

# Care Farming at Magdalen

## Animals are the best therapy

Registered Charity Number 1002373

**Our aim is to be the pioneering centre for Care Farming in the South West of England**

'Care Farming' - a new, simple, and very effective concept. Instead of (or as well as) taking conventional medicine, a patient is prescribed a session, or series of sessions, on a working farm. Close contact with animals, crops, woodlands and the rural landscape has been proved to be highly therapeutic for a very wide range of people.

GPs and social services now recognise care farming as an effective alternative to traditional medical treatment, therapy or work training and farmers are being contracted to provide a 'health service' whilst continuing with their normal activities.

Most of our 'patients' will have very obvious medical or social needs. Disaffected young people, psychiatric patients, people with depression, people with learning disabilities, early-stage Alzheimer's patients, those suffering from work-related stress, or ill-health arising

from poor life-style - all of these will benefit from sessions at Magdalen.

We have long-term experience of caring here. Groups of young carers come here for therapeutic holidays, children with Special Needs have amazing eco-learning adventures, a young woman with Down's Syndrome is supported with regular work experience. We are particularly proud of our probation placements for adults serving Community Punishment Orders, many of whom respond with real hard work and enthusiasm when they see and appreciate how it is helping others. The same applies with hands-on activities for children who are excluded, or in danger of being excluded from school.

*The opportunity to experience this as part of a structured day or residential programme can only be of great benefit to many people, particularly those with mental or stress-related illnesses or lifestyle-*

*induced conditions, whether children or adults, and whatever their social background.*



*The Care Farm concept, especially at Magdalen Farm, where there is a proven track record of introducing young people and others to nature, is one whose time has come. It needs developing extensively, for the benefit of many, especially by providing a residential experience to 'live next to nature' for a few days.*

**Dr Andrew Tresidder,  
MB BS Cert Med Ed**



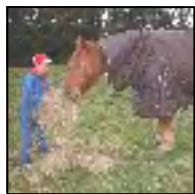
Close contact with animals is of enormous benefit to anyone with the sort of problems mentioned above. Here at Magdalen we have two pigs, two cows, three calves and a small flock of sheep. We desperately need funds to increase our stock. On the back of this sheet there is a list of the animals we need and the equipment needed to house them. Please help us to buy them.

Part of a letter from the National Probation Service, Avon and Somerset, about offenders on community service placements:

*"It is very rewarding to see those people who have had few positive experiences in life actually feel that they have had their input appreciated and that for some of them this has meant moving on to further voluntary work or paid employment, gaining skills and gaining self-respect ... we believe it (their experience at Magdalen) does bring about a gradual reduction in offending ... So - a big thank you in recognition of your part in this work."*



Here is our 'Wish List'. The calves, pigs and chickens will be organic registered. Any school, company or individual that funds a whole animal (or in the case of chickens, a shed full) will be invited to name their chosen animal (or shed). Schools - or companies – why not raise the money for one or more animals by contributing 50p or a £1.00 to name one or more? First name out of the hat is the winner! Regular reports on how 'your' animals are doing will be published in our newsletters.



**One Large Very Strong Horse**

A working cob  
The horse will need the following equipment so that it can replace the tractor for so many vital jobs on the farm.

- Horse..... £3,500.00
- Collar and harness.....£250.00
- Four Wheel cart..... £1,800.00
- Two Wheel tipping cart .....£500.00
- Harrows.....£150.00
- Plough.....£150.00
- Horse hoe.....£100.00
- Field shelter.....£400.00
- Total for horse and equipment..... £6,850.00**



**Four Gloucester Old Spot Pigs**

- Young gilts @ £60.00 each.....£240.00
- Also required is a pig shelter .....£200.00



**Two Goats**

Will need to come from a breeder who specialises in friendly, approachable animals. After 12 weeks at Magdalen their milk will be fully organic as will all their future kids  
Cost £80.00 each.....£160.00  
Also required - shelter and milking area....£350.00

**Chickens at Point of Lay**

50 chickens per shed @ £4.50 each.....£225.00  
Name a group of 50 (too many to name individually!)  
Our happy, free range hens will be alive and laying for ten years or more - normally laying hens are replaced after 18 months or less  
We need four or five sheds  
each costing.....£1,000.00  
Each shed will require drinkers, feeders and fencing .....£750.00



**20 Aberdeen Angus x Friesian Heifer Calves**

- Breeding stock @ £100.00 each ..... £2,000.00

**Accessible Fencing with Gates and Styles**

for improving disabled access and for making the animal paddocks secure  
Approximate total cost .....£5,000.00

I / we would like to support Care Farming at Magdalen. A cheque for £ ..... payable to The Magdalen Project is enclosed.

Please use this donation to buy ..... I / we would like you to name it / them ..... (relevant amount for naming an animal please) or please use this donation towards the cost of any of the animals or equipment listed above (delete as appropriate)

Contact Name ..... Organisation .....

Address .....

Postcode .....

Telephone ..... E-mail address .....

If you are a UK taxpayer you can make your donation worth an additional 28% at no cost to yourself. If you would like to gift aid your donation please tick the box  and sign .....

Donations should be sent to Sarah Gleadell, Development Manager, The Magdalen Project, Winsham, Chard, TA20 4PA

Help us to buy these animals and you will be helping people with all sorts of problems to get their lives back. Thank you!