

FARM BASED DAY CENTRE

FOR ADULTS WITH
LEARNING
DIFFICULTIES

HEALTHY
PHYSICAL
ACTIVITIES

GENERAL
FARM
WORK

PRACTICAL
LIFE SKILLS AND
THERAPEUTIC
BENEFITS

LOOKING
AFTER
ANIMALS

MYSTEPUP



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MY STEP UP

My Step Up is a care farm. We are a farm based day centre for adults with learning difficulties or other special needs. We offer fun and physical outdoor activities. From clearing out stables to grooming animals, we've seen first-hand the benefits taking part in a farm environment can have.

WHAT DO WE OFFER?

We offer a wide range of activities, such as:

- Animal care
- General farm work
- Outside projects
- Carpentry and DIY
- Horticulture

THE BENEFITS

We started My Step Up over six years ago, and since then we've witnessed how getting involved in meaningful outdoor activities with our animals can really benefit confidence, social skills, physical health and mental wellbeing. We provide daytime respite that gives our clients meaningful activities, helps them get out the house, have a weekly routine and interact with other people.

WHO CAN GO?

My Step Up primarily caters for adults with special needs. Give us a call and arrange a visit to see if our activities and services work for you.

IS IT FREE?

My Step Up is a paid service with any profits going towards improving our services and offering more opportunities. If you're concerned about funding, most of our clients use Direct Payments (funding available from the council). Speak to a member of our team and we can explain how Direct Payments work.

WHAT TO DO NEXT

Visitors are strictly by appointment only so we can maintain our safe environment. So why not contact us so we can talk about your needs, answer your questions and perhaps arrange a hands-on visit?