



Our green care Strategy

A LIFE OF OPPORTUNITY
EST.1954



Green Care at Camphill Village Trust

A range of indoor and outdoor day activities for people with a learning disability, autism or mental health challenges, designed to enhance purpose, increase skills and reconnect to nature.

About The Trust

Camphill Village Trust is a national charity and not-for-profit organisation with 70 years of experience, knowledge and passion for supporting people with learning disabilities, autism, mental health challenges and complex needs. Our sites include smaller scale, semi-urban gardens through to large, rural commercial farms and a variety of urban settings throughout England. We provide supported living to over 400 adults and deliver over 1,500 day-placement opportunities per week from our nine communities and services. Our aim is to encourage and empower the people we support to make informed life choices and contribute to society in a way that brings purpose and meaning.



The need for a life of opportunity

Over ten million adults in England receive social care and support. Total spending by local authorities rose sharply due to Covid, with learning disability support for working-age adults costing around £5.5 billion annually. People with a disability frequently do not have a voice or control over their lives and are often seen as an amorphous group rather than as individuals. For adults with learning disabilities, there is also a lack of funding, awareness and limited opportunity to participate in meaningful activities on a daily basis to learn genuine life and vocational skills. This can lead to social isolation and a loss of independence.

Although a connection to nature has proven benefits for health and wellbeing, access to nature is not equitable for those with a learning disability. Furthermore, limited education and knowledge of nutrition and healthy lifestyles (often combined with a lack of access to fresh fruit and vegetables), has resulted in an increase in unhealthy eating patterns and obesity for people with a learning disability.



Our Green Care Strategy

Nature-based Therapy & Care Interventions



A range of indoor and outdoor day activities designed to enhance **purpose, increase skills, and reconnect with nature**

Nature & Lifestyle Opportunities



Health and wellbeing activity such as walks, access to nature projects, organic food growing, healthy eating

Nature-based Health Promotion



Active interaction with nature and being outdoors - gardening, conservation and social/nature prescribing

Nature-based therapy and care interventions

Our Green Care Programme

At Camphill Village Trust, we know how important it is for everyone to have meaning and purpose for good mental health. Our unique Green Care programme offers genuine work and skills-based opportunities for the people we support, at both our urban and rural communities. We have working farms, gardens and other natural spaces. We have indoor enterprises such as shops, cafes, bakeries, cheese-making, woodworking and a printing press, that enable us to offer an array of meaningful Green Care opportunities. Expression and creativity are also important for wellbeing. Many of our communities have purpose-built buildings where we deliver a range of creative arts, such as music, crafts and drama as part of our Green Care Programme.

We also recognise the importance of improving wellbeing by connecting to nature. This ethos runs throughout our Green Care - from being able to actively work outside in our social farms and gardens, to participating in indoor nature-based art and crafts, where we work with natural materials or celebrate the changing seasons and landscapes. Health and nutrition are also an important part of our offer. The people we support are enabled to work with food 'from field to fork' - from planting and harvesting, to processing and baking - right through to customer facing opportunities such as serving food in our cafés and working in our shops.

Who we work with

We usually work with adults with a learning disability, autism spectrum disorders, mental health challenges or complex needs. Our programme is offered to residents at our nine Trust communities and is also available as day placements on referral to those living in the wider community.





What we offer

Our Green Care Opportunities fall into seven main categories of supported activity:



Growing and Horticulture

Such as planting seeds, growing vegetables and other plants, maintaining gardens, harvesting produce



Animal Care and Husbandry

Such as feeding animals, grooming and care, collecting eggs, working with livestock



Countryside Management

Such as tree and hedge work, maintenance of greenspaces, working with equipment and machinery



Nature-based Arts and Crafts

Such as woodwork, pottery, willow weaving and working with natural fibres



Creative Arts for Wellbeing

Such as music and drama



Catering, Food Preparation and Processing

Such as preparing fruit and vegetables, jam and chutney making, baking, preparing produce



Retail and Customer Service

Such as working in the shop or café serving customers or working behind the scenes





Key outcomes for our participants

Participants are treated as individuals at Camphill Village Trust, their voices are heard, and our delivery approach brings many benefits. Typically, the most important outcomes experienced by our Green Care participants¹ are:

- **Increased self-advocacy, agency and independence** - having more say in their lives, understanding choice, rights and responsibilities, progression and needing less support
- **Improved health and wellbeing** - enhanced mental and physical health - feeling happier, being more active, eating a healthier diet
- **Increased confidence and self-esteem** - greater sense of self, more pride and confidence, increased self-worth
- **Increased inclusion and social connection** - increased sense of belonging and community, greater social networks, enhanced social skills, working as a team and making new friendships
- **Increased sense of purpose, meaning and value** - contributing to society, being part of something real and having a meaningful life
- **Increased life and/or vocational skills** - increased life skills to enable higher independence, increased competencies, learning or work-based training

¹ by varying degrees, at all communities

Creating an enabling environment

Camphill Village Trust's ethos respects and values the different abilities of each individual and recognises the need for a person-centred approach. We focus on creating an enabling environment which encourages positive change and outcomes so the people we support are able to reach their own goals.

