

Social Farming Thematic Initiative Case Studies

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| 1. Case study title: | Clinks Farm, Norfolk |
| 2. Member State: | United Kingdom |
| 3. Contact details (if agreed to publish): | E-mail: Doeke.Dobma@clinkscarefarm.org
Website: www.clinkscarefarm.org |

4. Short description of the case study (please insert a photograph if you have one):

Small farm that provides opportunities for people with mental health and other problems to reconnect with nature and their communities - which in turn offers them a pathway towards recovery, progression and social inclusion.



5. Some key words to describe the case study:

Clinks – Norfolk – mental and physical health problems – horticulture - Norfolk County Council

6. Practical details of the social farming project/activity:

Main target group:	People with mental health problems and dementia.
Purpose:	To create employment opportunities for those facing barriers in the open labour market due to their disability or mental health.
What activities are involved?	Tending vegetables and looking after animals
Who started the project/activity?	Doeke Dobma
What was the inspiration or motivation?	Doeke's sister works in health and social care in Holland (where care farms are more common), and it was her that gave Doeke the idea. He also has a background of working in social issues - around 10 years ago had a job promoting social enterprises for the Shaw Trust.
Does anyone else support the initiative?	This is tenant farm of Norfolk County Council, who also have a contributing/supportive role.
When was the	2010

initiative first started?	
What is the current status?	Newly set-up, on-going.

Number of clients:	Less than 10
Number of days per client per week:	2 days per week
Working/care hours for each client per day:	??
Geographical coverage:	Norfolk
Other relevant details:	Doeke 's wider goals are to show farmers and public sector agencies that anyone with disabilities, emotional or social problems can improve their physical and mental health by working on a 'care farm'.

7. Details of any agricultural/horticultural resources used:

8. Financial aspects of the project/activity:

What is the main source of funding?	Much of the work has been self-funded to date, but some funding is received from direct payments
What is the size of the budget?	??
Has funding been applied for and <i>not</i> received?	Yes – from various sources over the years.

9. Other important aspects of the project/activity:

Doeke describes himself as “really passionate about care farming”, and he believes it is beginning to come into the public domain and make more sense to people in the UK.

10. Results of the project/activity:

Direct Results:	Sotterley Farm (a care farm that Doeke has been running since 2008 in neighbouring Suffolk, and which supports up to 20 people), has got six people back into paid employment. It was also a finalist in the Health & Social Care Awards in 2009.
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Strengths:	Doeke is one of the most well-informed and active care farm operators in the UK, in terms of funding opportunities – and through active networking, lobbying and hard work he is on the verge of securing several bids from different sources.
Weaknesses:	See Prospects and sustainability, below
Wider Benefits:	Doeke has spent considerable time trying to raise interest in care farming in the wider community - by holding seminars, running a road show, and making visits to farmers' markets. Indeed, to persuade public sector agencies he once took 12 commissioners on a 5-day visit to Holland. Says Doeke: "Health and social care officers got really excited – it provided a practical model of how care farming would work."

11. Future prospects and sustainability:

Although Doeke is on the verge of securing several funding bids, he says attending networking and other events, to keep himself informed and to lobby on behalf of his interests, is a 'lengthy and time consuming process.' Completing application forms also has its challenges - he says there is a lack of robust data to show the need for and benefits of care farming in the UK, so he has to draw on European experience. He is also critical of the time taken for bids to be appraised: he says this year's crops were planted, but he was still waiting to hear on funding decisions.

12. RDP Links:

Until recently, Doeke was not really aware of the wider RDP programme - until informed about it during a piece of NCFI research. However, he has long been aware of the local Leader programme. Indeed, he successfully lobbied to get the formation of care farms/social enterprises one of the goals of his Local Action Group's development plan. As a result, he is now on the verge of securing a £50,000 grant to bid to build a 'log cabin' for use by the clients.

13. In conclusion - lessons to pass on:

Doeke offers three areas of advice for care farmers and potential care farmers:

1. You must have to have a passion to go into care farming. He says it is not a 'gold mine' – rather, it requires time, patience, a willingness to make mistakes, and a commitment to helping improve the lives of those disadvantaged.
2. Be prepared to fit in with other people's agendas, is his second advice. Some health and social care practitioners he encountered viewed care farms as like the farms once attached to psychiatric hospitals, of which they have negative opinions. Doeke got them to see care farming through a different lens, furthering their agendas of 'valuing people' and 'promoting social inclusion'.
3. Finally, work with regulatory agencies rather than against them - that way they will be supportive and adopt a relatively relaxed approach to potentially thorny issues such as health and safety.