

Having a positive impact

The focus of Countrymen UK is on men who find themselves isolated from their peers because of deteriorating physical or mental health or changing social conditions, whether they are from rural or urban areas.

With a network of Care Farms, we are engaging with men who have previously had an affinity with farms and other outdoor environments, through work, leisure activities or just a love of the countryside.

Our slogan, 'Getting back to being you' reflects our belief that farm, work environments and green spaces help men retain their identity and have a positive impact on physical health and mental wellbeing.

Accelerating Ideas

We're being assisted by the BIG Lottery's Accelerating Ideas programme, which supports projects that have already been tried and tested for their national significance and can now be extended to other areas with the aim of increasing their positive impacts. Accelerating Ideas also encourages work that will help to influence or change policy and practice.

Training and support

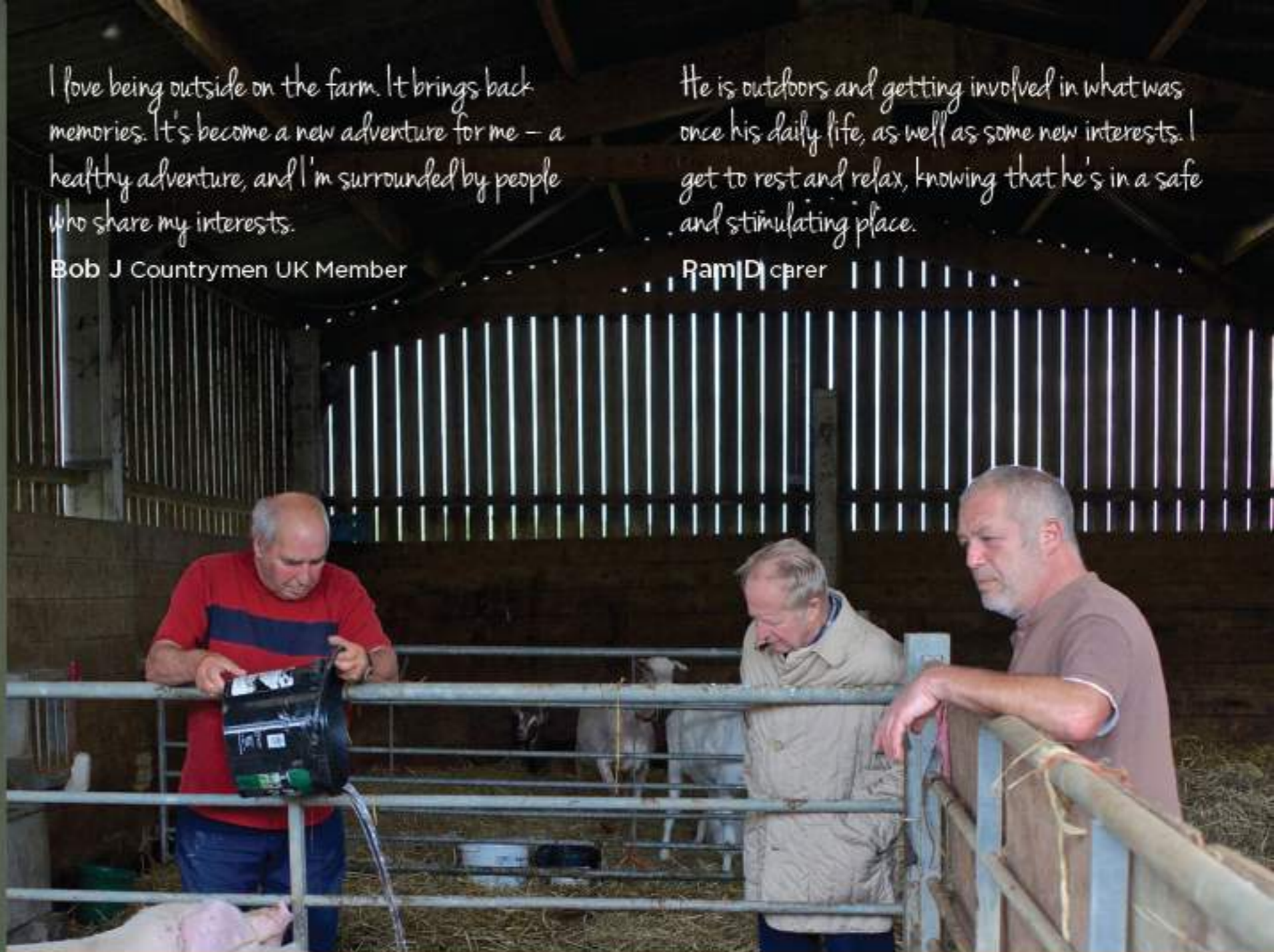
Countrymen UK is excited to be sharing our successful model with other Care Farms in the UK, giving them the tools, training and support to get their Countrymen UK Group underway.

I love being outside on the farm. 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.

Bob J Countrymen UK Member

He is outdoors and getting involved in what was once his daily life, as well as some new interests. I get to rest and relax, knowing that he's in a safe and stimulating place.

Ram D carer



Join Us

With the right help, your Care Farm could benefit your community by providing this effective and much needed service.

Or, if you, or a person you care for, would like to join a Countrymen UK Group, contact us for information about a group near you.



A short history of Countrymen UK

Inspiration

The model for Countrymen UK was inspired by the success of the Countrymen's club at the Future Roots Care Farm in Dorset, which began in 2011, with funding from the BIG Lottery Silver Dreams Programme.

The Club was established after identifying a need for a service aimed at men who faced life changes as a result of rural isolation, health conditions and ageing.

Greater Inclusion

The initial project identified individuals from rural communities who had perhaps worked in farming and other outdoor environments. However as the project developed, the Club evolved to include any man who has an interest in the countryside.



Our aim is to offer person-centred opportunities that enable people to engage in activities and enhance their wellbeing by stimulating both mind and body. We are now expanding our network of Countrymen UK Groups to other areas.

Julie Plumley

Founder of Future Roots and Countrymen UK

If you feel that your Care Farm could provide a range of services to Countrymen and their Carers in your area, your first step is to get in touch with us and ask for our Expression of Interest Form.

Contacting us is easy!

Email: admin@countrymenuk.org

Telephone: 01963 210789

Or visit our website at:

www.countrymen.org



**Rylands Farm, Boyshill Drove, Holnest,
Sherborne, Dorset DT9 5PS**

Countrymen UK is a Lottery Funded, Future Roots initiative;
a member of Care Farming UK



LOTTERY FUNDED



Getting back to being you

Anxiety Stroke Isolation and Loneliness
Parkinsons Dementia Depression
Respiratory & Lung conditions
Bipolar Disorder Injuries Heart Disease
PTSD Arthritis Pain Cancer

**We're meeting the challenges
Join us and make a difference**

