

* Health and Wellbeing * at Fordhall Organic Farm

Farm Fridays - 10am-4pm every Friday

Get stuck in!

Be part of something brilliant! Our community owned farm thrives supported by our wider Fordhall family of wonderful volunteers. It is a hands on day of volunteering, getting involved in maintenance tasks and conservation around the farm. A rewarding opportunity to meet others and learn new skills working on some exciting projects. The session leader will provide support and advice, no one will be thrown in at the deep end, and a range of tasks can be tailored to ensure they are as assessable as possible. It's vital anyone thinking of coming along talks to us first so we can ensure the day will work for them and us.

What to expect

One week we might be helping to build a new visitor hub, the next getting hands on with a conservation task in the woods. No two weeks are the same, but we can guarantee a steady flow of hot cuppas, broad smiles, exercise that doesn't feel like exercise and lung fulls of fresh air!

A mood boosting, confidence building, fun day for all! Current volunteers say they leave with a huge sense of satisfaction they have contributed something wonderful which will have a lasting legacy on the farm. Our community owned farm couldn't function without the input of our valuable volunteers who really do move mountains and make the most extraordinary projects come to life.

Good to know

- * All sessions must be pre booked.* Open to all! You might have time on your hands and simply want to contribute to your local community owned farm or feel you would benefit from activity in the fresh air and the company of others?
- * Each new attendee will be asked to arrive a little earlier complete a brief wellbeing assessment, a simple form completed privately. This allows us to understand the impact of the project, help shape its future and ensure its sustainability.
- * Bring sensible footwear and waterproof warm gear, we are out in all conditions. You're welcome to bring a packed lunch or grab something tasty from our wonderful tearoom or farm shop (discount available for volunteers!)
- * For age 18+.
- * Fridays don't work for you? We have a number of volunteer weekends throughout the year.

*Contact Nicola on community@fordhallfarm.com or 01630 638696 for more information.
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