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| **Name** | **Woodhouse Community Farm and Garden**  **WELLIES 4 Work and Family Learning** |
| **Learner Group** | Those who have experienced domestic violence and abuse and are taking steps towards going to work or on to volunteering.  Family Learning is offered in school holidays and the whole family can attend together, |
| **Place** | Woodhouse Farm and Garden. Fisherwick Wood Lane, Whittington, Lichfield. UK. |
| **Website** | www.welliesproject.org.uk |
| **What does it do?** | Offers a base for WELLIES projects and volunteering opportunities. |
| **Duration of learning programme** | 8 week WELLIES 4 Work  4 week Family Learning |
| **How often do they attend?** | One day per week. |
| **How are people referred?** | From the Pathway Project and County Council Building Resilient Families and Communities Project. |
| **Aims** | Working together with Pathway and Building Resilient Families and Communities (BRFC) to bring some of the most vulnerable people in society a place to heal, learn and contribute. |
| **How is success measured?** | * Improved parenting skills * Attendance * Taking next steps into volunteering or employment. * Group discussion and evaluation * WMWEBS (Warwick and Edinburgh Mental Wellbeing Scale) * Improved aspiration * Healthier lifestyles and reduced social isolation |
| **Evaluation techniques used** | Group discussion, learner feedback forms, focus groups of learners, volunteers and referral agencies.  WEMWBS questionnaires. |
| **Name of organisation** | Woodhouse Farm and Garden Community Interest Company |
| **Governance and Management** | 3 directors and CIC |
| **Learning pathways/progression routes** | Participants can progress to being a volunteer.  Participants go on to further courses |
| **How is it funded?** | Tamworth Borough Council, Public Health, Police, Staffordshire County Council joint commissioning. The funding comes to an end in Spring 2017 due to cuts in public spending, A funding bid is being prepared to send to Big Lottery for 3 years funding. |
| **What is the cost per learner per day?** | £50 |
| **Typical activities** | Gardening, cooking, growing plants, countryside management, animal care, keeping chickens, preparing food, woodland crafts. |
| **Challenges** | * Funding for capital items, buildings, toilets, and kitchen. * Recruiting and retaining volunteers and consistency. * 8 weeks isn’t long enough for a big change to happen- people need 15 weeks at least, and the funders want different people to be funded each time a course runs. Often WELLIES is the only place someone who is socially isolated goes and it can be the thing that keeps them well. |
| **What problems are tackled and how?** | * Social isolation, poor mental health and low confidence and self-esteem are common amongst families who have experienced domestic abuse. * Participants feel respected and welcome and often comment that it is good to be somewhere where no one judges you. * People cook and inexpensive healthy meal together from the WELLIES Recipe booklet and are encouraged to try recipes at home and cook with their children, The project involves learning to grow food in old tyres and to take part in therapeutic learning activities with animals, plants and the countryside. Often these are activities that they can go home and do with their children such as fishing, craft activities, cookery, growing and countryside walks. |
| **Social Impact** | * Improve wellbeing of attendees. * Improve nutritional awareness- healthier and happier people who are less likely to be a high cost to the public purse. * Improve social skills, confidence, and self-esteem. * People going back to work or volunteering * People developing support networks so they are less dependent on public services. |
| **Links to National Strategies** | * Building Resilient Families and Communities * Five Ways to Wellbeing * Five a Day * Eat well Plate- Healthy Eating |

