

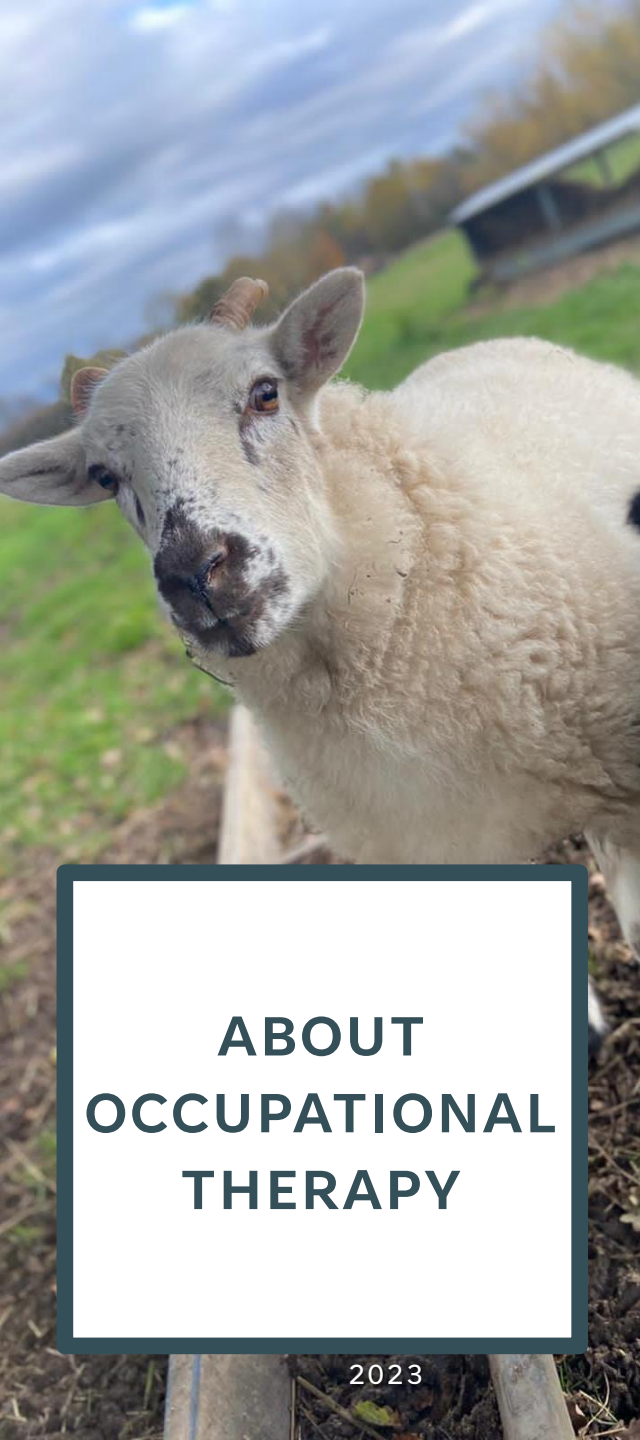


DEDHAM

Therapy Farm

WHAT IS OCCUPATIONAL THERAPY?

‘It’s not what is the matter **with** you, it’s about what matters **to** you’



ABOUT OCCUPATIONAL THERAPY

2023

Occupational therapists (OTs) work in a range of settings, including hospitals, social care and schools.

Traditionally the word ‘occupation’ is associated with ‘job’. However, in occupational therapy, the word has a much broader context.

‘Occupation’ refers to any **activities** that people do individually, within communities or families that **‘occupy time and bring meaning and purpose to life’ (WFOT, 2012).**

A person may be referred to occupational therapy if they are having difficulty completing the occupations that they **need, want or are expected to do**. An OT will work collaboratively with the person to identify how their **life situation** impacts what they **do** and find ways to **overcome** these obstacles; including challenges as a result of **physical health, the environment, and neurodiversity**.

