



Bath City Farm, Kelston View, Bath, BA2 1NW

## What's on at Bath City Farm for Adults

The farm runs a wide range of projects for people aged over 18. Many of the projects provide a delicious lunch for volunteers, and all provide refreshments. Tasks offered can be worked at different paces and are aimed to suit all abilities.

### The 4-step process for accessing each project is:

1. Contact the farm in person or via e-mail/telephone.
2. Fill in an application form for the project you want to join.
3. Meet with the staff member running the project who will show you around the farm.
4. Have a taster session to see if you like it.



The wide range of projects the farm offers for adults are listed below. For more information contact us:

Email: [info@bathcityfarm.org.uk](mailto:info@bathcityfarm.org.uk) or Tel: **01225 481269**

**General volunteering** - Help carry out a wide variety of tasks, such as animal care, gardening and site maintenance.

**Monday: 10am-3pm**

**Wednesday: 1-3pm**

**Saturday: 10am-3pm, 1st of each month**

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## What's on at Bath City Farm for Adults

### For adults living with short or long-term mental health issues

#### **Grow it! Cook it!:** Mental wellbeing gardening project

**Wednesday 10am-12pm** For those wanting more vigorous activity.

**Thursday 1-3pm** Gentle gardening for those with lower mobility.

#### **Make and Bake:** Mental wellbeing cooking/crafting/baking

**Wednesday 1-4pm** Crafting group making a wide variety of products to sell in the farm shop.

**Thursday 10am-4pm** Mornings are spent preparing a healthy meal for the volunteers, in the afternoons we make soups, jams, chutneys and baked goods to sell in the farm's café and shop.

#### **Farm Hands:** Animal Therapy Project

**Thursday 10am-12noon** Get involved with a range of animal care tasks

### For adults with learning disabilities

#### **EARTHworks:** Horticulture and animal care therapy project

**Tuesday 10am –3pm** Learn a wide variety of practical skills (*fee charged for attending this project*).

#### **Training at the Trough:** Catering project developing work related skills

**Thursday 10am-4pm** Help in out in the farms café kiosk.

**Fridays 10am-3pm** Prepare delicious food for the café.

### For older people

#### **Feathered Friends:** Practical & social sessions for over 60s

**Monday 1-3pm** Help to raise a small flock of chickens and relax in the farm's surroundings. Aimed at people over 60 who want to improve their health and well being.