

## Three easy steps

There are three easy steps to making your choice about whether or not to join us:

1. Visit our website for more information
2. Contact us by email or telephone with any questions you have
3. Make an appointment to visit us, speak to one of the team and possibly arrange a Taster Session



## Contact us

**Telephone: 01963 210703**

**Email: [admin@countrymenuk.org](mailto:admin@countrymenuk.org)**

**Address: Rylands Farm,  
Boyshill Drove, Holnest, Sherborne  
DT9 5PS**



You can also contact Countrymen UK's Head Office.

Telephone: 01963 210789

Email: [admin@countrymenuk.org](mailto:admin@countrymenuk.org)

Address: Countrymen UK, c/o Future Roots,  
Rylands Farm, Holnest, Sherborne, Dorset DT9 5PS

Countrymen UK is a Lottery Funded, Future Roots initiative.



## The Countrymen Club Rylands Farm



**01963 210703**

**[www.countrymenuk.org](http://www.countrymenuk.org)**



## The Countrymen Club at Rylands Farm

We provide a service to men who have worked in farming or horticulture or in any other countryside and outdoor environments; or men who have simply enjoyed being outdoors as part of their leisure interests.

You may be retired or you've been forced to give up work for health reasons. You may be feeling isolated and out of touch because of your health condition or location.

Whatever your background, you would still enjoy being out in the countryside and out in the fresh air, just chatting or being as active as you like, alongside others who share your experiences and interests.

You may be able to do a lot, or only do a little, but that's ok because there's something for almost everyone.

Our members will all have their own ideas about work, relaxation and fun but, whatever your ideas may be, we'll listen and respond as best we can.

"Before joining, I visited and spoke to the staff and had a great Taster Session to make sure I'd like it.

I did, and four years later, I'm still going every week. Whatever your age, you'll be made very welcome."

## Countrymen UK

We are part of the Countrymen UK Network and participate in the Countrymen UK Monitoring and Evaluation project, which is carried out by the University of Essex.



*"I was depressed and isolated. I missed the life I once had in the countryside and had little contact with people outside my family. That's all changed now. I love being outside again. It brings back memories. It's become a new adventure for me - a healthy adventure. And I'm surrounded by people who share my interests."*

## Get back to being you

By joining us, you'll be getting involved in farm and countryside activities with other members. Our staff and volunteers are there to provide services and support to people just like you.

You'll have a say on what's on offer but your love of the countryside, and the skills you've gained along the way, will certainly help. You're probably familiar with the countryside, so there should be no surprises. We're sure you'll relate to the other members and to the activities and environments we have to offer.

We think you'll like it - a lot!

It's not just about working on a farm or at gardens. It's about getting out and staying active. It's about having some fun. It's about telling tales and drinking a hot mug of tea with new friends in a place where you'll feel welcome, comfortable and supported.

Countrymen UK Groups around the country deal with a diverse range of men with many different health conditions, including: anxiety, stroke, Parkinsons, dementia, depression, respiratory & lung conditions, isolation & loneliness, bipolar disorder, injuries, heart disease, PTSD, arthritis, pain and cancer.

