

CULTIVATE

Rural Education & Well-being Programme

Vision

To create a welcoming farm-based learning and well-being hub that connects people of all ages with nature, food production, animals and the countryside through meaningful outdoor experiences.

The farm will deliver a range of accessible programmes that support early years learning, curriculum-based education, practical skills, community wellbeing, and social connection.

Programme Structure

The Cultivate Programme consists of four interconnected strands, each serving a different audience while sharing the same core values of learning, wellbeing, inclusion and connection with food, farming and nature.

Through *Tiny Trowels*, *Growing Minds*, *Roots to Work* and *The Gathering Ground*, the commercial family farm will provide a lifelong pathway of learning, well-being and social interaction for people of all ages. All rooted in the belief that stronger communities grow through meaningful connections with food, farming, nature and each other.

The programme will be delivered through a blended model of free, funded and income-generating activities. Wherever possible, funding, grants and partnerships are used to provide free or subsidised access for individuals, families and communities who may otherwise face barriers to participation.

Alongside this, the CIC will offer chargeable visits, workshops, training and community activities, with income generated being reinvested directly into the organisation's social mission.

This approach helps ensure the long-term sustainability of the programme while maintaining inclusive access and creating lasting opportunities for learning, wellbeing and community connection.

Tiny Trowels – Early Years Farm Experiences

Little Hands. Big Discoveries.

Hands-on outdoor experiences for young children to explore, play, learn and grow through nature and farming.

Growing Minds - Curriculum Linked School Visits

Where Learning Links to Life

Engaging farm-based learning experiences that bring the curriculum alive through real-world connections to food, farming and the natural environment.

Roots to Work - Skills, Employability & Accredited Learning

Growing Potential. Farming Futures

Practical skills, confidence-building and progression opportunities that support employability, alternative learning and future pathways.

The Gathering Ground – Health & Wellness Drop In

Opening the Gate to Community Connection

An informal, welcoming space for all ages to connect, spend time outdoors, share experiences and enjoy the wellbeing benefits of community and nature - without pressure, expectations or a set agenda.

Together, these programmes create a pathway from:

Discovery → Learning → Opportunity → Connection

Tiny Trowels

Early Years Farm Experiences

Target Audience

Pre-school children aged 1 – 5 and their parents or carers.

Purpose

Tiny Trowels provides relaxed, parent-accompanied farm sessions where children can learn through play, exploration and hands-on experiences in a natural environment.

The focus is on child-led curiosity, confidence, sensory experiences and connection with nature rather than formal education.

Activities

- Planting, growing and harvesting
- Animal encounters
- Storytelling
- Nature exploration
- Seasonal activities
- Mud kitchen and outdoor play

Outcomes

- Improved child wellbeing
- Increased outdoor play
- Development of communication and social skills
- Increased confidence and independence
- Stronger family connections
- Positive early experiences of food, farming and nature

Little Hands. Big Discoveries.

Growing Minds

Curriculum Linked School Visits

Target Audience

- EYFS
- Key Stage 1
- Key Stage 2
- Key Stage 3

Purpose

Growing Minds provides curriculum-linked educational visits that bring classroom learning to life through practical farm-based experiences.

Children gain first-hand understanding of food production, farming, environmental stewardship and the natural world.

Curriculum Areas

- Science
- Geography
- Design & Technology
- PSHE
- Environmental Education
- Sustainability

Learning Themes

- Food and farming
- Plant life cycles
- Animal care and welfare
- Habitats and ecosystems
- Soil and growing
- Sustainability

Outcomes

- Enhanced curriculum understanding
- Increased environmental awareness
- Greater engagement with learning
- Improved knowledge of food production
- Stronger connection to nature

Where Learning Links To Life

Roots to Work

Skills, Employability & Accredited Learning

Target Audience

- Key Stage 3
- Key Stage 4
- Post-16 & Young Adults
- Alternative Provision
- Home Educated Learners
- SEND learners

Purpose

Farm Futures provides practical, hands-on learning experiences that develop confidence, life skills, employability and pathways into further education, volunteering or work.

The programme is designed to support personal development and provide meaningful opportunities for young people who may benefit from alternative learning environments.

Potential Activities

- Horticulture projects
- Animal care
- Land management
- Conservation activities
- Enterprise projects
- Practical skills development
- Volunteering opportunities

Potential Qualifications & Frameworks

- ASDAN Programmes
- Duke of Edinburgh Volunteering
- Employability Awards
- Personal Development Awards
- Environmental Projects
- Community Volunteering

Outcomes

- Improved confidence
- Increased employability skills
- Personal development
- Improved attendance and engagement
- Progression into education, training or employment

Growing Potential. Farming Futures.

The Gathering Ground

Health & Wellness Drop In

Target Audience

Adults, older people, carers, community groups, individuals or parents experiencing loneliness, isolation or wellbeing challenges.

Purpose

The Gathering Ground provides a welcoming, non-clinical outdoor environment where people can improve wellbeing through nature, meaningful activity and social connection.

Activities

- Gardening
- Animal interaction
- Arts and crafts
- Nature walks
- Outdoor mindfulness
- Craft Projects
- Tea and conversation

Outcomes

- Improved mental wellbeing
- Reduced loneliness
- Increased confidence
- Stronger social connections
- Improved access to nature
- Greater community resilience

Opening the Gate to Community Connection

Shared Values

Across all programmes we aim to promote:

Connection

Building stronger relationships between people, nature and community.

Curiosity

Encouraging exploration, discovery and lifelong learning.

Inclusion

Creating welcoming opportunities for everyone.

Wellbeing

Supporting physical, emotional and social wellbeing.

Stewardship

Developing understanding and respect for animals, food production and the environment.

Community

Strengthening local networks and creating opportunities for people to connect and thrive.

Through *Tiny Trowels*, *Growing Minds*, *Roots to Work* and *The Gathering Ground*, the farm will provide a lifelong pathway of learning, wellbeing and community connection for people of all ages.

Cultivate @ Field to Feast

Growing Food, Futures & Community