We have identified seven enabling mechanisms that our staff facilitate our participants to experience, including:

- **Feeling equal, valued and respected, and not being judged**
- **Feeling happy, inspired and motivated to engage**
- **Feeling a sense of ownership, empowered and independent**
- **Feeling supported, safe and secure**
- **Feeling included and part of a team**
- **Feeling a sense of purpose and pride, achievement and progression**
- **Feeling able to contribute, to nurture plants and animals and to support others**

Quality service provision

There are a number of key components to our Green Care Programme's delivery model, which create enabling environments and ensure consistent quality service provision at all our communities. These include:

- **We run a caring, equitable service** where we respect everyone for who they are, regardless of clinical diagnoses
- **Our staff are trained to create safe, supported and inclusive environments** where all participants can participate equally and have the opportunity to make mistakes and not be judged, so that they can practise new skills and approaches.
- **We set expectations for all participants to participate and have a clear induction process for people we support**, with an expectation to engage in activities, take responsibility for behaviours, and practice good citizenship.
- **We take a person-centred approach to support and create opportunities for development** via bespoke support plans, graded activities and tailored pathways for each individual, to facilitate participation and development at every level. We enhance good group dynamics in our Green Care by enabling participants from Trust communities to work alongside those referred from the local community.

- **We offer a curated choice of structured supported activities.** Participants are involved in choosing from our range of carefully curated activities (including those in social farms, gardens, cafés, shops, and woodworking, arts, crafts and drama venues).
- **We find the balance between production and support**, with realistic expectations within a session for participants and staff and the flexibility to adapt daily expectations to group capability.
- **We are a progressive service that supports people to develop via individual progression pathways.** Participants are supported to identify personal goals and development plans and progress is monitored at regular intervals. We actively work to facilitate supported transitions and signpost externally (where appropriate) with trusted agencies, organisations and local community networks.
- **Our staff are passionate, caring and adaptable and share the Camphill Village Trust ethos.** We have a comprehensive induction system for our staff with clear guidance of our purpose, where support of the participant comes first.
- **We have a consistent delivery approach across the Trust**, with good communication within and between staff teams, and also with external partners.
- **We comply with all required statutory regulations** and have a bespoke set of compliance measures for every enterprise providing activities Green Care offer.



Our delivery approach – Theory of Change

We have developed a Trust-wide delivery model for our Green Care Programme, one that reflects the overarching values of the Charity, whilst maintaining the individual identities of our communities. To describe the service that our teams deliver, what it is, how it works, who for and why, we have developed this Theory of Change in conjunction with our staff and the people we support to help communicate and promote our service.

As part of our Theory of Change process, we have developed a Logic Model to illustrate how and why our service works. This is shown at the back of the document.

Our long-term impact

Through our provision of Green Care, Camphill Village Trust contributes to the health, wellbeing and independence of people with a learning disability, autism or mental health challenges, both at individual and wider community level, resulting in: 'More people with learning and other disabilities having the opportunity and autonomy to live healthy, active and independent lives'.

We encourage the acquisition of important life skills for the people we support, leading to progression (whatever that may look like for each individual), to enable a more independent life. This reduces the burden on health and social care by lessening the reliance on statutory services - contributing to decreased costs for the medical and social care system.

Our Green Care Programme also produce secondary impacts by helping to address inequitable access to nature and fresh food for those with a learning disability, autism or complex needs, whilst encouraging more healthy and active lifestyles.

Contact us

For more information about our Green Care Programme at Camphill Village Trust, please contact green@camphill.org.uk or visit our website at: www.camphillvillagetrust.org.uk/



Activities for a Life of Opportunity - Camphill Village Trust: Logic Model

Target group: People with learning and other disabilities

Activities	Quality delivery	Change Mechanisms	Outcomes for beneficiaries	Impact
<ul style="list-style-type: none"> Supported animal care & husbandry Supported growing & horticulture Supported, therapeutic (nature-based) art & crafts Supported forestry, timber processing & estates management Supported catering, food preparation & processing Supported retail & customer service Developing life skills for independent living Personal development for self-advocacy, agency & social inclusion 	<p>At Camphill Village Trust we:</p> <ul style="list-style-type: none"> • Run a caring, equitable service • Train staff to create safe, supported & inclusive environments • Set expectations for all beneficiaries to participate & have a clear induction process for people we support • Take a person-centred approach to support & create opportunities for development • Offer a curated choice of structured activities with co-production a key focus • Find the balance between production & support • Are a progressive service that supports people to develop via individual progression pathways & signposting • Have a passionate, caring and adaptable staff team • Have a consistent delivery approach • Comply with all required statutory regulations 	<ul style="list-style-type: none"> Not being judged, feeling equal, valued and respected Feeling happy, inspired & motivated to engage Feeling ownership, empowered & independent Feeling supported, safe & secure Feeling included & part of a team Feeling a sense of purpose & pride, achievement & progression Feeling able to contribute (i.e. to nurture plants & animals) & to support others 	<ul style="list-style-type: none"> Increased self-advocacy, agency & independence Improved health & wellbeing Increased confidence & self-esteem Increased inclusion & social connection Increased sense of purpose, meaning & value Increased life & vocational skills 	<p>More people with learning disabilities having the opportunity & autonomy to live healthy, active & independent lives</p>



green care

Find out more

For more information simply drop us an email at greencare@cvt.org.uk

f @camphillvillagetrust
camphillvillagetrust.org.uk

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