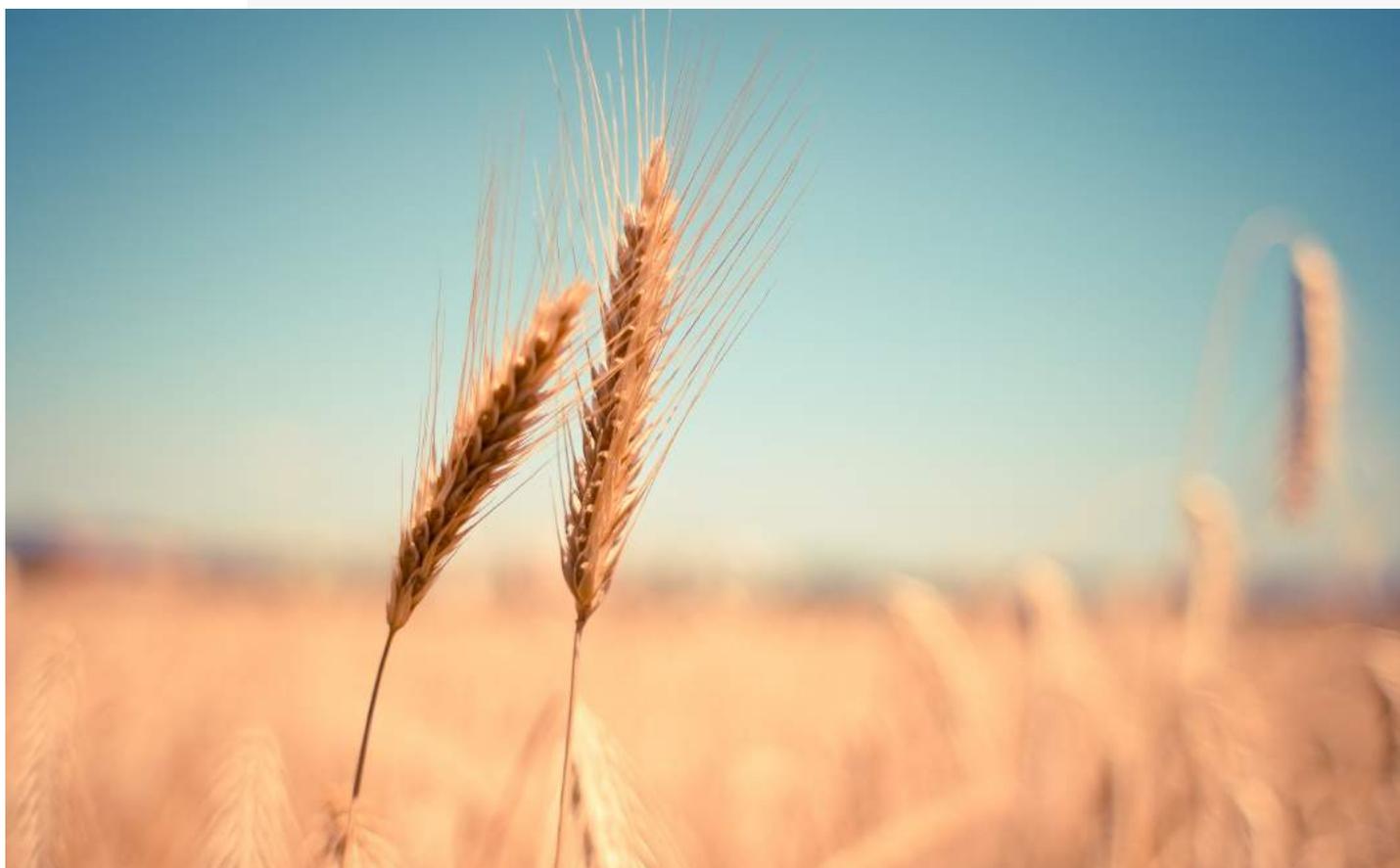


VETERANS FARM-ABLE FOUNDATION

1 NOVEMBER 2019 - 31 OCTOBER 2020

ANNUAL REPORT



VETERANS
FARM-ABLE
FOUNDATION

REG CHARITY NO: 1175204

PREVIOUSLY: MARKET SQUARE, BUCKFAST ROAD, BUCKFAST, DEVON, TQ11 0EA
NOW AT: C/O 4, STONESCLOSE, GALPIN STREET, MODBURY, IVYBRIDGE, DEVON,
PL21 0RZ

JEREMY HIBBARD

CEO
THE VETERANS FARM-ABLE
FOUNDATION

**"THANK YOU ALL FOR
SUPPORTING THIS VISION
AND FOR HELPING US TO
CHANGE THE LIVES OF SO
MANY."**



It's been an important year for Farm-Able. We've completed the transition from a founder-led, micro charity to a bigger, more sustainable and more supportive organization, better placed to meet the needs of the many veterans that come to us. And we did this while much of the world was locked down and life, for most, was far from normal.

The Veteran's Farm-Able Foundation was effectively relaunched in July 2020. I arrived at the beginning of September to join a small, hardworking and dedicated team who put the needs of our veterans at the forefront of everything they do. The level of care and understanding is remarkable and the veterans' community clearly trusts Farm-Able, with several new self-referrals every week. It's been wonderful to witness the changes that our horticultural therapies and outdoor learning can make in people - improving confidence, helping them to build relationships and learn new skills.

