

# A week to change a lifetime

Programme information pack



# About Jamie's Farm

## Transforming young lives

We exist to transform the lives of young people who aren't thriving at school or home, through our unique residential programme built around our core elements of **Farming, Family, Therapy and Legacy**.

At Jamie's Farm we believe in the innate potential and good in every young person, no matter their background or life experiences. Our programme offers a preventative solution to empower young people to change course. Small groups of young people are immersed into farm life during a five-day residential, tackling real jobs with tangible outcomes, within a supportive family environment. This encourages cooperation, boosts self-esteem and builds positive relationships. A visit to Jamie's Farm does not end when young people leave; our legacy strand ensures we work in partnership with all our schools to ensure impact lasts.

On return to school, young people demonstrate improved behaviour and engagement with learning. 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.

Our charity was established in 2009 by our co-founders Jamie Feilden, a teacher, and his mother Tish Feilden. When searching for a way to support and engage his students at a Croydon comprehensive, Jamie had the idea to combine his farming experience with Tish's 30 years' experience as a psychotherapist. From there, the charity has grown and developed, and now has farms across the country.

**"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 farms 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

## How we farm

We have made a commitment to adopt a regenerative farming approach that focuses on enabling soil and natural habitats to thrive and supports our livestock and the wider environment. We share this journey with young people and engage them in sustainable farming methods.

# 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 share. Everyone contributes to the functions of the family household, and adults and young people enjoy each other's company each evening in fun, structured activities. This builds positive adult relationships which can have a powerful impact on their return home.

**"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 walk provides children with exercise and a sense of adventure as they discover the countryside. Children feel rewarded and exceed their expectations of themselves, and it allows them to enjoy a sense of freedom, expand horizons, and enjoy each other's company.

