

# \* Health and Wellbeing \*

## at Fordhall Organic Farm

Feel Good Friday - 11am-1pm every Friday

### Fresh air and broad smiles

Join us on our community owned farm for a relaxing and calm outdoors session. With a focus on building resilience, confidence, improving mental and physical wellbeing, Feel Good Friday is for those earlier in their mental health and wellbeing journey. The session will start off with a bit of a gentle walk followed by some light gardening of some form, or possibly woodwork such as making planters. Later everyone will share a light lunch, perhaps a nutritious bowl of soup from Arthurs Farm Kitchen, a chance to chat, reflect on the session and connect.

### Bespoke for you

The sessions can very much be shaped to the interests of attendees and will never be more than five in a group.

### Make a day of it?

People are then very welcome to stay on for the Afternoon Amble which runs 1-3pm or head off at that point. The same session leader for Feel Good Friday runs the Afternoon Amble so there is the reassurance of continuity and support for those that need it.

### Good to know

- \* All sessions must be pre booked.\* We welcome self-referrals or referrals through other support services. The first session is a taster session with no commitment.
- \* Each new attendee will be asked to arrive a little earlier complete a brief mental health and 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.
- \* Suggested donation of £5 is only for those that are financially able to contribute, we want to welcome as many people as possible to the farm who would benefit from time here.
- \* Bring sensible footwear and waterproof warm gear, we are out in all conditions.
- \* Fridays don't work for you? Our farm trails are free to access and open to the public Tuesday to Sunday, why not pop along to say hi and explore the farm?

\*Contact Nicola on [community@fordhallfarm.com](mailto:community@fordhallfarm.com) or 01630 638696 for more information.  
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