

Help us to secure



A farm for the future

Where **people** and **nature** thrive together



Our biggest ever challenge
since we began in 2016



Our farm



If Joseph stopped going to Living Potential it would be the end of his world. For him, it's everything.' - **Joseph's Parent**



Joe has been a member since the farm began and his experience has been nothing short of transformative.

The farm provides Joe with a diverse and engaging work environment where every day brings new learning opportunities. His duties, ranging from feeding animals to boxing up eggs for the farm shop, not only give him a sense of structure but also a profound feeling of contributing to society. The farm doesn't just offer him a place to attend, it offers a community. Joe has made lasting friendships. Living Potential stands as testament to the positive impact such environments can have, particularly with individuals with disabilities, by offering them a chance to connect with nature and find meaningful, fulfilling roles in their communities. I am proud to be a supporter and a father of a member who benefits from this wonderful place.

Now, Living Potential is embarking on its biggest ever challenge since it began. We need your help to secure a farm for the future, so we can continue to provide a haven where people and nature can thrive together.

We want to be here tomorrow for those that need us and with your help, we can.

Martin

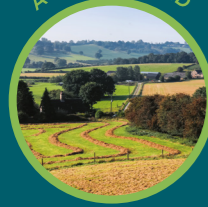
Father of Joe and supporter of Living Potential



A farm for the future

Where **people** and **nature** thrive together

ACCESS ROAD



COMMUNITY GARDENS & ACCESS



WOODLAND CABIN & ACCESS



FARM SITE INCLUDING: COURTYARD, FARM HOUSE FLAT & CAR PARK



BARN (x4)



ALLOTMENTS & ALPACA FIELD



We need to secure our future

With the land in which we operate up for sale, as tenants, we have no certainty. We are embarking on our biggest challenge ever since we began in 2016. We urgently need your help to ensure Living Potential can continue to change lives. We need to raise £2m to secure a farm for the future so we can be here tomorrow for those that need us.



The £2 million will:

- Provide the long-term **security** of Living Potential
- Safeguard our work and enable us to **grow** our current provision
- Allow us to continue to support our 135 **beneficiaries** and their families every day who desperately need us
- Ensure we can deliver our long-term **plans** and vision. Over the next five years we will be a centre of outstanding provision where environmental concerns meet with the needs and strengths of people and communities
- Enable us to expand our membership base and increase our diversity to **reach** more families and share our work wider

A Farm for the future will enable us to continue to transform lives and make a real difference to people living with disabilities and mental health challenges. Without Living Potential our members would have nowhere to else to go, leaving them feeling isolated, lacking in confidence and without purpose.

Help us secure the farm today

Transforming lives every day

Since 2016 Living Potential Care Farming has been making a significant difference to the lives of many local children, young people and adults with additional needs and mental health challenges.

The farm uses the resources of a 500-acre working farm to drive therapeutic benefits for our members. Throughout the year, over 80 individuals and 15-20 volunteers attend the farm each week. Regular activities such as animal care and horticulture are tailored to the individual strengths and needs of those who we work with. We aim to support people gain confidence and independence, develop new skills and knowledge and increase health and wellbeing, whilst showcasing sustainable farming.

The care farm

We are incredibly proud of our working farm and the journey we have been on.

Our members enjoy being on the farm, feeding and caring for the animals. They get involved in every stage of egg production – from collecting eggs, to washing, sorting and taking them out to local retailers. Whilst at the farm other activities include arts and crafts, cooking and baking, bushcraft, woodland walks and horticulture. Our daily routine provides the members with a reliable structure which gives them a sense of security and safety.

The farm is a rewarding and fulfilling place, giving our members a sense of purpose. Through working on the farm, we provide our members with a community, friendships, and ultimately reduce social isolation.

'Being at the farm provides Paul with unique opportunities to work and socialise with others, and has given him a level of responsibility and accountability that he has really enjoyed and benefited from.'

