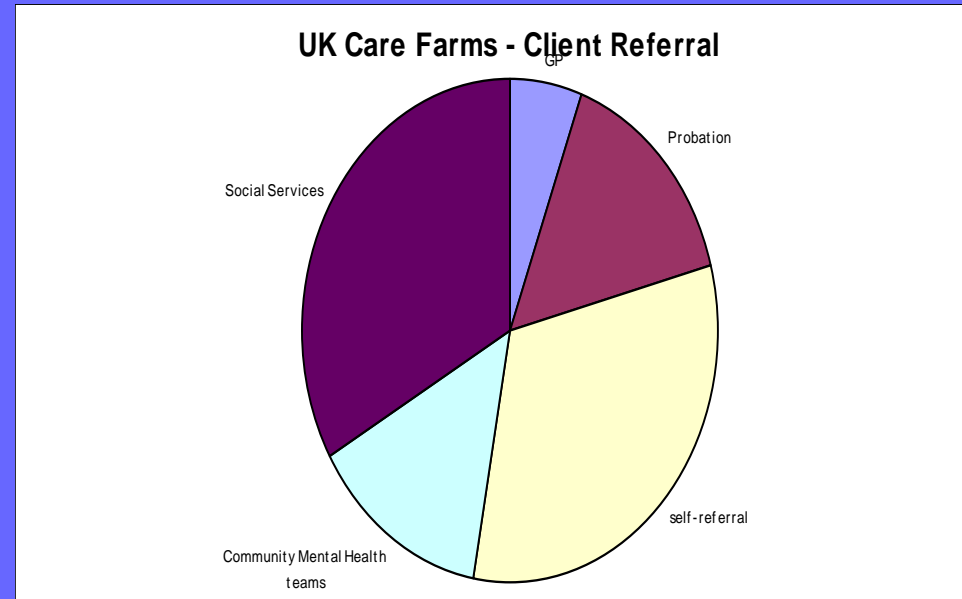
- Interim findings of NCFI(UK) Phase 1 Research

- An initial overview of the range and number of current care farming initiatives currently operating in the UK
- 43 care farms in study so far
 - still receiving questionnaires - tip of the iceberg?
- Vary in size from 0.4ha to 360ha
- Mixed farms – livestock, grazing, woodland and arable
- Length of time Care Farming varies from 1 to 34 yrs
- Number of days a week care farming between 1 & 7
- Majority do not offer residential care (13 do)