Dedham Therapy Farm is a unique setting that offers a wide range of therapeutic activities within a calming environment. Focusing on improving **social, emotional, cognitive and physical health**; our goal is to enable our farm assistants to take new skills into their own daily lives that promote **independence, health and wellbeing**.



**DEDHAM
THERAPY
FARM
PROCESS**

2023

1. Referral



2. Assessment



**3. Farm and
community sessions**



4. Review

We accept **self-referrals** and **referrals** from:
Family members, schools, social services, SENCO and healthcare professionals. Just fill in the referral form on our website. Please complete with as much detail as possible (**including any other supporting documents**).
***Please ensure you have secured funding before agreeing to an initial assessment.**

There are two forms of assessment you can have
Initial Assessment
An informal assessment with an Occupational Therapist to ascertain how we can support and to gather information that will inform the therapy we provide. After the initial a short report is given along with an offer for regular farm sessions.

Occupational therapy assessment in a non-clinical environment
Over a 5-week period an Occupational Therapist, during 1 hour farm sessions, can assess a variety of **areas of functioning** including sensory processing, fine & gross motor and independence skills, attention and behaviour and social participation. At the end of the assessment period, you will receive a report with recommendations that is useable and **able to be understood** by family & school.

After an initial assessment, weekly sessions are offered along with a short report. Taking into consideration staff availability, the complexities of the individual's needs and the level of support required. We can only offer sessions once a suitable slot becomes available, this may not be immediately after your assessment. Sessions are offered in **blocks** of between 5 and 7 sessions. These blocks can be booked on an ongoing basis or as a minimum of one block. Sessions are either **one-to-one** or within a **group basis**. One to ones can still work alongside peers where appropriate but will have one to one support ensure this is a positive experience. A **collaborative approach** will be used throughout to ensure views are **respected** and that each session is **meaningful**.

At the end of each block goals and progress are reviewed, there are 3 possible outcomes:

- Farm assistant remains with the same goals/level of support
- Farm assistant level of support changes with altered or new goals.
- Farm assistant is discharged and/or referred to other services.



WHAT AREAS ARE WE LOOKING AT?

Child development refers to the **physical, cognitive, emotional** and **social growth** that occurs throughout a child and young person's life. Children's **mental health** is affected by this development, as well as a range of other factors, including trauma (NSPCC, 2023).

Dedham Therapy Farm works to address these areas including:

SOCIAL

- Developing positive relationships with others
- Communicating own needs
- Developing a healthy self-image

EMOTIONAL

- Anxiety
- Depression
- Phobias
- Obsessive traits
- Unhealthy relationships with food

PHYSICAL

- Hypermobility
- Difficulty sleeping/tiredness
- Providing opportunities for physical exercise
- Fine/gross motor skills

COGNITIVE

- Hypersensitivity and hyposensitivity
- Executive dysfunction including; impacted problem-solving skills, difficulty speaking, inability to understand the consequences of individual actions.

All of the activities at Dedham Therapy Farm have been selected to improve the wellbeing of our farm assistants. Some examples have been listed below:

SOCIAL

Group Activities include:

- Dog walking
- Making fires/toasting marshmallows
- Walking the alpacas and donkeys
- Dog/alpaca agility
- Building bug hotels

PHYSICAL

Proprioceptive activities include:

- Ice smashing
- Transporting loads using a wheelbarrow
- Using watering cans to fill animal drinking bowls
- Poo picking using rakes and shovels

EMOTIONAL

- Petting and feeding the small animals
- Petting and feeding the dogs
- Animal care (donkey grooming, completing animal health checks)
- Making enrichment boxes for animals to enjoy to encourage a healthy understanding of nutrition

COGNITIVE

- Animal feeds: use of the farm iPad to find instructions and work through these in the correct order.
- Development of fine/gross motor skills: chopping vegetables, opening/closing taps, using saws and hammers, planting seeds, grooming donkeys