- Parent



The woodland cabin

Our wonderful, secluded cabin in the woods is a safe, secure haven away from the hustle and bustle of daily life.

It is an ideal location if people are stressed or anxious, looking to reconnect with themselves or for tools to sustain them in everyday life. The woodland cabin can be hired out by groups, companies and organisations where they use it to run wellbeing sessions, team away days or support groups.

We also offer optional sessions from tranquil retreats to team building. These include yoga, mindfulness, sound baths, bushcraft, archery, alpaca walks and more. The woodland cabin is a sanctuary offering a unique experience to all. With a log burner inside for colder days and doors on both sides to listen to the birds sing, there is no other place like it.

'We were totally immersed in nature, listening to the birds tweeting and the instruments, whilst we mindfully bathed in the woodlands, which helped ground the participants in the present moment.'

- Amanda Haigh



The community gardens

We are very lucky to have a little piece of history within our farm.

Situated on the hill, the walled gardens have been used for horticulture since the 1850's. For years we wanted to bring the walled garden back into use as a community gardens project and in Spring 2024, the community gardens opened to the public for the first time. It has become an inclusive, intergenerational, diverse community asset where nature and people flourish side by side.

There is significant evidence that suggests the benefits of being outdoors and growing plants and vegetables can have on our wellbeing and improve mental health. We have a therapeutic grower who helps the members with their work, enabling us to support more participants who are feeling lonely, isolated, low in mood, or people who are just finding it difficult.

'It helps to block out negativity, I like having things to do, it distracts from ruminating.'

- Community gardens participant





JJ's story

Inclusion and accessibility

As a wheelchair user with progressing support needs, JJ wasn't convinced the farm could offer him much to be involved with, or be able to support his needs.

However, Living Potential adapted and refined the activities so he can join in with everything his peers are doing. JJ is able to process eggs on the tray on his chair, he collects grass from trays planted specially to be cut on his tray. JJ won a special award for 'Safety' at our Awards Ceremony for his amazing observational powers to notice when things are not quite as they should be! JJ says his life has improved and been given meaning and value that he didn't find elsewhere. He is also reassured that Living Potential will continue to adapt their offer as his needs change.

- JJ's Mum

Tieri's story

Part of society

Tieri loves to attend the Summer Fair, in July. He enjoys all the activities, the awards ceremony and helping with the preparation.

The farm and staff mean so much to him. He often talks about the farm to family and friends and feels very proud of his work. Living Potential has highlighted Tieri's abilities: he is now confident and understands his roles and responsibilities. Tieri sees the farm as a job - this makes him feel part of society, and he is now confident enough to show others his work. That is something he is very proud of.

The staff are fantastic - they are very supportive and understanding, everyone goes the extra mile to ensure the safety of service users. The staff are listening to parents' carers and services users and will always do their best to accommodate where possible. Living Potential has allowed me to attend work - this is also part of my wellbeing and I myself can be part of society, which is important to me.

- Natasha | Tieri's Mum



Ashley's story

A lifeline

Ashley came to us with a referral stating that they had issues of socially inappropriate behaviour, difficulty relating to their peers and difficulty regulating emotions.

They could become aggressive and/or abscond. They had been asked to leave several placements and needed a new chance. Ashley has since settled well, finding solace with the animals; enjoying their non-judgemental, calming presence which helps them connect with their emotions and find ways to express them. They work enthusiastically, directing their energy to the care of the animals and the associated jobs, knowing the work is meaningful and has value. This means their anger and frustration has decreased as they belong and are a valuable part of the team. Their self-esteem has increased and they have made friends, having guided social interactions as part of their day to day working environment. Ashley says "Thank you to the staff at Living Potential, you've all made me become a much better version of myself".

- Ashley | Community Gardens participant

* Some names have been changed at the request of beneficiaries.

Matthew's story

A sense of belonging

Matthew has taken quite a decline in his ability in the last 12 months.

