

People & Animals

Promoting Animal-Assisted therapies for mutual well-being

Welcome to our Winter 2024 Newsletter

Seasons Greetings! The weather has turned wetter and snowier recently and the team are sporting our new bobble hats, kindly knitted by lovely volunteer, Louise. This term we have been busy carving pumpkins and had a visit from Fens Falconry, which everyone loved. Autumn term will finish on Friday 13th December 2024. Spring term starts 6th January 2025.

Thanks to everyone for all your help and support and as always, we welcome your feedback and ideas. Best wishes from Katie and the P&A team

People News

Community Outreach Projects

We have two outreach projects happening at the moment. Firstly, "PAWS For Wellbeing", based at the Rosmini Centre, Wisbech, which is about bringing the community together in a safe and welcoming place, where they can sit down and have a chat and make new friends over a cuppa and a biscuit. Based around nostalgic board games and dog activities, the session is all about bringing together the community to reduce loneliness and isolation.



Secondly, "DASH" (Dog Arts Skills Hub) where our team of therapy dogs and staff will be at the Rosmini Centre also, facilitating animal-assisted therapeutic and skills development sessions for young people aged between 13-17 years, at risk of anti-social behaviour in the community. From dog agility, to wildlife walks, ecological art and fused glass work, with plenty of hot chocolate and biscuits!

New Staff Member: Josh Bristow

Josh previously worked as a Prison Officer and as a Residential Support Worker working with children aged 11-16 before moving into the business world as a Depot Manager at Enterprise Flex-e-Rent. Photo shows Josh and one of our volunteers, Len and therapy dog, Cooper, at a recent visit to HMP Whitemoor, to support staff at their well-being day.

Josh joins People & Animals team to expand our outreach work.



WISBECH COMMUNITY FARM



2025 Courses

- ASDAN animal care, a 12-week course where we share our animal behaviour and training secrets as well as caring for all the animals at the farm as we learn together. January 29th, contact us for further details.
- ASDAN Creative - 26th February, a 12-week course exploring your creative skills and working together with others in the community - who knows where it will lead! Contact us for further details.
- ASDAN land-based, a 16-week course where we shall be creating a new green space to be proud of at the farm. Starting March 26th - contact us for further details.

CAMBRIDGESHIRE SKILLS

- Introduction to Practical Horticulture Skills, 29th January 2025 – 12th February 2025, 10:00- 2:00pm
- Level 1 Award in Practical Horticulture Skills, 26th February 2025 – 21st May 2025, 10:00am - 2:00pm

New Building Update

By the time you are reading this, the new building should be making progress and the solar panels about to be installed, which is exciting! Photos in the next newsletter!



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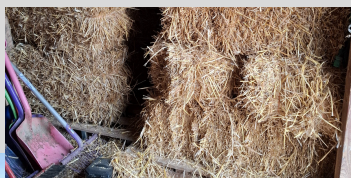
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WISBECH COMMUNITY FARM

Animal News

As well as the staff and volunteers getting the farm winter ready, laying bark mulch pathways which have seen the first snow of the season and getting the straw in the barns for feed and warm bedding, the animals at the farm have been getting ready for winter too.



The horses are getting wrapped up now and the ponies are getting their fluffy warm coats, ready for the cold winter weather.



Beatrice is fattening up for the cold weather too by making the most of the leftover Halloween pumpkins!

The rabbits have their insulation cover on their hutch so that they are nice and snugly overnight.



Forthcoming Dates

Rosmini Centre, 69a Queens Rd, Wisbech PE13 2PH

'PAWS For Wellbeing' - Nostalgic board games, free, Mondays with dog activities starting November 4th, 1-2.30pm.

'DASH' (Dog Arts Skills Hub) - animal-assisted therapeutic and skills development sessions for young people aged between 13-17 years. From dog agility, to wildlife walks, ecological art and fused glass work, with plenty of hot chocolate and biscuits! From November 25th 10am-12pm.

Xmas Party at Rosmini Centre, Monday 23rd December 1-2.30pm

Oasis Centre, St Michael's Ave, Wisbech PE13 3NR.

Supported by Clarion Futures.

WELLBEING - BE ACTIVE, 10:00am - 12:30pm

Starting 6th November 2024. Discover the importance of physical and mental well-being. Explore stress management techniques, stay active, and try gentle activities to get moving!

WELLBEING - SELF ESTEEM 10:00am - 12:30pm starting 4th December 2024 What is self esteem and how does it affect us? What can we do to improve our self esteem and build a more positive version of yourself.

Xmas Fair December 8th 10-4pm
(Our stall will be in Wisbech Library)

Xmas Party at WCF for friends and volunteers. Chat with Katie and the team and get the opportunity to shape future ideas at the farm before our next community steering group meeting in the spring.
Monday 16th December, 11am-1pm.

Woodworking Workshop
Every Friday 10-12pm

Weekly Community Craft Sessions
Free every Weds 1-2.30pm
Come for cuppas and cake, stay for the crafts and laughs!



<https://peopleandanimals.org.uk>
info@peopleandanimals.org.uk

<https://www.facebook.com/peopleandanimalsuk>

<https://www.facebook.com/WisbechCommunityLedTherapeuticFarm> <https://twitter.com/UKPeopleAnimals>



