

SCHOOL INFORMATION PACK



WHAT IS JAMIE'S FARM?

From humble beginnings to a unique and proven solution to a national problem

Jamie's Farm exists to transform the lives of vulnerable children in challenging schools. We provide a unique combination of 'farming, family and therapy' through an intensive week on beautiful working farms, and a robust follow-up programme back in school. We aim to re-engage children with educational life, and enable them to fulfil their potential both in school and the wider social setting.

The charity was established in 2009 after Jamie, teaching in a challenging school in South London, brought back two sheep from his family home in Bath for the pupils to look after. Jamie noted the instant impact on the students who thrived from the responsibility of feeding and caring for the animals. Teachers also noticed a remarkable change in the attitude of these individuals towards their school life, and the idea for Jamie's Farm was born.

We believe that when children are not engaging fully with their education it can be difficult for them to see their potential as successful people. The consequences of this disengagement are likely to be felt many years in the future, as a course of underachievement and under-employment can be set very early in a young person's life. At Jamie's Farm, we offer a unique, preventative solution to empower young people to change course.

Children are rarely given the time and space to reflect, renew and determine a new path for themselves, and this situation is particularly severe for those children growing up in deprivation. To combat this, through a residential visit to a working farm offering a combination of farming, family and therapy, Jamie's Farm acts as a catalyst for change. Children see their futures in a new light, and their teachers develop the skills needed to support the continuation of change for their students.

Small groups live and work on site, supported by our experienced staff who focus activities on positive, tangible outcomes. As a result of the Jamie's Farm experience, young people demonstrate improved relationships, behaviour and engagement with school. On return to school, visits are followed up with group sessions including a celebration attended by Jamie's Farm staff to transfer the experience to young people's everyday lives at home and school.

'Jamie's Farm is the single most powerful intervention for young people that I have discovered in 15 years in teaching and senior leadership. The experience has a profound effect on the students' sense of self, their self-esteem and aspirations and their relationship with other people. If I could send every child in the school I absolutely would!'

SENDCO/Inclusion Lead, The John Fisher School



FARMING

Through the 'Farming' strand of our work we help children to build self-esteem. Visiting children are vital to the running of our farm and gain satisfaction from seeing the results of their individual and group work.

Rearing livestock

Jamie's Farm rears cattle, sheep, pigs and chickens. Horses, dogs and cats are also a part of farm life. Such interaction encourages nurture, confidence, a sense of responsibility and achievement. They begin to see the value of hard work, and gain a huge amount from tackling challenging jobs in an alien environment. Children also contribute to farm life through activities such as hedging, carpentry, and log chopping.

'Being at Jamie's Farm was the best week of my entire life. Being at Jamie's Farm built my confidence by working with animals, especially letting PIGS bite my WELLIES.' Constance, 13

Gardening

Children help to grow seasonal fruit and vegetables in our extensive vegetable garden, which is a valuable contribution to meal preparation.

Frequently we prepare, cook and eat meals in our beautiful outdoor kitchen. This really allows young people to get a sense of the food cycle, and how putting effort into growing and harvesting food can lead to delicious produce.

'The farm was a new start. I had cravings for apples when I got back.' Billie, 13

Farming community

Children may visit neighbouring dairy and sheep farms, or the livestock market. This helps children to understand the social context of farming and develop trusting relationships with a range of adults.

'I've learnt that it is easy for me to make new friends, whether it's with adults, neighbours or other pupils.'

Sirdar, 12



FAMILY

Through the 'Family' strand of our work, children share in each other's successes and learn how to live in a cooperative group. They are given a framework and reference point of what a healthy, supportive family can look like.

Living together

At Jamie's Farm, staff and children live together, and learn to respect each other and the home in which they live. Everyone contributes to the functions of the family household.

'I feel calmer in my family now. Also, I know how hard my mum's always working so I try and help her out.' Aidan, 15

Cooking

Children also contribute by preparing meals with our trained chefs. Much of our food is home grown or locally sourced. The adults and children always eat together around the table, and everyone helps to clean up afterwards: the message of looking after others before yourself is central to what we do.

'In the city there is so much hustle and bustle and no time to talk, but everyone here interacts. People in the country take care of everything, especially where their food comes from.' Katy, 11

Daily walk

A daily extended walk provides children with exercise and a sense of adventure as they discover the countryside. This is rewarding, as children frequently exceed their expectations of themselves, but it also allows them to enjoy a sense of freedom and expand horizons, and enjoy each other's company as children.