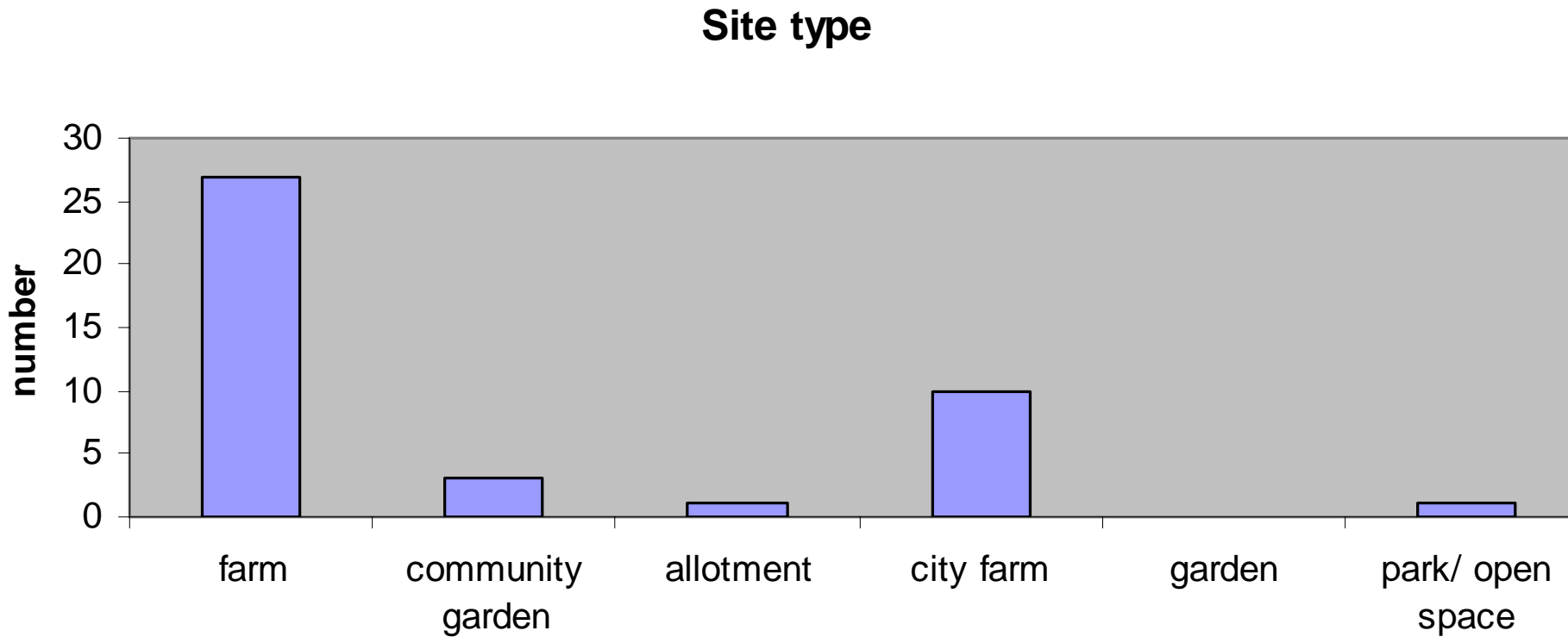


Care Farming in the UK

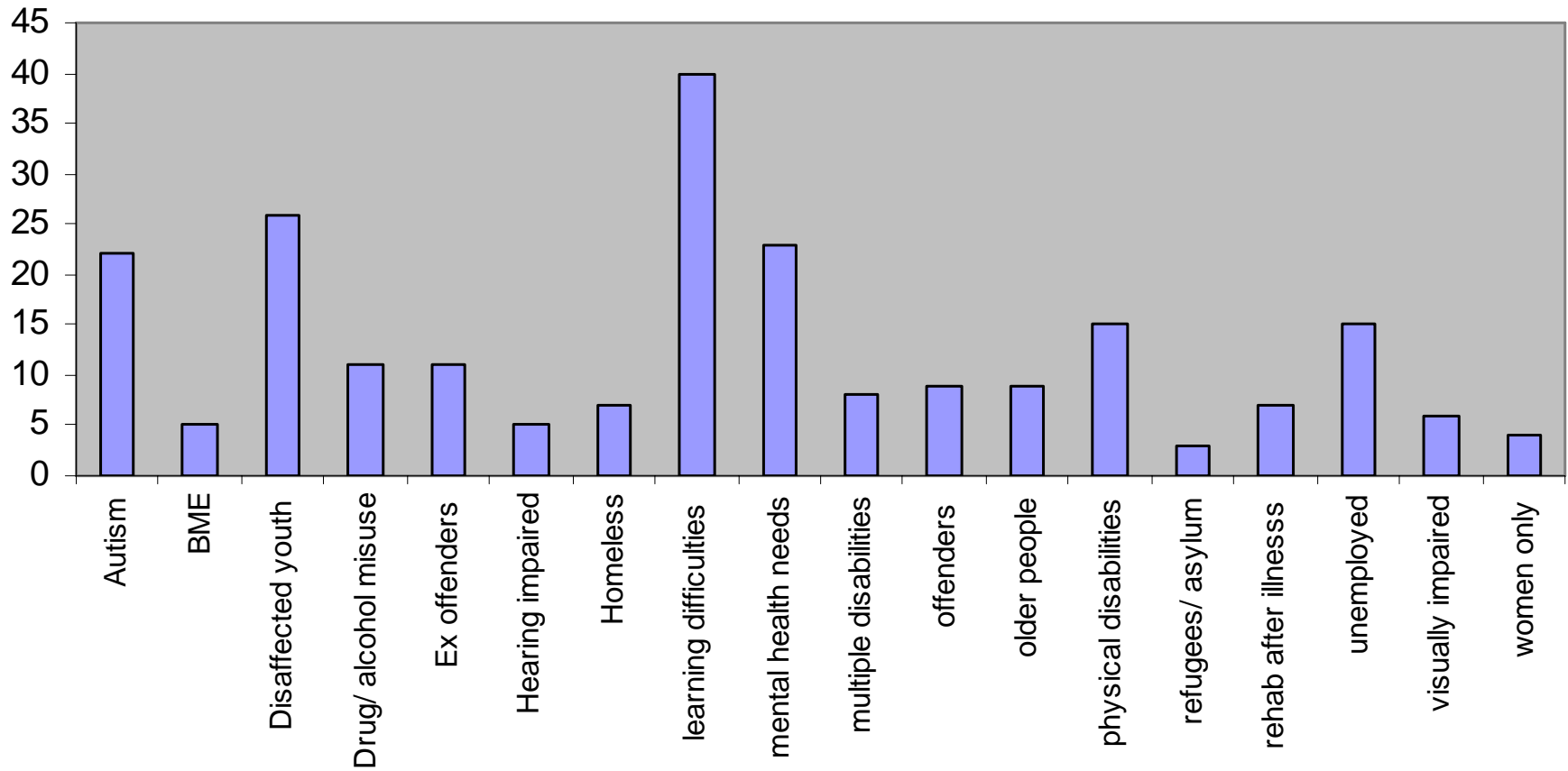
- Type of organisation
 - Farm 40%
 - Charity and company limited by guarantee 28%
 - City Farm 28%
- Main groups of people/clients
 - Learning difficulties 93%
 - Disaffected youth 60%
 - Mental Health needs 53%
 - Autism 51%
- Approx. 3,500 users per week
- Number of people employed -153 FTE, 135 PTE, 320+ volunteers