Talking about her son's care, Mum stated "The staff at the farm are special people who show great good humour, a positive attitude and value each member as an individual. There is a clear sense of community and a commitment to welcoming all members and their families. Matthew thrives at the farm physically, intellectually and emotionally. This can't be understated because it is a very rare experience for him.

Life for Matthew, as for many other members, is challenging and often an uphill struggle. This makes being a valued member of the team at the farm so precious. He gains a sense of belonging, identity and self esteem. The confidence and purpose that the farm brings to his life is essential for his wellbeing and gives him the opportunity to live a worthwhile life. As parents we have complete confidence and trust in the level of care and in the level of respect shown to Matthew. This is not something to take for granted as the farm is the only setting we have encountered where this is the case. I don't have any anxiety about leaving him [here at the farm with you]. At the farm, and with my sister, are the only places that I feel 100% reassured and relaxed that he will be safe and cared for whilst I'm not with him."

- Matthew's Mum



Our impact

135

beneficiary visits each week

2,300+

hours of dedicated support provided each year

100%

of members say they feel that their involvement in Living Potential has contributed to increasing their confidence and skills (annual member survey)

5,000

eggs sold every year

'Alfie has since settled well, finding solace with the animals, enjoying their non-judgemental, calming presence which helps them connect with their emotions and find ways to express them.'

The need

13,000

adults have been diagnosed with common mental health disorders such as anxiety and depression in Leeds

39,165

people in contact with secondary mental health services since 2015 across York

43,000

People are affected by ADHD across Leeds, Harrogate and York

11,000

people are affected by autism across Leeds, Harrogate and York

'The supportive environment we provide has helped Molly manage her anxiety and she benefits greatly from the routine and stability she finds at the farm.'

We need your support for our farm for the future

Every week we support over 135 beneficiaries to grow in confidence, build lasting friendships and encourage independence. Help us secure the farm so we can continue to be provide support to JJ, Matthew and all our members.

Living Potential changes lives by offering a sanctuary where people and nature thrive together. We support people with disabilities and autism, dementia and mental health challenges to engage in meaningful work giving people a real sense of value and purpose. In the UK, 1 in 4 people are experiencing mental health challenges and 16 million people are living with disabilities. The need for our work has never been greater.



We urgently need your help.

Living Potential is a safe haven for so many families and we transform lives right across Yorkshire. We reduce isolation, we instil confidence, and we provide hope. Help us secure a Farm for the Future so we can be here tomorrow for those that need us.



We need to secure the farm to be able to make our future plans a reality and continue to support our members.

With the Farm secured, we will have the stability to:

Grow our provision

We hope to double our capacity. Offering work experience and internships in nature conservation and food growing, promoting community well-being by partnerships with urban schools, bringing children to experience a rural working farm.

Increase accessibility for our beneficiaries

Accessibility for all, everywhere on the farm, so everyone can enjoy this healing environment, promoting mental and physical health and reducing isolation.



Realise our long term plans and vision

We want to expand our offer. Over the next five years we want to be a centre of excellence where environmental concerns meet with the needs and strengths of people and communities. We hope to provide new and varied activities with job coaching, respite, holidays lets and residential placements. We aim to teach rural skills such as hedge laying, natural dye making, spinning and weaving - creating cottage and heritage crafts to sell at commercial outlets.

Reach out and provide connections

Connecting people to each other, communities, nature and with their local landscape. Our farm and gardens aim to improve biodiversity and showcase small scale sustainable and regenerative farming. Sharing stories, skills and knowledge - breaking down barriers over food and wildlife. Our activities will be intergenerational, diverse and inclusive.





We are committed to improving lives. We exist to create a place of peace and purpose, treating everyone with equity. We want to continue our service and create our future. Without Living Potential our members would have nowhere to else to go. That's why we're asking you to help us with our biggest ever challenge. Please help us secure the farm today.

Thank you, Tanya

Tanya Bish, Managing Director, Living Potential



Thank you for your support

Contact Tanya on 07941 796370
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Get in touch

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