'I've been a lot more confident in myself. Especially the walking, I felt like I could do it. The farm can show you the outside, and what you can do with your life.'

Liam, 14



THERAPY

At Jamie's Farm, children come to live, work, play and grow and the therapeutic approach is woven into everything that we do. As children are only here for a working week, we do not engage them in formal therapy, but in reflective conversations, individually and in groups. We call it 'therapy on the hoof', which incorporates a more informal, non-intrusive approach, based on the Rogerian principles of unconditional positive regard, empathy and congruence. With the clarity of distance and away from distraction of modern technology, pupils are able to vocalise challenges and commit to making improvements when back at home.

Group Work

Daily group work encourages children to interact appropriately with one another. We sit down around the table after every meal to hear the successes and challenges from all members of the group. According to the needs of the groups, children can set goals, and give and receive feedback, within the structured, nurturing environment constructed by our experienced staff.

'I loved the final celebration meeting. It made me feel proud.' Amina, 12

One-to-ones

Jamie's Farm has a high staff to student ratio to create strong relationships and an intimate, trusting culture. One to one activities with our trained staff allow children to reflect and to vocalise, rather than act out their challenges.

'Nathan is far more confident and open with staff and students alike and there has been an improvement in his literacy as a result of this. He has had a lot of fear in his life and I think that the individual sessions in particular helped him to work through this.'

Head of Humanities, London



Therapeutic work with horses

Working with these large, powerful, but sensitive animals allows children to confront their own parallel issues of fear, trust and attunement. It also affords them the opportunity to form leadership roles and vocalise their own difficulties of dealing with power and control. This work is regularly seen by pupils as the most valuable experience of the week, as they are supported to see the manner in which their attitude and outlook can have an effect on people and animals alike.

'I loved seeing how my attitude and the way I stood affected Jive the horse. I see now how I have to be to build a good relationship with another human being too' Henry, 14

Art

At Jamie's Farm we encourage children to express themselves creatively through art, music and drama. We provide reflective, calm spaces for children to engage with creative tasks and informally share their thinking about life, home and school.

'I never understood what the teachers meant when they talked about motivation. Now I get it.'

