



in partnership with



Therapeutic City Farming

Bringing the best of Jamie's Farm into the heart of the city

About us:

Jamie's Farm exists to transform the lives of vulnerable and disadvantaged children by providing a unique combination of 'farming, family and therapy'. **Oasis Farm Waterloo** is our only city farm, just minutes from Waterloo station. We offer young people the chance to help with the running of the farm, learning to care for animals, plants and each other. This stimulating outdoor environment, combined with supportive relationships and self-reflective activities, can really turn lives around.

Our Jamie's Farm programme at Oasis Farm Waterloo

We have designed a six-week programme to help young people build their resilience, social skills, self-esteem and emotional intelligence. Children end their Jamie's Farm programme at Waterloo with new patterns of behaviour that allow them to flourish in their home and school lives.

Each farm visit lasts approximately 2.5 hours and is for a maximum of 9 young people. We mostly welcome students from Key Stages 3 and 4, but we can also work with younger and older children.

See the table below for an overview of an Oasis Farm Waterloo six week programme:

Weekly Theme	Activities and Reflections (examples)	Outcomes
1. Introductions: Caring for ourselves and the Farm	Farm tour, animal care, cooking and sharing food. Introducing "check-ins", active listening and self-reflection.	Getting to know the Farm. Increased self-awareness and empathy for others.
2. Embracing Opportunity	Fire lighting; compost turning; mucking out animals. Introducing "shout-outs" and positive recognition.	Understanding the benefits of stretching your comfort zone. Confidence in facing challenges and personal capacity for growth.
3. Resilience	Planting and looking after seedlings, potting out, weeding. Reflections on "bouncing back and bouncing forward".	Appreciation of perseverance and patience to achieve goals. Recognition of personal resilience factors.
4. Nurture and gratitude	Feeding and mucking out animals. Focus on team work and kindness to others.	Appreciation for those who care and support us. Awareness of the value of giving and accepting praise.
5. Individuality	Creative projects celebrating individuality. Cooking, farming and gardening tasks.	Recognition and celebration of individual identity and personality.
6. Personal and Team Celebration	Celebration of each students' personal strengths and what they can take forward from the programme. Shared food and certificate presentation.	Improved communication and listening skills. Appreciation of personal skills and qualities. Planning for the future.

Testimonials on the Jamie's Farm Waterloo programme:

"We have seen a significant change in his attitude to learning and position within his peer group." **Teacher**

"S is much more confident and has loved taking part in the project. He is starting to make more friendships at school."
Teacher

"Since the end of the project, we have started to see a noticeable improvement in K's behaviour and engagement. K really benefitted from the Waterloo programme." **Teacher**

"A has engaged well with the project and is starting to show much more maturity at school." **Teacher**

"Coming to the farm makes me feel like a different person" **Pupil, Oasis Academy South Bank**

"B has shown a real shift in dialogue when discussing his own behaviour that has led to more consistent behaviour in most lessons" **Teacher**

"We have seen many occasions of brilliance since T completed the Waterloo programme, including winning an English prize for his year. A huge turn around in his behaviour and engagement with his learning." **Teacher**

"I can bring a lot of stuff I've learnt from Jamie's Farm back to school and you know, use it there and hopefully help me with classwork and out of school" **Pupil, Archer Academy**

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