

Draft programme of events and activities 2021

Venue	Date	Activity
Online	5 Jan 21 and will run every Tuesday between 1200 & 1300 throughout 2021 (to be reviewed once out of lockdown)	Virtual Talk and Support Group where beneficiaries can meet on a weekly basis to meet likeminded people, expand their network and can benefit from peer-to-peer support. Guest speakers on a range of topics, from our providers to beneficiaries enhance the session and are most welcome
Online	4 th Wednesday of each month for 6 months 24 Feb 26 May 24 Mar 23 Jun 28 Apr 28 Jul	Female Cohort Monthly Mindfulness Following the initial 6-week pilot course, provide continued Mindfulness practice and encourage peer support and interaction. Facilitated by Vicki Gardner.
Online	6 week course starting on Thur 10 June	Mixed Cohort Mindfulness Course Encouraging beneficiaries to be aware of what is happening around them. To see situations more clearly and to better respond to challenges in their lives. Facilitated by Vicki Gardner
Project Artemis	Various activities for our female cohort Tues 15 June Wed 16 June Fri 2 July (TBC) Fri 16 July Fri 6 Aug Tues 21 Sep	Apricot Centre - Willow Based Craft / Basket Making Pentillie Castle - Day of Mindful Photography and Mindfulness Buckfast Abbey - Bees and Honey Dartington - Wet & Dry Adventure Day Buckfastleigh – Alpacas Apricot Centre - Nature, Outdoor and Wellbeing Days
Be Buckfastleigh TQ11 OBS	Ongoing throughout 2021	Various community projects around Buckfastleigh which will enhance the local area and give out positivity through nature. Led by Charlie Scullion
Lupton House, Brixham, TQ5 0LD	Ongoing throughout 2021	This is a 2-acre site that we are developing in partnership with the Apricot Centre. Once complete the site will be used as a safe space for where they can connect with nature. The project entails clearing the site, creating a maze of pathways, building a firepit and shelter
Metal detecting (various locations)	Ongoing throughout 2021	We have a few providers in the SW who have offered their land (many of which have historical or industrial importance) to our beneficiaries to be able to metal detect in a safe and tranquil environment
Buckfast Abbey, TQ11 OEE	Ongoing throughout 2021	Beekeeping experience with the resident beekeeper at the Abbey. As well as an interesting and informative talk, there is the opportunity for a hands-on experience as well as great honey cake!
Buckfast Abbey, TQ11 OEE	Ongoing throughout 2021	Gardening talks and hands on experience with the resident Head Gardener of the Abbey.
Random Badger	Sun 28 Feb Sun 28 Mar Sun 25 Apr Sun 30 May Sun 27 Jun Sun 25 Jul Sun 29 Aug Sun 26 Sep Sun 31 Oct Sun 28 Nov	A veteran run walking group who meet on the last Sunday of every month for a walk across various parts of Dartmoor. Fully qualified walking guides who cater for all abilities.
Random Badger	On a requirement basis	Random Badger offer bespoke walks on Dartmoor for individuals or groups from The Veterans Farm-Able Foundation
Animal & Wildlife Photography / Pennywell Farm & Deer Park	TBC	Spend a day with Richard Austin, one of the country's most published animal and wildlife photographers. Learn how to take the best animal pics.

Hugs Foundation, Bodmin, PL31 2NT	Tue 11 May Tue 8 Jun Tue 13 Jul Tue 10 Aug Tue 14 Sep Tue 12 Oct	Equine assisted therapy between 1100 & 1230 followed by land-based projects between 1300 & 1500
Apricot Centre, Nr Dartington, TQ9 6AA	Commencing Tue 27 Apr and every other Tuesday through to end of Oct	Dedicated to improving health and wellbeing through nature-based activities . Each session will involve various aspects of nature from woodland clearing to coppicing and maintenance of footpaths (as well as taking time for tea, biscuits, and chat around the open fire)
Apricot Centre, Nr Dartington, TQ9 6AA	Commencing Thu 25 Feb and from then the 3 rd Thu of every month throughout 2021	The Apricot Centre has 'Volunteer Thursday' where you can go along and help with the day to day running of the Centre. Activities range from planting, picking, and packing vegetables grown on site to woodland clearing to enable further project work to take place
Marine Conservation / The National Marine Aquarium	6 & 20 Apr	Take a behind the scenes tour of the National Marine Aquarium and help with their latest marine conservation project.
Pentillie Castle, St Mellion, PL12 6QD	Every Weds	Focussing on horticulture delivered in a safe and compassionate way, achieving a recognised qualification on completion.
Pentillie Castle, St Mellion, PL12 6QD	Date TBC	Female health and wellbeing horticulture project
Lakemoor Alpacas	Thur 13 May	Meeting the alpacas and walking with them, leading on a rein. Possible workshops like felting using the wool. Could even provide a cream tea at the end.
Chainsaw Course Dartmoor Zoo	Weds 30 June Thurs 1 July	Professionally led course in proper use of chainsaw and maintaining and safety elements with certificate of qualification on completion
Location TBC	Trustees, Staff, Beneficiary & Providers Summer BBQ	An opportunity for all the Veterans Farm-Able Foundation 'family' to come together to celebrate the achievements of the Charity