

* Health and Wellbeing * at Fordhall Organic Farm

Fridays on the farm just got even better!

Afternoon Amble

1-3pm every Friday – suggested donation £2*

Join us for a group guided walk and a social with tea and cake aimed at reducing isolation and loneliness. Bringing people together in our beautiful and calming green spaces for the benefit of their wellbeing. All-terrain mobility vehicle available for those with mobility challenges.

Feel Good Friday

11am-1pm every Friday – suggested donation £5*

A smaller, more intimate group to support people who are just starting on their mental health and wellbeing journey. Designed to focus on building resilience, confidence, improving mental and physical wellbeing alongside others. Expect a gentle walk and light activities such as gardening or woodwork (no experience necessary!) and a nutritious light lunch together.

Farm Fridays

10am to 4pm every Friday

Our long standing, regular volunteering day is a hands on, physical day of volunteering, getting involved in maintenance tasks and conservation around the farm. A rewarding opportunity to meet some of the wider Fordhall family and learn new skills working on some exciting projects, getting stuck in, whatever the weather.

*Suggested donation - only for those who are able.

Please note all sessions must be pre-booked - contact Nicola on community@fordhallfarm.com or 01630 638696 for more information.

Fordhall Organic Farm, Tern Hill Road, Market Drayton, Shropshire, TF9 3PS

