

How can you support us?

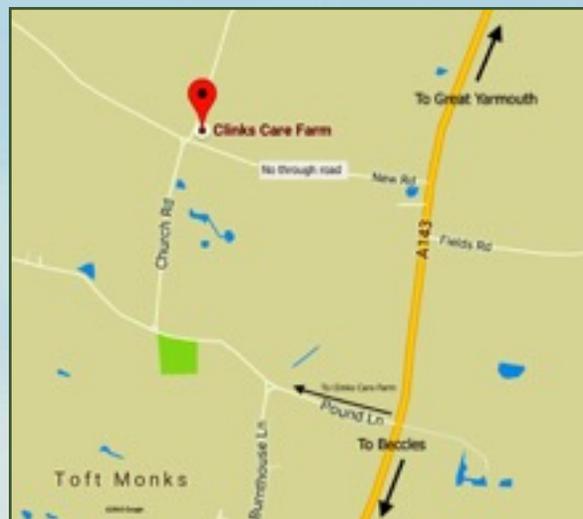


- **Become** a *Friend of Clinks Care Farm* (no membership fee) and receive our newsletter.
- **Sign up** to our weekly Veg box or Meat box scheme.
- **Buy** our produce direct from the Barn Shop or Veg Stall. See website for opening times.
- **Give** your time and become a Volunteer.
- **Help out** at farmer's markets, or with projects such as tree planting by joining a team of *Friends*.
- **Invite** us to your social group or organisation to give a talk about Clinks Care Farm.
- **Come along** to our Open Days and annual Ceilidh.
- **Learn** with Clinks Care Farm - promote local school visits and high school and college students on work experience or Duke of Edinburgh Award placements.
- **Hire** our Hog Roast and buy a pig for your party or function.
- **Fundraise** to raise funds for the care farm.

Where to find us

We are just off the A143 between Toft Monks and Haddiscoe. Look out for the signs to Clinks Care Farm and the Barn Shop on the A143.

Parking is available outside the Barn Shop



Clinks Care Farm
Church Road
Toft Monks
Norfolk
NR34 0ET
Tel: 01502 679134

Emails: admin@clinkscarefarm.org
friendsof@clinkscarefarm.org

For more information please see our website:

www.clinkscarefarm.org.uk

 Clinks Care Farm



Introduction



Combining the care of the
land with the care of the
people



What is Clinks Care Farm?

Clinks Care Farm is a 143 acre working farm in Toft Monks, South Norfolk. We offer opportunities to disadvantaged people to participate in the work of the farm as Farm Helpers alongside Staff and Volunteers.

The farm has a large market garden with poly tunnels, an agro-forest and orchards and the use of a walled kitchen garden at Sotterley. The farm also has a variety of livestock including sheep, goats, pigs, chickens, and keeps bees.



All our produce – from the meat and eggs to vegetables and fruit – is sold in the Barn Shop, through our Veg Box Scheme and at local markets.

As a social enterprise all our profits are ploughed back into the farm for the benefit of the Farm Helpers.



Why do people like coming to Clinks Care Farm?

The Farm provides a natural therapeutic environment. The jobs on the farm are meaningful and Farm Helpers will work supported by staff and volunteers in small groups. There is a real sense of achievement after a day on the farm. This can have an amazing effect, often resulting in improvements in self-esteem, mood, sleep, appetite and activity levels.

Some Farm Helpers have gone into employment, volunteering or to college following their placements.

Farm Helpers might be involved in:

- Animal husbandry
- Market gardening
- Carpentry, maintenance and working with machinery
- Produce preparation and food processing
- Grounds maintenance
- Conservation work
- Retail work



Becoming a Farm Helper

Farm Helpers may have mental health issues, learning disabilities, autism, brain injuries or dementia. We also support young people (15+) struggling with education.

People come through different routes. Someone may be referred and funded by:

- GP (Primary Care)
- Mental Health Team
- Social Worker
- People can also self refer and self fund



A personal budget will usually pay for placements. More information and referral forms can be found on the website.

Could you help?

The staff at Clinks Care Farm are grateful for the support of our Volunteers, whose previous experience, skills and loyalty provide a varied and vital additional resource.

Our Volunteers support Farm Helpers with jobs on the farm, for example with livestock and gardening, in the kitchen or admin tasks in the office.

If you are interested in volunteering with us please look at the website or ring the office for a chat.

We provide induction, training and support.