UK Care Farms – site type



Participants on UK Care Farms

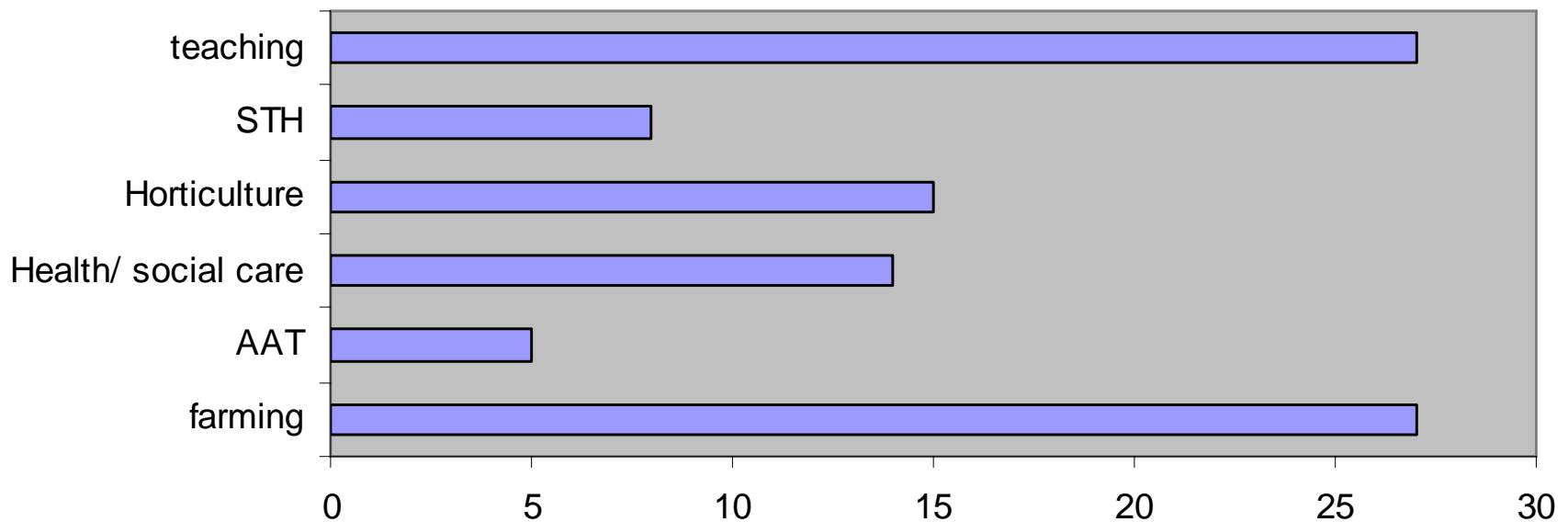


Care Farming in the UK

- Fees vary - £36 per day, £8 per hour, £45 per hour (group of 8), £19 per client
- Sources of funding – usually multiple
 - Self-generated 44% - Local Authorities 40% - Charitable trusts 40%
 - Client fees (direct) 26% - Client fees (paid by healthcare trusts) 26%
 - Learning and Skills Council 21%
- Motivations for becoming a care farm
 - to make a difference,
 - to extend a service,
 - to give opportunity to vulnerable or disadvantaged groups
 - to provide a connection to nature

Qualifications of UK Care Farmers

Qualifications of UK Care Farmers



Care Farming in the UK – Interim findings 4

Benefits of Care Farming		
Physical	Mental Health and well-being	Social
<ul style="list-style-type: none">• Other skills (86%)• Improved physical health (84%)• Farming skills (79%)• Other	<ul style="list-style-type: none">• Increased self-esteem (91%)• Increased Well-being (88%)• Improved mood (81%)• Increased awareness (79%)	<ul style="list-style-type: none">• Team work (88%)• Social skills (84%)• Personal responsibility (84%)• Work habit (81%)• Work success• Independence

- **Successes**
 - Seeing the effects of care farming on people, making a difference to people's lives
 - Helping the excluded become included
 - Positive feedback
- **Challenges**
 - Funding and resources
 - Legitimacy
 - Health and Safety - Insurance



What is Special?



“Care farming is special for us because we see the benefits to individuals who sometimes come to us with a long history of social exclusion, complex mental health issues and learning disabilities. To see these people thrive and develop within our project and sometimes move on to employment is very gratifying”

“Farm work and animals in particular are a great way to break down barriers and outdoor work can be of particular therapeutic benefit.”

“several hundred young people and adults who were disadvantaged in some way have been given the opportunity to fulfil their potential and escape the day centre or failing mainstream education trap”

“To see others benefit from our lovely farm that we ourselves so enjoy. It is a privilege to see the progress created in others’ lives, simply by sharing the farm livestock & environment with them”

“Nice to see farming putting a smile on someone’s face”

In depth health benefit analysis of at least 5 case studies - underway

- Range of contexts and type of care farm
- Very small study – to be relevant to farming activities
- Validated standardised instruments Self-esteem (Rosenberg) and – POMS
- Pre and post testing
- Qualitative element also
- Not a full study due to remit of research – aim to identify research gaps to secure future funding

The way forward.....

- Farmers need a scientific basis for green care services, and they need development of health policies and economical systems that make such services a predictable income.
- Inclusion of care farming into policy agendas
 - Agriculture
 - Health care
 - Social service provision
 - Social inclusion
 - Probation and offender management
- Engagement of *all* stakeholders
- Research - Policy makers and service providers alike need hard evidence of the benefits of care farming
- Not only evidence of physical and mental health benefits, but also evidence of social and economic benefits - to justify existence and to secure funding
- NCFI(UK) will continue to promote and support the expansion of care farming throughout the UK
 - Support existing care farmers
 - sourcing funding and sharing good practice
 - Providing legitimacy

From Green Exercise to Green Care - current University of Essex research



- Repeat laboratory study of views with cardiac rehabilitation patients
- Feasibility study - working with a local mental health partnership trust to compare green exercise and cognitive behavioural therapy (CBT) as treatment options for patients suffering from mild-moderate depression
- Working with a wilderness foundation assessing individuals connectedness to nature during an excursion – ties to adventure therapy
- National Trust study of multifunctionality of farmland and nature reserves, including green exercise
- Working with BTCV Cymru evaluating the impact of environmental volunteering on behaviours, attitudes to the environment and connectedness to nature

Relevant publications

- Pretty J, Peacock J, Hine R, Sellens M, South N and Griffin M. 2007. Green Exercise in the UK Countryside: Effects on Health and Psychological Well-Being, and Implications for Policy and Planning. *J. Environ. Planning and Manage.* 50(2) 211-231
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