

## What opportunities are there for the future?

MFT's educational programmes provides the opportunity to work towards nationally recognised qualifications for those that want to. The work programme enables Farm Helpers to progress into voluntary posts in farming and, where possible, into paid employment in this sector.



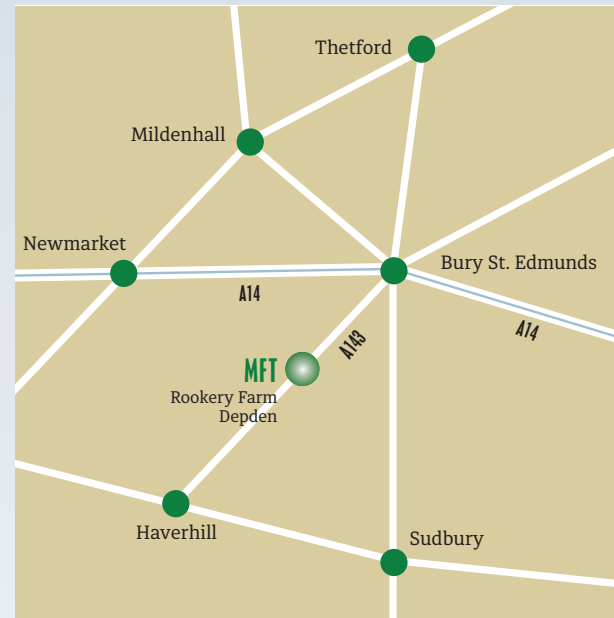
## Why come to MFT?

- MFT provides a calm and confidence building environment.
- Working on the farm and making friends is fun.
- Creative work provides a sense of purpose and a feeling of achievement when it is done.
- Physical activity outdoors provides a feeling of well-being and improves health and fitness.

## What do I do now?

Call Tim Freathy on 07816 828016 or email [director@m-f-t.org.uk](mailto:director@m-f-t.org.uk) for more information regarding the referral process and how we can help you.

## How to find us



**Millennium Farm Trust** is located behind the Depden Farm Shop midway between Bury St Edmunds (8 miles) and Haverhill (11 miles) on the A134. Stephenson's Bus Route 15 stops a few metres from the shop.

Find us on facebook!

[facebook.com/MFTcarefarm](https://www.facebook.com/MFTcarefarm)

## How to contact us

### Millennium Farm Trust

Tim Freathy, Director

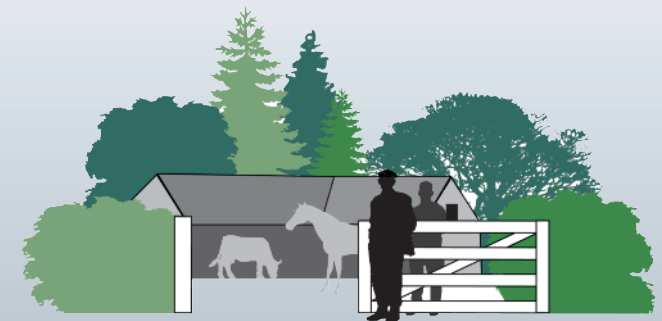
Rookery Farm, Depden, Bury St Edmunds,  
Suffolk IP29 4BU

T: 01284 852525 M: 07816 828016

E: [director@m-f-t.org.uk](mailto:director@m-f-t.org.uk) [www.m-f-t.org.uk](http://www.m-f-t.org.uk)

Reg. Charity No. 1070145 Company No. 03567659

# Millennium Farm Trust Growing together



## What is the Millennium Farm Trust?

Millennium Farm Trust (MFT) is a registered charity, established in 1996, which offers outdoor work, activities and opportunities to learn skills in animal husbandry, horticulture and agriculture.

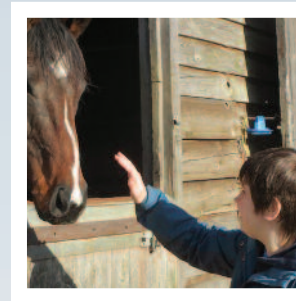
MFT is based on a small farm where it helps look after the animals, including pigs, sheep, pygmy goats, a pony, geese, turkeys, ducks, chickens and Arthur the dog. It also helps grow crops and flowers in the fields, gardens and poly tunnel which are sold in the farm shop.



## Who can benefit from attending?

Adults with learning difficulties, people recovering from depression or mental health issues and adults with acquired brain injuries can all benefit from working at MFT. The programmes they can take part in will help them build confidence, develop working skills and make friends.

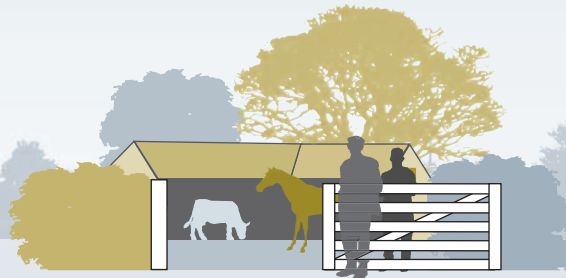
The people who come to work with us are called Farm Helpers and an individual plan, with personal goals and targets, is developed for each of them.



## What skills can be learned?

There is a wide variety of skills to choose from. As well as learning about animals and plants, Farm Helpers can take part in creative team projects such as building a new goat shed and enclosure and a woodwork shed. They can also learn about conservation, machinery repairs and wood work.

MFT helps local farmers with specific projects such as fencing and this enables Farm Helpers to visit other farms and broaden their experience. The skills learned are transferrable into many other occupations.



  
**Millennium Farm Trust**

Rookery Farm, Depden, Bury St Edmunds, Suffolk IP29 4BU