COVID19 will cast a long shadow. It's increasing the need for our work and at the time of writing (Jan 21) it doesn't look like the pandemic will be ending anytime soon. So Farm-Able needs to be responsive, reactive and reliable, to build our reputation as a caring, trusted and innovative support organisation.

We couldn't do any of this without our brilliant team of staff and volunteers and the ongoing support of our trustees. I must also thank all the farmers and landowners who lend us both their land and their expertise and, of course, we'd be nowhere without the many and various funding organisations who have generously helped us over the past 12 months. Thank you all for supporting this vision and for helping us to change the lives of so many.

OUR YEAR IN NUMBERS



**GRANTS AND DONATIONS
EXPENDITURE**

**£59,339
£56,992**



ACTIVE BENEFICIARIES
AS OF 31 OCTOBER 2020

82



**BENEFICIARIES STILL
SERVING IN THE ARMED
FORCES**

32%



**FROM FAMILIES OR
VETERANS STILL SERVING**

6%



**BENEFICIARIES WITH LONG-
TERM DISABILITIES**

7%



**EVENTS RUN BY FARM-ABLE
EACH WEEK**

AS OF 31 OCTOBER 2020

3



MALE BENEFICIARIES

69%



FEMALE BENEFICIARIES

31%

CASE STUDY

LT, DARTMOOR



LT had served in the Royal Signals during the IRA's mainland bombing campaign. On leaving the service she suffered terrible nightmares, couldn't sleep and struggled to fit into any social group. On learning that she kept horses as a child, Farm-Able arranged placements at a Dartmoor riding stables for a brief course of equine therapy. She was able to ride and groom a favourite horse and enjoyed a communal lunch round a big table. She says "I took these wonderful memories home and they replaced the horrific flashbacks. Knowing I could beat the nightmares, I felt at ease and content at last."

**"I TOOK THESE
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KNOWING I COULD
BEAT THE
NIGHTMARES, I FELT
AT EASE AND
CONTENT AT LAST"**

CASE STUDY

KY, PENNYWELL FARM



“THERE’S A ‘WARM GLOW’ THAT STAYS WITH YOU FOR A LONG TIME AFTERWARDS AND IT’S AN IMPORTANT REMINDER THAT YOU CAN BEAT THIS THING.”

KY had a 10-year career in the Navy and then 24 years in the Metropolitan Police where he dealt with lots of deaths and suicides. A couple of years after leaving the force he had a sudden meltdown. “The ground fell away from under me, I had flashbacks of time in the Navy and the Police all jumbled up, hot & cold sweats, panic, rage and an inability to sleep.” While waiting to see an NHS Mental Health Assessor he read a magazine article about Farm-Able and got in touch. We arranged for him and his family to visit Pennywell Farm and spend time with a local bee-keeper. He says “there’s a ‘warm glow’ that stays with you for a long time afterwards and it’s an important reminder that you can beat this thing.”

CASE STUDY

DAVE & MARTYN, SOUTH DEVON

Dave and Martyn met on a Farm-Able dry-stone walling course and discovered they had a lot in common. Both are ex-navy and lived near Each other in Plymouth. Meeting, again, on a Farm-Able forestry course, Dave asked Martyn if he'd help him take down a tree as a favour to a neighbour. They enjoyed working together and, within a few months, they'd set up their own garden maintenance and landscaping business. "I used to struggle to get out of bed in the morning", says Dave, "Now I'm up at first light and I can't wait to get going. It's given me a whole new direction in life." Dave and Martyn now have as much work as they can handle and are busy throughout the South Devon area.

"I USED TO STRUGGLE TO GET UP IN THE MORNING. NOW I'VE GOT A WHOLE NEW DIRECTION IN LIFE."



CHAIR'S REPORT

STEWART HARRISON

**CHAIR OF TRUSTEES
THE VETERANS FARM-ABLE
FOUNDATION**



With more than 1,000 charities and other organisations supporting veterans in the UK, it's important that we stand out. This year the trustees have found the right team to make this happen - a new CEO, a qualified Head of Care and an operations team led by veterans. It's a unique offer with innovative thinking backed by a high level of knowledge, understanding and support.

As a nation we've become very good at rebuilding bodies but it can feel like we're still at the beginning of the learning journey when it comes to rebuilding minds. That's why organisations like Farm-Able are so important, focusing, as we do, not just on mental health conditions but on building whole, better lives for our beneficiaries.

We're working closely with some of the bigger veterans referral agencies like Combat Stress and Help for Heroes as well as NHS Mental Health Services and it's gratifying to see that those respected and well-established organisations are seeing the value in what we do.

And while our armed forces are not involved in combat operations in the way that we were in Iraq or Afghanistan a few years ago, we need to remember that mental health conditions can develop in servicemen and women many years after an event or even long after their service career has finished. So we're planning for the long term, putting down a solid foundation so we can be here to support our veterans whenever they need us.

The Veterans Farm-Able Foundation is run by CEO Jeremy Hibbard, reporting to a board of Trustees Chaired by Stewart Harrison.

Other Trustees at 31.10.20 were Grania Phillips, Sacha Macey, Jamie Rossiter & Nick Griffiths. Trustees are recruited by invitation.

THANK YOU

TO THE FOLLOWING FUNDING BODIES FOR THEIR HELP THIS YEAR



 THE ARMED FORCES COVENANT FUND TRUST



MORE INFORMATION

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VETERANS
FARM-ABLE
FOUNDATION