Be Empowered Farm Futures

Exciting news…

You may have seen on our Facebook page, our amazing news that in October we opened the gates to our land, it has been four long years of pushing forward in what has felt like a maze of knock-backs and dead ends. However with our vision and passion always at the forefront of our mind, we pushed forward, always believing that one day our dream would become a reality.

At Empowering Futures we believe that with the right holistic support everybody can move forward with small steps to achieve whatever their own personal goal is. We provide personal tailored support to those most vulnerable in our community through Animal therapy, Horticulture therapy and bespoke coaching.

We want you to share in our journey and update you at every step of the way. We love getting your input and feedback which can feed into & influence our decision making. So watch this space and help us develop this beautiful piece of land into something that changes peoples lives for the better and for it to become a calm, therapeutic space that people look forward to coming to.

We couldn't let halloween pass without a fundraising event for our animal care, just look at these amazing treats (no tricks) well maybe a few little tricks found their way in…They were plant based, egg and dairy free, and they went down a…..treat…

In a polytunnel

Things to sow:
Broad Beans, Cabbage,, Coriander, Kohlrabi,, Radishes, Spring Onions.
Things to harvest:
Aubergines, beetroot, Cabbage, Carrot, Cauliflower, Celeriac, Celery, Chard, Coriander, Courgettes,

Cucumber, Daikon, French Beans, Fennel, Kohlrabi, Lettuce,, Pad choi, Peppers, Radishes, Rocket, Spinach, Spring Onions, Strawberries, Sweetcorn, Sweet Potatoes, Tomatoes.

31st October 2020

Halloween

We hope everybody stayed safe and managed to celebrate in these uncertain times

Signs of the Month -

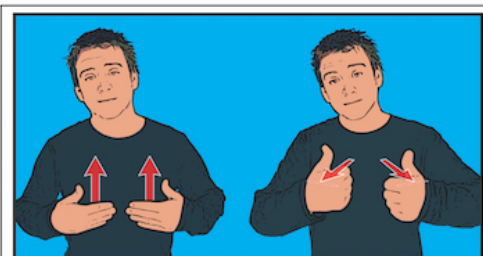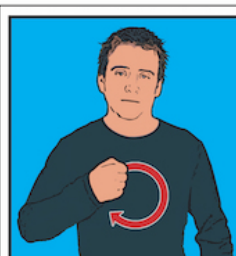BRITISH SIGN LANGUAGE - **GREETINGS**

HELLO

GOOD

MORNING

AFTERNOON

NIGHT

HOW ARE YOU?

THANKS/PLEASE

SORRY

GOODBYE