

FARM ABILITY

The FarmAbility program aims to empower individuals with disabilities by providing them with meaningful work experiences and therapeutic interactions with dogs and livestock on a farm. The program focuses on skill development, social inclusion, and personal growth in a supportive and nurturing environment. It runs on a Friday only for 10 weeks from 10:00 AM to 2:00 PM.

Over these 10 weeks, the program aims to foster improvement in the following areas:

- The importance of community engagement, social contribution and relationships in maintaining personal wellbeing,
- Self-awareness and self-care
- Gaining awareness of personal interests, skill sets and linking these to employment pathways
- Emotional awareness and self-regulation
- Adaptive social competency including increased awareness of social norms and expectations
- Their relationship with their disability, independence, confidence and self-worth



Activities Held



- **Introduction to Sheep Herding Animal Training and Responsibility**
- **Building Connections through Animal Handling**
- **Skills in Farm Maintenance**
- **Social Skills and Leadership Nature and Well-being Walks**
Increased Confidence and Independence
- **Sensory Activities**

10 Week Programme Friday's Only and limited spots available.

Age Group: 11- 17 years.
10am-2pm