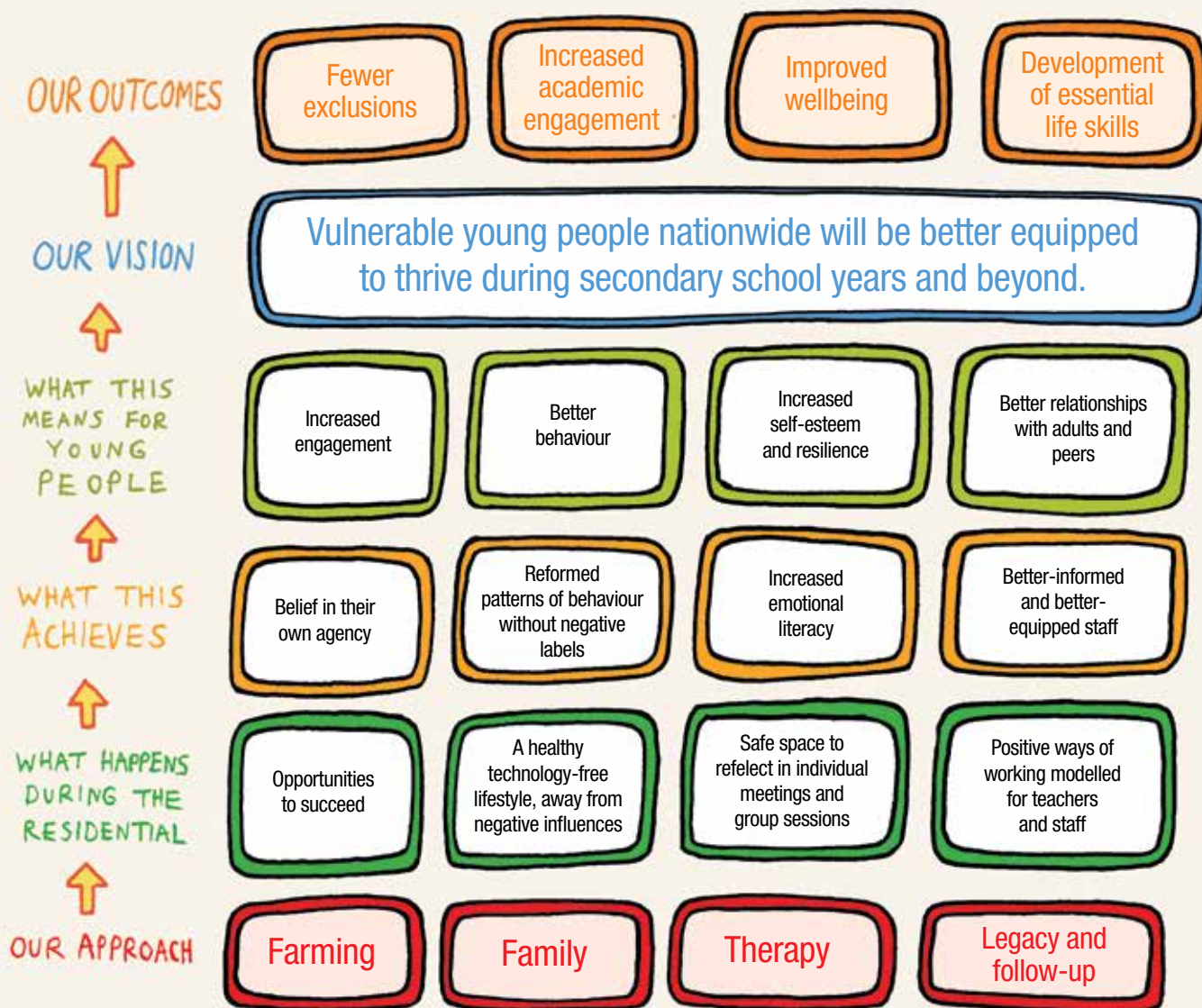
Cameron, 15

OUR THEORY OF CHANGE



To date we have worked with over 7,000 disadvantaged young people and demonstrated sustained improvements in their soft skills such as self-esteem and resilience; fewer

fixed term and permanent exclusions from improved behaviour; and re-engagement with educational life, resulting in improved attendance.



OUR IMPACT

For every visit to our farm, we seek to measure the impact of our intervention. We meet pupils before their visit, survey staff and pupils at the end of their week and go back in to schools to interview the pupils 6 weeks on from their time at Jamie's Farm. We also survey staff again after 6 months has passed ensuring that pupils' experience doesn't end when they drive out of the farm yard and reinforcing the idea that Jamie's Farm is a chance for young people to reset their trajectory: it's not just a holiday!

In the 2017–2018 academic year 1,148 young people took part in the programme:

89% of young people who visited Jamie's Farm had a higher mental wellbeing score after visiting

80% of those referred for increased attainment showed an improvement six months after visiting

66% displayed improved engagement with school six months after visiting

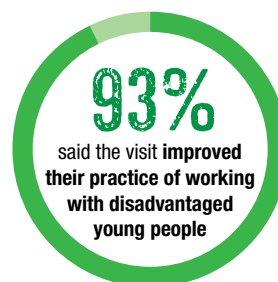
58% of those at risk of permanent exclusion before their visit were no longer at risk six months after visiting

63% of those who visited displayed improved self-esteem six months after visiting.

"There has been a noticeable change in their attendance following the farm visit. Of the initial group of 10 pupils, 8 have improved their attendance, with 4 currently at 100% for Year 9. This is a vast improvement on their attendance previously, which was between 87% and 91%. Through tracking academic achievement across core subjects it is clear that pupils have made steady progress and in some cases their progress exceeds expectations. This is pleasing to see as, traditionally, pupils who move to a full timetable struggle to make continued progress." St Paul's Way Trust School

Staff satisfaction surveys

From our staff satisfaction surveys in 2017–18 we can say that:



'Ofsted were impressed by the Jamie's Farm provision as an alternative tool in our mission to improve outcomes for all students. It allowed us to demonstrate an intervention that provides young people with an opportunity to view themselves differently by removing them from circumstances that can not only blur their own vision of who they want to be, but possibly more importantly, who they already really are.'

