

# Be Empowered Farm Futures

## **Exciting new things**

We plan to expand our service to deliver a forest school. We are very excited about this and training is due to commence in the next few months. Forest school is an inspirational process that offers all learners regular opportunities to achieve and develop confidence and self esteem through hands-on learning experiences.

After having the bespoke support and one of our coaches as mentor; we are delighted to say that one of our volunteers has now secured employment. We were able to guide her through initial training stages and she has successfully passed after multiple years of trying to gain employment.

We are excited to announce we are now collaborating with JUICE, Cadbury Heath. The team are driven and enthusiastic and we look forwards to sharing these qualities at work. We are going to be working together to supply planters for the community and planning a future men in sheds project.

### **Qualifications**

Congratulations to 6 of our clients on passing their cache level 2 qualifications in subjects from Nutrition and Health to Autism Awareness. Also, The BEFF team have successfully completed and passed their Health and Safety In The Workplace.

#### 12th MARCH

#### PLANT A FLOWER DAY

"Don't let the tall weeds cast a shadow on the beautiful flowers in your garden."

Two members of our team are participating in an organic growing course with St Werburghs City Farm, running from February to June.





#### In a polytunnel



Things to sow: Aubergines, broccoli, cabbage, carrots, cauliflower, celeriac, celery, chard, coriander, fennel, kohlrabi, lettuce, peas, radishes, rocket, spinach, spring onions, strawberries, tomatoes.



Things to harvest: Beetroot, broccoli cabbage, carrot, cauliflower, celeriac, celery, chard, coriander, daikon, kohlrabi, lettuce, pak choi, radishes, rocket, spinach, spring onions, turnips.