

The lottery-funded founding Countrymen Club in Sherborne is based on a working beef farm, where we have formulated a model that can be transferred to other rural settings.

Countrymen UK are expanding their membership, so that men all over the country will be able to access the countryside when they have lost the independence to do it themselves.

Besides the founding group at Countrymen Club Dorset, we currently have trained members ready to deliver, or already delivering, exemplary services in the places listed right, with more farms on the waiting list.

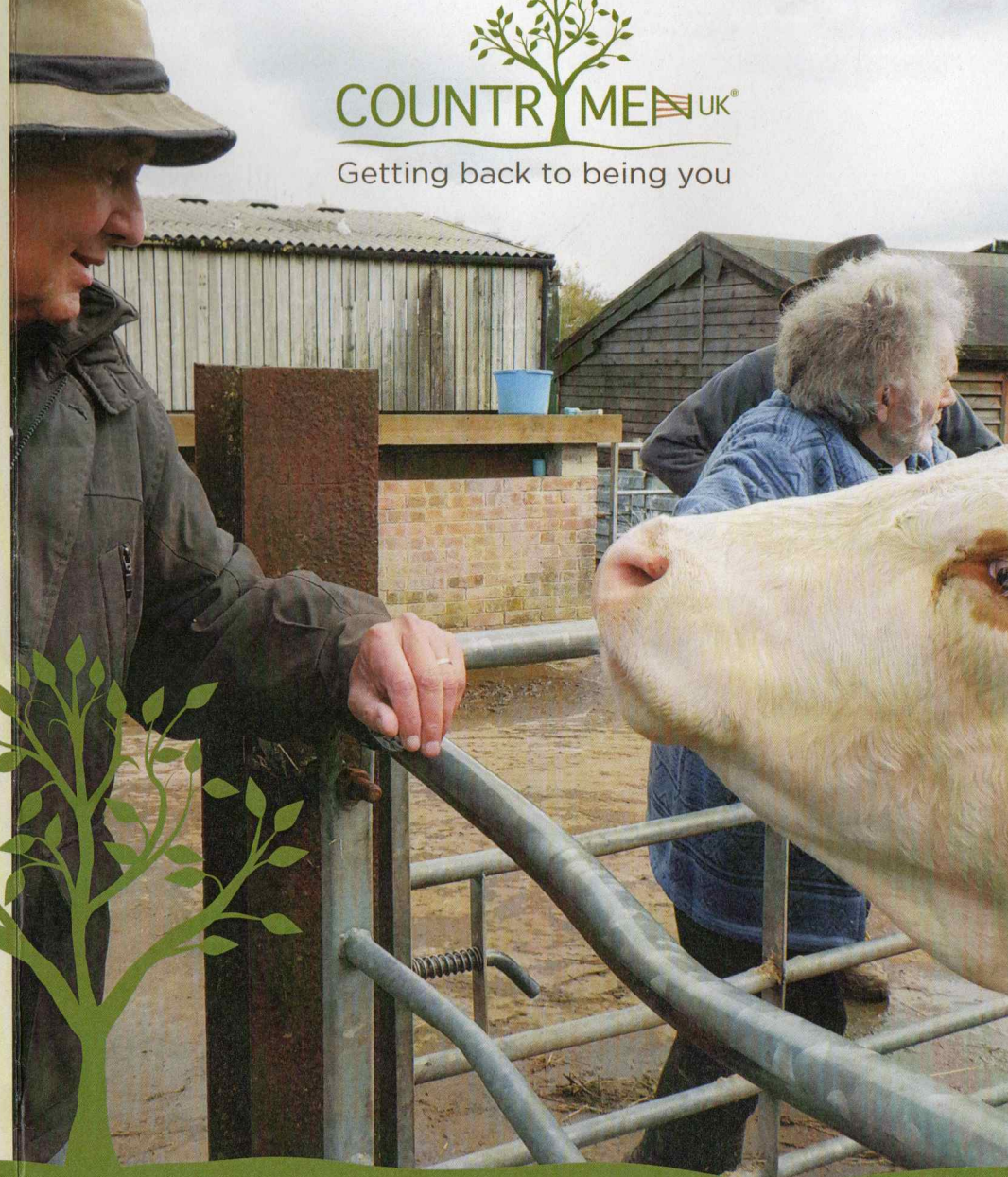
- **Apple Blossom Care Farm** (Powys)
- **Balsall Heath** (Birmingham)
- **Battling on** (Cornwall)
- **Beckside Care Farm** (Derby)
- **Buchan Community Farm** (Aberdeenshire)
- **Futures Farm** (Devon)
- **Meadowwell Connected** (North Shields)
- **Merryhue Farm** (Cornwall)
- **Rylands Farm** (Dorset)
- **Road Farm Countryways** (Bucks)
- **Sunflower Community Care Farm** (Suffolk)
- **Touchdown Memorial Home for Horses** (Morayshire)

'Nature-based activity can improve people's physical and mental wellbeing, especially important for those community groups hit hardest by the pandemic'.

Health Minister Jo Churchill 2021, supporting the need for isolated countrymen and their carers, who shielded for over a year.



Getting back to being you



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Registered charity 1184921

Countrymen UK is
a Lottery Funded,
Future Roots initiative.



Countrymen UK helps men to retain their identity despite the demands of ill health, getting older, isolation and other challenges.

www.countrymenuk.org

Registered charity 1184921

Our mission is to provide creative and innovative work-related activities, to men of all ages who are unable to access the countryside independently across Dorset and the UK.

Vision

For all men across the country to have a choice of supported day care provision when they have lost their independence. This would include opportunity to access outdoor work-related spaces like farming, carpentry or allotments.

Whatever your age, you'll be made very welcome.



Is there a need for this kind of facility?

Everyone deserves access to fresh air and exercise and to be able to experience the senses that each season brings. The Countrymen's Clubs have been evaluated by Essex University and results show that the club enhances quality of life for men who attend and their carers. It has been found that the greatest benefits are socialising with like minded men, taking part in activities related to past work or hobbies and having experienced mentors working alongside them who are not traditional 'carers'.

A change for the better

Men who join a Countrymen's Club can expect to get involved in rural activities, gardening, farming, carpentry or just a stroll to enjoy the seasons. They will share knowledge and experiences with one another, be as active as their mobility will allow and have experienced mentors on hand so they can get the best out of their day in the safest of ways.

The men can live their lives with purpose and value to the fullest extent possible, retaining their individual identity.

I once had in the countryside and had little contact with people outside my family. That's all changed now.



History

The countrymen club started in 2011 when local farmer John Stockley developed Pakinsons and needed support to access the environment he lived for - farming and the countryside.

John wanted to be part of a community, not just around older people. His wife needed reassurance that he would be safe and happy, not just placed in a provision to give respite. Knowing his love of the land, a farm was the most suitable place but there was nothing available throughout Dorset.

We have found over the years that John is not alone in wishing to access the countryside and in finding these clubs beneficial. We have numbers of ex servicemen, sportsmen and businessmen who would all define themselves as a country man or a man who enjoys the country.



I love being on the farm. It brings back memories. It's a new adventure for me, surrounded by people who share my interests.