


## Social Farming Across Borders Pilot Farm Profile:

### Section 1 – Your Details

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### Section 2 – Your Farm

<p>About my Farm:</p> <ul style="list-style-type: none"> <li>➤ It is very special to me, as it is set in a beautiful area, with a fantastic view of the Mourne Mountains.</li> <li>➤ The horses, cows, hens, dogs and cats on my farm are very important to me.</li> <li>➤ When foals and calves are born, it is very rewarding.</li> <li>➤ Watching then grow and become characters in their own right.</li> </ul>	
<p>Farm Activities offered to the Participants:</p> <ul style="list-style-type: none"> <li>➤ Vegetable growing, garden work.</li> <li>➤ Interacting with the horses, foals and young stock</li> <li>➤ Checking cattle, cows and calves.</li> <li>➤ Collecting hens eggs, cleaning out as need be, feeding and watering</li> <li>➤ Painting stable doors</li> </ul>	
<p>Preferred days of the week:</p> <ul style="list-style-type: none"> <li>➤ Wednesdays</li> </ul>	
<p>Projects on-going at the moment:</p> <ul style="list-style-type: none"> <li>➤ Repair and restore timber stable</li> <li>➤ Boundary fencing, posts in situ, sheep wire to be fixed</li> <li>➤ Tree and hedge planning</li> </ul>	

### **Section 3 – Your Locality & Community**

Nearest Services: Rathriland, shops, post office, banks, Health centre, Pharmacy

Nearest town: Rathriland

Nearest public transport or rural transport initiative:

Ulsterbus stop 1 mile away, Rural Transport can be arranged

My locality and community interests :

- Conservation area at the boundaries of my farm
- Walking groups use the area, there is a 'green lanes' network
- 'Bronty Centre' close to the farm
- Vintage Club run rallies in the area
- Cattle mart close to farm

### **Section 4 – You, the Farmer**

Me and my Farm:

- I am an occupational therapist, who has worked with people who have mental health issues, learning difficulties and physical disabilities.
- I have assessed individuals for work placements
- One of my strengths would be the ability to break down a task to help the participant to undertake the activity, step by step, in order that they achieve success, which is important for their self esteem

Other information:

- Just being on the farm is therapeutic, as all life happens here.
- Being exposed to the changing seasons, keeps me in touch with reality and the pattern of nature.
- I notice when new life bursts forth
- Daffodils, buds on trees and hedges, birds singing and busy making nests
- I love being on my farm and I like sharing my experiences with others