Assistant Headteacher, Elthorne Park High School

CASE STUDIES

Nurture

TYLER, 14

When Tyler came to Jamie's Farm he had very low self-esteem, behavioural problems at school and found it difficult to trust adults and children. Caring for his Mum had made Tyler anxious and upset such that he would not eat. He found learning very difficult, was distracted and would laugh to mask his feelings when peers teased him in class.

At Jamie's Farm, Tyler flourished, and felt safe. Teachers said, 'Tyler was able to understand how strong he is by having the courage to overcome even his greatest fear of pigs. He was able to speak up in a group and spent lots of time talking to people he had never met.'

Back at school, teachers noticed a huge shift in Tyler. He gained in confidence, and started to cook at home. He has sustained notable improvements in mental and physical health, attendance and behaviour. 'I am much calmer in school now, everyone says so. I am cooking every single day and I can still make the pancakes. My ambition is to get good GCSEs, especially in art.'



Behaviour

TONI, 13

Toni was referred to Jamie's Farm, with her teachers reporting, 'Toni resents adults telling her what to do when she is in school. She hates any attempts to control her time, attention or actions.'

Through therapeutic activity during the week, it became apparent that Toni had in the past found it difficult to build positive relationships with adults. At first, she did not respond to any positive feedback. However, over the course of her conversations with our psychotherapist and through activities on the farm, Toni softened, making eye contact and appeared to her teachers by the end of the week as 'glowing'.

After two months teachers reported, 'she has had fewer confrontations, and whereas before she was in top 20% of truants, she is no longer in the high profile at risk category'. Toni showed improvement in all five referral categories, and exceeded targets in English, Maths and Science by more than one grade at the end of the year.



MEGAN, 15

College Manager:

"When Megan first started at the academy in September 2015 she showed persistent poor behaviour. We felt Megan would benefit from the intervention offered at Jamie's Farm to help her to reflect on what she was getting out of school and alternative ways to manage her thoughts and feelings in a more positive way.

After attending Jamie's Farm, it felt that we had now got the 'real' Megan, not clouded by a façade of impressing her peers. Megan is very strong-minded and she is really flourishing in a positive way in school, becoming a positive leader within her peer group. Megan has only had two detentions since she has been back from Jamie's Farm, which is a fantastic improvement and this is showing in her grades."

Megan:

"Before I went to the farm in school my behaviour was terrible, I received detentions every day, I was unsettled and spent a lot of time with adults. Since Jamie's Farm, my behaviour has improved; I am now in all my lessons, spend a lot more time with my peers and am happier. My time at the Farm was an amazing experience and something I will never forget, the staff were incredible and I love them."

WORKING WITH STAFF

Accompanying staff are crucial cogs in the catalyst for change

Teachers and support staff who work closely with the children should accompany them on the visit. Visiting staff are key witnesses to the change in behaviour and positive achievements of their students, and are their champions on their return to school. Meetings on site ensure staff emphasise the progress that has been made in order to embed the experience, and we support staff in using our methods of group work and one-to-one contact back at school.

We also stay in touch with staff on return to school, and provide a school report which may be circulated amongst staff. By offering many ideas for a follow up programme, we support busy teachers to recreate the Jamie's Farm feeling within their schools. In addition, we commit to coming in to school before and after the farm visit in order to ensure the pupils are well prepared, both to make the most of their farm experience and subsequently to return to school capable of transferring what they've learned into their lives at home.

Visiting Jamie's Farm as professional development

Adults who visit Jamie's Farm are often astounded by the transformation children make, adapting to their surroundings and taking lessons about themselves back to their lives at home. Staff also leave the farm with a renewed sense of their own importance in the journeys of the young people under their care, and regularly discuss how much their own pedagogical approach has been influenced by their stay on the farm. The 'Jamie's Farm' approach to working with those young people who exhibit challenging behaviours is now used as part of the training and Continual Professional Development of many education professionals. Strategies to allow these young



people to make the most of their potential are shared, and teachers are extremely glad for this support having seen the impact on their own practice.

“The week CPD I undertook at Jamie's Farm was by far the best training course I have been on. By immersing myself in the programme alongside the young people and observing the team at close hand I was challenged in my own professional practice and picked up many ideas for supporting vulnerable students within my own context. It was very much ‘hands on’ learning and any teacher working within the pastoral system who is prepared to throw themselves into the Jamie's Farm experience would gain a huge amount from it. The quality of the emotional literacy work Jamie's Farm deliver is stunning. I wholeheartedly recommend a week at Jamie's Farm as a top quality, and unique, CPD experience for teachers who are willing to get totally involved in the programme.”

