



Placements

Green therapy uses the outdoors to increase mental and physical health and wellbeing

Placements take part in the running of this family croft and use the local environment. The nature of the activities on offer are such that they are achievable at many different levels to match clients own needs

Glachbeg is a small farm on the Black Isle whose purpose is to support adults and children in fulfilling their potentials. People usually work on a one to one basis as their staff “buddy” takes them through a journey of fulfilment through achievement. From the beginning, purposes will be identified and will form the basis for outdoor and indoor activities here. The backbone of activities is animal care, plant growing, food production through the garden and polytunnel, the woodland and the outdoors. This backbone allows the attachment of many experiences, including cooking, baking, literacy, numeracy, money, art, craft, music, and environmental work.

Working alongside their “buddies” placements are encouraged to recognise their emotions, accept them and adopt constructive ways of dealing with them. We are able to work with people of many abilities, and always start from a position of “can do” rather than “can’t do”, We tailor things to create challenges that people can overcome and therefore experience success. We always work with life and work related skills. We can work with both children and adults.

It is usually preferable for people to attend weekly rather than several times in the same week, but once again this is subject to the needs of the person. It is not intended that a placement here should be a long term one unless it is deemed appropriate for their needs. However some placements are extended repeatedly.

We have experience of working with many kinds of additional support needs for both children and adults, including those with ASC. Essentially work is based outdoors, though the classroom is used too.

Bob, the head of centre, is a qualified and experienced teacher and has had long experience in working in a Local Authority Education Centre based on a City Farm. Bob has also carried out advisory work for projects throughout the UK on behalf of the Federation of City Farms and Community Gardens and also to the Department for Education.

Some considerations:

- Work will largely be outdoors.
- There are Health and Safety matters to consider, including those associated with working outdoors with livestock and tools.
- Risk assessments are in place for activities, though these will need to be adapted to suit individuals circumstances.
- It is expected that clients should have suitable clothing for working outdoors- including overalls, waterproofs and steel toe capped wellingtons.
- As this project is on a small scale, there will not be large numbers of people about.
- We cannot provide personal care, but we can accommodate most needs.
- All placements subject to availability.

Access

There is a full access statement available.

The new building is fully accessible . Access around the outdoor areas is variable depending on weather. It can be particularly muddy by gateways. Some areas can be difficult to access by all in prolonged wet weather

What Glachbeg Can Offer

1. A work type context where you can experience success. Satisfaction (or even fun !)
3. We encourage the development of skills of independence. self- responsibility and encourage initiative.
4. The opportunity for clients to identify interests, and frequently an opportunity to pursue them.
5. Life skills and work related training.
6. Music industry skills- [performing, recording and live sound.
7. John Muir Award, Youth Achievement Award, Dynamic Youth Award and ASDAN.
8. In addition to work programmes Glachbeg can offer education sessions such as literacy and numeracy. These programmes will

Resources:

1. Sheep
2. Shetland Cattle
3. Vegetable Garden
4. Greenhouse
5. Polytunnel
6. Ornamental Garden
7. Sustainable centre building
8. PA, recording and music
9. Soft fruits
10. Top fruits
11. Tree nursery
12. Poultry
13. Garden machinery
14. Woodland
15. Green wood
16. IT
17. Tractor and implements
18. Kitchen

Charges: per client (VAT will apply in addition)

Supervised by our staff

<u>Half day (9.00 - 12.00 or 1- 4)</u>	Individual client	£80
	1 staff: 2- 4 clients	£50 per client
	<i>supervision ratios by agreement</i>	
<u>Whole day (9.00 - 4.00)</u>	Individual client	£170
	1 staff: 2-4 clients	£ 95

Other programmes at Glachbeg

SELF SUPPORTED PLACEMENTS.

No Glachbeg staff- but the use of the facilities to do your own thing £25 for half a day £50 for a whole day. Induction required

GROUP VISITS

Short visit £4 per person(minimum £16) Day programme from £140 per group.

EDUCATION SESSIONS:

Literacy, numeracy, at £20 per 30 minutes Cooking £20 per hour lesson. Teacher led programmes £30 per hour .

WORK EXPERIENCE:

It may also be possible to shadow our farm worker who undertakes basic gardening and animal care tasks.

Remote supervision would be undertaken by Bob at £25 per half day. Please ask.

Travel. We may be able to arrange travel. Costs depend on location and number of clients .Please ask for a quote.