**"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.

## 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

## 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

## 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."**

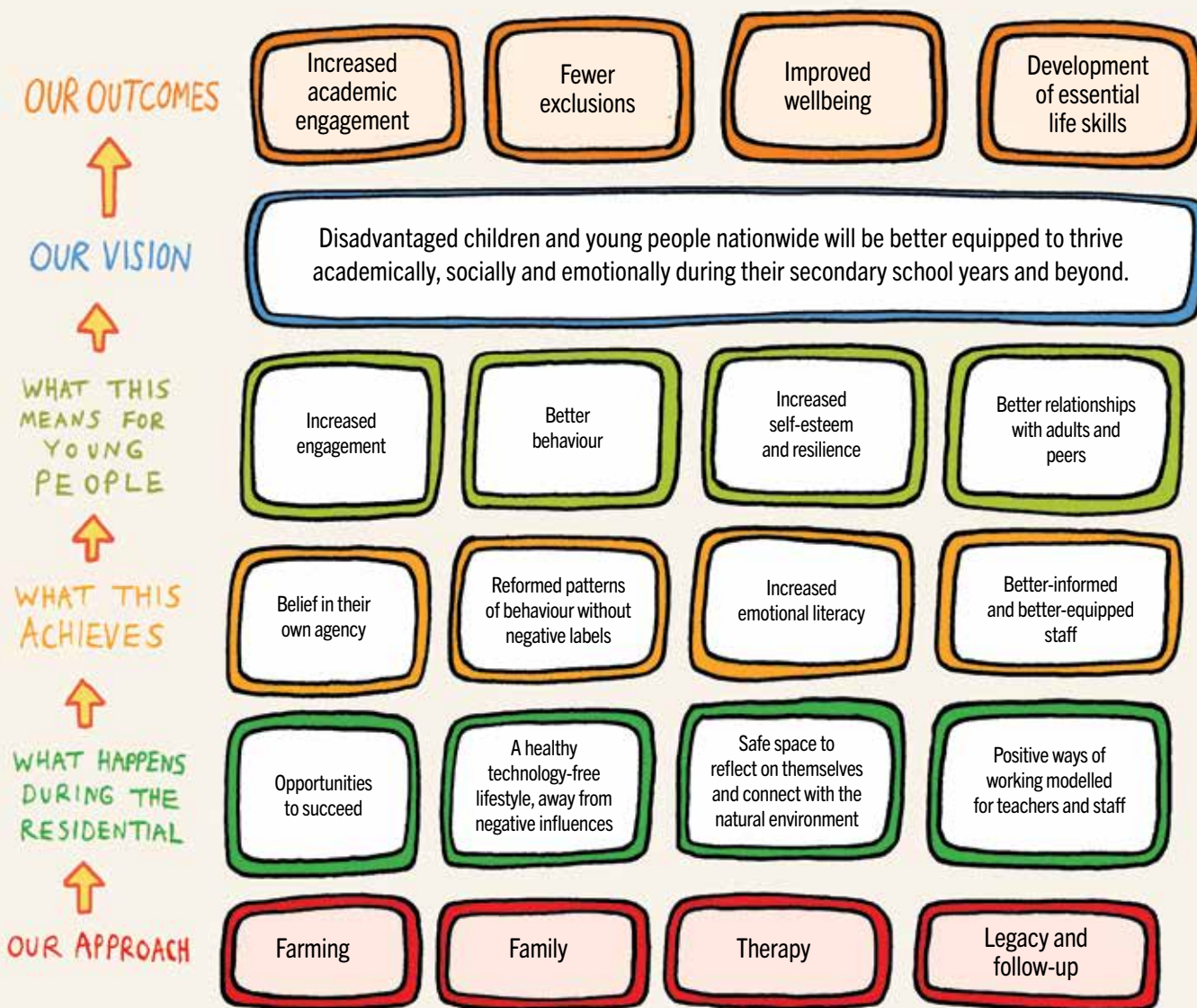
Henry, 14





# Our Theory of Change

To date we have worked with over 15,000 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 in numbers

Jamie's Farm is designed to support young people with the highest needs, many of whom are on downward trajectories in terms of wellbeing, positive relationships and school engagement. Our programme helps turn the tide for many young people, creating lasting positive impact that can be transformational.

In the 2022–23 academic year, 1,953 young people took part in programmes on our rural farms:

## Behaviour

6 weeks after  
their visit:

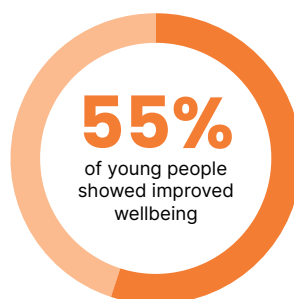


6 months after  
their visit:

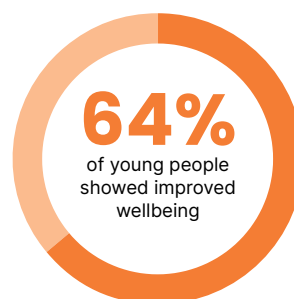


## Wellbeing

6 weeks after  
their visit:

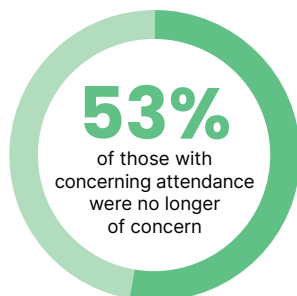


6 months after  
their visit:

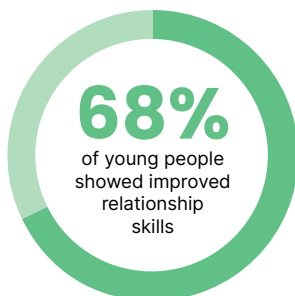


## Relationships

6 months after  
their visit:



6 months after  
their visit:



**"The thing I've learned about myself was that I can be a very calm person and helpful and very respectful, and not rude and loud."**

Visiting young person, AIM North London

All reported changes from before to after in score/survey results are statistically significant.

**"I've learned to be me and not to be someone else. It's important because I've hidden under like this mask, when I could just be myself."**

Visiting young person, The Archbishop Lanfranc Academy



# Case studies



## Adele

Standing on top of Cat's Back hill in Hereford at just 13, I felt on top of the world, far from my troubled reality. At school, my attendance was patchy, and when I did turn up, I constantly disrupted lessons. The turning point arrived when I was selected for Jamie's Farm. Amid the unfamiliar smells and tasks, the farm staff embraced my unruly behaviour with understanding rather than punishment. Gradually, I embraced responsibilities, chopping wood, cooking, even delivering a lamb. The pinnacle came on day three – a four-mile hike, an 800ft climb. Red-cheeked and proud, I stood at the summit, and my whole perspective changed.

My newfound confidence echoed beyond the farm, transforming my school life and achieving GCSEs. Post-school, I immersed myself in outdoor learning, completing an apprenticeship with Jamie's Farm. I, once a troubled teen, now share my story as an ambassador.

## Nathan

Nathan\* is an autistic young person and is very set in his routines. He roleplays fantasy stories in his head, running through them constantly. This can make him isolated at school, and interaction can be challenging – pressure to come away from his fantasy world can cause friction.

