

## **Who we are**

Whirlow Hall Farm Trust is an educational trust based on a 140-acre farm sandwiched between the Peak District and Sheffield. Each year we support over 10,000 children and young people, particularly those from disadvantaged backgrounds and the inner city, to grow.

Today over 25 core staff deliver the farm, education and fundraising activities, supported by a large cohort of volunteers and helpers.

## **What we do**

Each year we help over 10,000 children and young people, particularly those from disadvantaged backgrounds and the inner city, to grow. Our range of education programmes for children aged 5yrs – Post 16yrs include:

### **Post 16 Whirlow LIFE (Learning In a Farming Environment)**

5 days per week we are working with over sixteens with additional learning needs. We help them develop life skills and employability skills, to grow in confidence and reduce the risk of isolation. Each student's targets are personal to them depending on their needs, skills and interests. Subjects such as...

- Farm animal care
- Horticulture
- Work experience in the shop and café
- Cooking & nutrition
- Arts & crafts
- Residential stays on site
- Enterprise projects

### **Primary and Secondary Whirlow LIFE**

We offer nurturing, curriculum-linked programmes of therapeutic farm-based activities to help children better understand themselves and provide schools with valuable insights into each child's learning needs.

Abuse, neglect, bullying or a family bereavement; children with autism or high levels of anxiety... any one of these could be a cause of disengagement at school, withdrawal or anti-social behaviour.

Our programmes at the farm are designed to alleviate anxiety. An anxious child only sees threat and as human beings we are programmed with the fight or flight response. Neither of these responses are conducive to productive learning. We provide a wide range of activities that allow the child to be successful. This helps build their self-esteem and reduces anxieties. In this more confident state we then help the child to work through why they find it so hard to be at school, the triggers that cause them to lose control and potential strategies to help them deal with these feelings with the help of school support staff.

We have had numerous successes where children have gone on to positively contribute in class with a much reduced risk of exclusion. Each year we work with scores of primary and secondary school children who are either at serious risk of being permanently excluded from their school or have already been excluded.

### **Subsidised visits for children living below the poverty line.**

We believe that the magic of Whirlow should be shared and available to all children and young people; that's why we subsidise school visits for those families who can't afford to send their children on a school trip. Many of these children may never have had a holiday or even left their community so a visit to Whirlow can be a life changing experience.

**Take a look at our most recent video. How we help children grow** <https://www.youtube.com/watch?v=ks-9ffwp2X4>

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