**ACTIVITY
EXAMPLES**



BE READY FOR YOUR SESSIONS

WHAT TO BRING

Autumn/winter checklist

- Wellies/supportive boots
- Raincoat
- Waterproof trousers
- Warm socks
- A snack
- A drink
- A warm hat
- Gloves
- Warm layers of clothing

Spring/summer checklist

- Sunscreen
- Sun hat
- A drink
- A snack
- Shower proof mac

PARKING

Please be aware that the car park adjacent to the farm is a public pay and display car park. The farm does not have any jurisdiction in the car park. You can purchase tickets from the machine at the front of the carpark or through the mi permit app. If you would like to purchase a season ticket, you will need to contact mi permit or north Essex parking partnership to organise.

You can however get 1 hour free by getting a ticket from the machine.

We will

STAFF & FARM ASSISTANT AGREEMENT

- Keep you safe.
- Provide good quality, meaningful activities.
- Actively listen and respect your views and work with you to set your goals.
- Keep your personal information safe.
- Have lots of policies to make sure everything we do is safe, clear and fair. We will make sure these policies are available for anyone to read at any time.

Can you please

- Follow instructions and take support to ensure everyone is safe.
- Tell staff when you are too poorly to come to your session. You can do this by email to hello@dedhamtherapyfarm.org.uk
- Arrive on time for your session.
- Respect other people and animals.
- We reserve the right to cease provision immediately in the event of abusive behaviour.)
- Participate to the best of your ability.
- To report any problems to a member of staff
- Not to use mobile phones during your session (use at staff discretion)
- Share your ideas.



Cancellation Policy

- Dedham Therapy Farm CIC **will** credit therapy sessions cancelled by Dedham Therapy Farm CIC no matter the reason.
- Dedham Therapy Farm CIC does **not** issue refunds or credits for non - attendance of Farm Assistants to their session or cancellation of community and farm sessions by the service user no matter the reason.
- Notice to cancel your session must be given in writing, by email to hello@dedhamtherapyfarm.org.uk.
- Dedham Therapy Farm CIC reserves the right to withdraw therapy sessions at any time.
- Dedham Therapy Farm CIC reserves the right to refuse entry to anyone arriving without appropriate footwear or clothing for their session.
- Should ongoing blocks of sessions be requested by the service user the farm requires 6 weeks' notice to permanently stop or drop a block of sessions.

Payments

- Payments must be cleared in advance of your block of sessions unless otherwise agreed by management.
- All fees are subject to change with a minimum of six weeks' notice.
- We accept payments by BACS cash, cheque or card.

TERMLY TIMETABLE

Dates	NO. OF WEEKS IN THE BLOCK
01/01/2024 – 18/02/2024	7 Weeks (*Includes BH 01/01/2024)
19/02/2024 – 25/02/2024	Therapist Admin Week
26/02/2024 – 31/03/2024	5 Weeks (*Includes BH 29/03/2024)
01/04/2024 – 07/04/2024	Fixed Holidays (*Includes BH 01/04/2024)
08/04/2024 – 14/04/2024	Therapist Admin Week
15/04/2024 – 26/05/2024	6 Weeks (*Includes BH 06/05/2024)
27/05/2024 – 02/06/2024	Therapist Admin Week (*Includes BH 27/05/2024)
03/06/2024 – 28/07/2024	8 Weeks
29/07/2024 – 04/08/2024	Therapist Admin Week
05/08/2024 – 25/08/2024	3 Weeks
26/08/2024 – 01/09/2024	Fixed Holidays (*Includes BH 26/08/2024)
02/09/2024 – 27/10/2024	8 Weeks
28/10/2024 – 03/11/2024	Therapist Admin Week
04/11/2024 – 22/12/2024	7 Weeks
23/12/2024 – 24/12/2024	Therapist Admin
25/12/2024 – 31/12/2024	Fixed Holiday (*Includes BH 25/12/2024 and 25/12/2024)

<https://www.dedhamtherapyfarm.org/services-2>

CONTACT US

For more information, please contact
hello@dedhamtherapyfarm.org or call
01206 322 070.

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