

Short walks

Calm on the Farm walks

are part of South Somerset's Walking for Health.

We go at a gentle pace, with plenty of time to appreciate the seasonal changes in the green space of our small farm, followed by refreshments in the barn.

Walks are free but places must be booked at least 48 hours in advance.

Contact debbiehicks@stokehill.com to find out more about the walks and to book.



Green Space and Wellbeing

Our walks and workshops are good for your physical health and they're also good for your wellbeing. This is because:

"Beautiful, uplifting, relaxing"

- Spending time appreciating the sights and sounds of nature encourages us to slow down our thoughts and to connect with the present moment.
- They bring people together as a group and offer a chance to collaborate in an activity.
- They include meaningful activities, which many people find enjoyable and fulfilling.

Green Space at Stokehill is led by Debbie Hicks on a small farm in Stoney Stoke, near Wincanton in South Somerset.

Debbie also works with teachers, farmers, primary and secondary school pupils and with many other organisations, both on and off the farm.

Many of our workshops can be adapted for other settings, e.g. libraries, care homes etc. Green Space at Stokehill is part of the Transform Ageing initiative.

Stokehill is an approved (EV4) Somerset provider and a member of Care Farms UK.

See the website www.stokehill.com or email debbiehicks@stokehill.com to find out more.



Green Space Workshops, Walks and Courses

Autumn 2019



Green Space at Stokehill walks, workshops and courses take place on a small farm near Wincanton in South Somerset.

Green Space Workshops and Courses

- Enjoy a gentle walk around the farm
- Carry out an optional, seasonal activity
- Find out about other local activities
- Finish with refreshments in the barn

Green Space workshops and courses have food, farming and countryside themes, with a combination of gentle activity, new learning and an opportunity to spend time with other people.

All sessions are delivered in partnership with Somerset Skills & Learning, which means that they are free for Somerset residents (N.B. One free workshop / six week course per participant).

Morning workshops run from 10.00 a.m. - 12.00 p.m.
Afternoon workshops from 1.30 p.m. - 3.30 p.m.
Dates are shown opposite.

July 2019: This is the **draft** flyer - dates to follow
(on website or email Debbie for details)

Contact debbiehicks@stokehill.com to find out more and to reserve your place.



"Real sense of wellbeing and time to stop"



Seasons on the Farm Find out how we look after the farm animals and wildlife in autumn and winter. Carry out an optional seasonal craft activity.

Sensory Farm Enhance wellbeing and mindfulness by using all your senses during this workshop. Immerse yourself in the sights, sounds and textures of a farm walk. Carry out optional natural craft activities.



Apples and Orchards

Learn how we manage the orchards for wildlife. Gather apples from the trees to crush, press and taste. Take home a bottle of freshly pressed apple juice.



Trees and hedgerows Hedgerows are a traditional Somerset feature and they form vital wildlife corridors for a range of wildlife. Learn who lives in a hedgerow, how we manage hedgerows for wildlife and explore their roles for us as food and medicine.



Plants for food Find out about a range of fruit and vegetables that can be grown at home, how to sow, grow and use plants for food.