Thomas Morgan, Head of Student Support and Member of Senior Leadership Team, Kingdown School

WHAT EXACTLY DOES A VISIT INCLUDE?

Before

- Proactive communication between school and Farm and the dedicated support of a specified member of staff;
- Pre-visit to school to meet pupils, parents, and staff to establish expectations and prepare for the trip;
- Detailed evaluation of personal and academic well-being of each pupil.

During

- Range of daily activities including farming, cooking, gardening, log-chopping and horse work;
- Combination of whole group, small group and 1:1 therapeutic support;
- Consistent, caring commitment from experienced staff who live on-site and are passionate about our relentlessly positive approach;
- Option of staff CPD support.

After

- Personalised follow-up programme;
- Jamie's Farm staff revisit every pupil in school;
- Full page student report on every pupil, including therapeutic notes and strategies for effective support in a classroom setting;
- Letters to Head Teacher and every parent/carer at the end of the week setting out how their child got on;
- Videos and photos of visit to be used as mementos of trip;
- Advice as to how to set up a small scale school farm or garden;
- Option for individual and group follow-up work at our City Farm.

“Jamie's Farm showed me that there is more to life – just don't give up, keep going and you'll always get to something good in the end. I've built my confidence up, I'm helping people and I've got good leadership skills” Cain, 15



OUR FARMS



Bath



This is the first permanent home of Jamie's Farm, close to the home of founders Jamie and Tish Feilden, where pilot groups were initially run. On site, we have a wonderful range of animals, all of them nurtured by our visiting young farmers. They include Aberdeen Angus cows and Suffolk ewes lambing in December, January and March.

Young people visiting here can be found chopping wood to feed our biomass boiler, or picking delicious organic vegetables in our garden, complete with outdoor kitchen and pizza oven. In the wider area, children can be found leaping into By Brook or exploring Box woods.

Hereford



Situated in the Golden Valley, within easy reach of the Black Mountains and the Brecon Beacons, Jamie's Farmers here benefit from wonderful walks in the wilds of the countryside. The beautiful courtyard has animals giving birth right next to the farm house where the children sleep. There is a terrific manège on site for our unique therapeutic work with horses. Every week our young farmers can be found hand carving locally felled wood to create beautiful serving bowls, coat hooks and spoons. No fewer than two orchards, and our bountiful kitchen garden, provide fruit and vegetables throughout the year.

Monmouth



Nestled above the stunning Wye Valley and the Forest of Dean is our third rural site, Duffields Farm. Our first location in Wales, Offa's Dyke Path runs down the middle of our land and the English border hugs a stream along the farm's boundary. The farm is run on a small-scale and in a sustainable way that enhances the ecology and woodland of the area. Livestock includes a flock of Lleyn ewes and a smaller group of Suffolks, together with a small herd of Lowline Cattle and our Pedigree Welsh pigs. Our kitchen garden – with amazing views over the valley – provides us with as much of the fruit and vegetables as we can grow.

Lewes



Allington Farm, just outside Lewes, is the newest addition to the Jamie's Farm family and welcomed its first young people in March 2019. Situated in Sussex, next to the South Downs on a tranquil plateau, the farm has far reaching views of the Downs and surrounding countryside. The traditional farmhouse has been renovated to provide cosy bedrooms, a kitchen and open fire for visiting groups. The farm already has 80 Suffolk ewes, 150 Lleyn ewes alongside Aberdeen Angus cattle, pigs, horses, poultry and lots of friendly dogs. The livestock will continue to grow in coming years, while visitors help us establish a large garden and make use of the acres of space. We are excited to support more schools in this beautiful new location.





At Jamie's Farm, we are keen to meet the individual needs of young people and staff, and are happy to adapt our provision to meet these needs. We work with a number of diverse organisations across the country running specific interventions, for example:

- working with children with special educational needs;
- running revision retreats;
- hosting virtual school and local authority groups;
- hosting larger transition groups.

Contact us to discuss any questions or suggestions you may have and we will try to be as flexible as we can.

If you are interested in booking a visit to Jamie's Farm, or if you would like any further information about any aspects of our provision and our current prices, please contact:

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