The visiting staff were prepared for a potentially challenging week for Nathan- but were surprised and proud when his behaviour changed dramatically at the farm. He still needed prompts and processing time but joined in with all the farm and group activities.

**“Nathan fell in love with the lambs – he spent as much time as possible just sitting in the pen. When he was with them, he came out of his fantasy world, and was just in that moment. It was a real highlight of the trip.”**

Jon Davey, Head of Behaviour and Student Support at Carew Academy

## Isabelle

At school, Isabelle\* was someone who went entirely under the radar, seemingly putting effort into ensuring she wasn't noticed by staff and keeping a low profile. She was chosen to attend Jamie's Farm for improved wellbeing and confidence, in the hope staff would see her come out of her shell.

During the week, she began to interact with staff and peers in a fun, relaxed way – a stark contrast to her behaviour at school. She showed positivity and enthusiasm for everything, putting herself forward for all farm tasks. On return to school, she is now known for her singing talent, something that was unknown before Jamie's Farm. She has developed a strong sense of independence since being at the farm, with school staff seeing her as a leader.

**“I am proud of myself for being with the animals. People said I am brave and funny. I learnt that I'm really capable of doing things, even if I'm scared or unsure.”**

Isabelle

\* Names have been changed





# Working with your staff

## Accompanying staff are crucial cogs in the catalyst for change

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. We work closely with school staff to make sure they are supported to deliver a Jamie's Farm programme alongside our teams and have the tools to continue impact back into school.

## Holistic support and CPD for your staff team

Jamie's Farm facilitates all activities from wake up to bedtime on the farm; we invite accompanying staff to join our team for the week and engage in our methodology. We set aside time to meet with your staff and support them to transfer our ways of working back in school.

## Cultivating Change - our online platform

We provide unlimited access to our growing online platform, Cultivating Change, for all school staff. Cultivating Change has everything you need to prepare for your visit, as well as resources and tools to use after your return to school. We also host regular webinars with expert speakers, providing additional support for your staff to improve their practice and feel part of our community.



**89%**

of visiting staff felt the visit would improve their practice working with young people

**98%**

would recommend Jamie's Farm to a colleague

**"Jamie's Farm has helped me learn new ways to connect to young people and the language used to engage in conversations. I've learned new strategies to deal with difficult or hard situations to maintain relationships. It will give me an opportunity to develop interventions tailored to each pupil."**

House Support Officer for Alternative Provision, Eastern High



# What does a programme include?

## Before

- Proactive communication between school and Farm and the dedicated support of a specified member of staff;
- Access to our online resource platform, Cultivating Change, for all pre-visit resources, checklists, template parent consent forms and more;
- Pre-visit 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;
- CPD support for visiting school staff.

## After

- Bespoke follow-up programme;
- Jamie's Farm staff revisit every pupil in school;
- Continued unlimited access to online platform Cultivating Change, to access ongoing CPD resources, free webinars;
- Full page student report on every pupil, including therapeutic notes and strategies for effective support in a classroom setting;
- Letters to Head Teacher and phone calls with every parent / carer at the end of the week celebrating how their child got on;
- Videos and photos of visit to be used as mementos of trip;
- Advice on embedding our relationship-based approaches in a school setting;
- Option for individual and group follow-up work at our London or Skipton farms which offer Day Visit Programmes.

**"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 Lleyen 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 in South Sussex, is situated next to the South Downs on a tranquil plateau, with 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 has Suffolk and Lleyen ewes alongside Aberdeen Angus cattle, pigs, horses, poultry and lots of friendly dogs. The large kitchen garden next to the pond supplies our groups with plenty of fresh vegetables, and our newly installed beehive gives young people the chance to get involved with beekeeping.



# Get in touch

Jamie's Farm offers residential programmes on our working rural farms which transform young lives.

Jamie's Farm is designed to work with high-need young people from schools and other organisations, adapted for the needs of each group. As well as mainstream schools, we work with a diverse range of organisations running specific interventions, for example:

- Working with children with special educational needs;
- Alternative Provision groups;
- Virtual Schools and local authority groups;
- Organisations supporting young refugees and asylum seekers;
- Larger transition groups.

Contact us to discuss the needs of your young people and we can create a programme to suit them.

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

**Phoebe Ruxton, Partnerships Manager**

Mobile: 07900 438 961 | Office: 01225 743 608

Email: [bookings@jamiesfarm.org.uk](mailto:bookings@jamiesfarm.org.uk)



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