



Achieving something big – together!



Having been granted planning permission last September The Shallowford Trust is now undertaking a big project to convert the granite barns to provide better residential facilities, disabled access and learning facilities. We have made good progress towards raising the funds needed but we still need to secure a few £100,000 more before we can begin. Therefore we would like to ask you, as one of our valued supporters, to consider if you can help us raise as much as possible to make this vision a reality. Your help would be very welcome and be a practical step to providing a life changing experience to young people.

"I have not been so happy for a long, long time", "This has been my best day ever", "I have done so many things for the first time", "I never thought that I would learn so much on a farm"

Please consider this very carefully, maybe you are considering leaving a legacy that really Makes a Difference into the future; perhaps you could organise and run an event that raises funds towards this valuable work; maybe you could collect sponsors to support you and us as you strive to achieve a personal sporting goal;

Dates for your diary

10th-12th Sept
Work Party

11th Sept
Widcombe fair

14th-16th Sept
Work Party

11st-23rd Sept
St Budeaux Church Group

6th Oct
Trustees Meeting

12th-15th Oct
Healthy Eating group

24th-27th Oct
Junior youth club

perhaps you could gather friends around you to make and sell special goods; maybe you know someone who has a strong business that needs to support a very worthwhile charity; the possibilities are endless!

What we need are supporters willing to do the thinking, planning and organising needed.

Thank you for considering these options, and others, that could contribute to the funds needed.

Should you be able to make a donation then please check out our website page <http://shallowfordfarm.co.uk/get-involved/support-us/>

<https://www.give.net/20111993/oneoff>

If we need to talk further then please do call us on **01364 621392** or email **info@shallowfordfarm.co.uk** Thank you!

Widcombe Fair: Tuesday 11th September

Its Widcombe Fair and if you fancy a great day out come and join us. We are running the café in the village centre, inside the church house, next to the national trust shop, as usual with a well-oiled team but we could do with a few extras to enable those there all day to enjoy a bit of a break. Please do come along and help out if you can – call us and let us know when you can come. We also need cakes and tombola prizes if you can supply any. Many thanks – see you there.



Fancy cycling 150 miles, 65 miles is uphill?!

One of the Trustees is looking for sponsorship to raise £1000.00 to enable a group of young people to come to Shallowford in October.

OVER 5 CONSECUTIVE DAYS, I PLAN TO CYCLE BETWEEN HOME (BOVEY TRACEY) AND WORK (EXETER)

THE CHALLENGE:

The total distance cycled will be 150 miles, 65 miles is uphill, with 3550m equivalent vertical ascent, and I still need to work each day!

To put into perspective: 150 miles distance cycled is the same distance as Exeter to Birmingham. 65 miles uphill is the same as Exeter to Bristol.

Haldon Hill is an inescapable barrier for me (see profile of route below – Bovey Tracey to Exeter). Climbing it over 5 days is the real challenge. The total vertical ascent over 5 days is 3,550 metres – the same vertical ascent as Mount Snowdon, Ben Nevis and Scafell put together!

THE REASON:

I want to do it to raise money for (East) Shallowford Farm, a charity I have close links with.

See <http://shallowfordfarm.co.uk/>.

It is a working Dartmoor hill farm, and also provides Dartmoor rural farming experiences for youngsters, particularly those from a Youth Work in Battersea London, known as 'Providence House.'

THE DATES:

17-21 September 2018

THE REQUEST:

Please feel free to sponsor me and raise money for this very worthwhile cause!

You can give direct to me at home or work, or Debbie/Serena at the farm, or give online at: <https://www.give.net/20111993/oneoff> (please add reference to Sept Cycle Challenge if using this option.)

I aim to raise £1000.00, which will cover the total cost of a group of 10 teenagers from Providence House, travelling to and visiting the farm, for a weekend in October 2018.

THE THANKS:

Thank you for your support!





“Try Something New”

A Summer at the Farm for Families from Battersea

One of the “*Values*” that we ask the young people to engage with whilst at the farm is to “*Try Something New*”. Well what a great time 6 young families had.

Sleeping in a tent - The tents were up and ready when they arrived thanks to many volunteers

Eating different home cooked food - the food all prepared by a team of helpers under Serena’s expertise

“I’ve never done that before” - feeding and caring for the animals, visiting the beach, swimming in the sea, catching crabs, walking under the stars, weighing the piglets, bringing in and inspecting the sheep, making a whole raft of different crafts, exploring the moors, ... a whole bag full of “*Firsts*”

“I cannot thank you enough for the provision, care, love and encouragement you gave on our trip to the family camp”



Sculpting Workshop & More

During an adult group from Providence House they enjoyed a great workshop generously provided by Richard Austin - <https://www.sculptureworkshop.co.uk/> - during which they all produced a wonderful “*head*” under his expertise and tutoring.

They also enjoyed harvesting from the veg patch, a day at the beach and visit to Schumacher College, Dartington.

It was a time to rest and relax away from the pressures of London, spend time reflecting, discussing, learning about themselves and each other. Much was learnt, discovered and taken back to London for further application and development.



Joint Youth Club Programme



Four youth clubs joined together to bring a group of young people from different parts of the community to the farm. It was the first residential of this kind and proved to be a really valuable experience all round, sharing team challenges, farm tasks and new experiences at the beach. Many new friendships were formed and already the young people are continuing to develop these back in London. This is planned to be a

springboard into bridging community groups and bringing other young people to the farm soon.

They also had a wonderful time with Jonathan Kirby of Kagemusha Taiko – www.kagemusha.com - who introduced them to the wonderful rhythms of the drum, an immersing experience. Check out the video on our blog, smile and then try it!!!

New entrance to the farm

Following the new animal barn last winter we have been blessed to have Paul Edworthy and his team finishing off the driveway, re-establishing the stone walls on either side. Such skill, its great to watch them at work. We are beginning to look more like a welcoming place as against a building site! Come and see us!



The Older Youth Self Catered

This was a new experience for them and with the help of some mums they managed really well. Taking on greater responsibilities for their own food supply, cooking and clearing up produced different challenges that on the whole were met well by the group. They also had a great day at the beach, helped Will to weigh the piglets and spent a wonderful time playing in the river as it was so gentle and welcoming in the heat! This is definitely something to repeat.