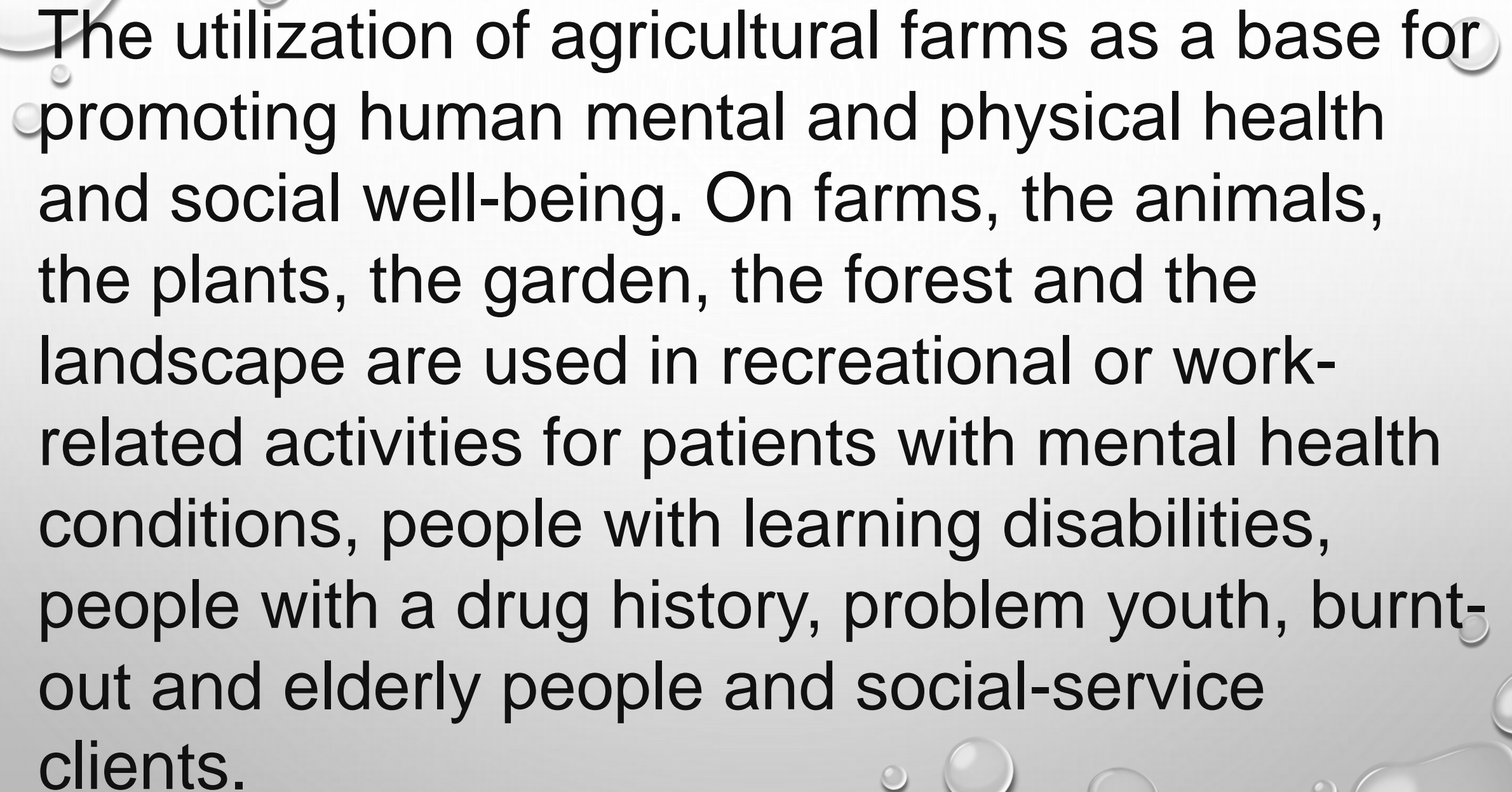


The background of the slide is a light gray gradient. It is decorated with numerous realistic water droplets of various sizes. Some droplets are large and prominent, while others are small and subtle. They are scattered across the slide, with a higher concentration in the top-left and bottom-right corners. The droplets have highlights and shadows, giving them a three-dimensional appearance.

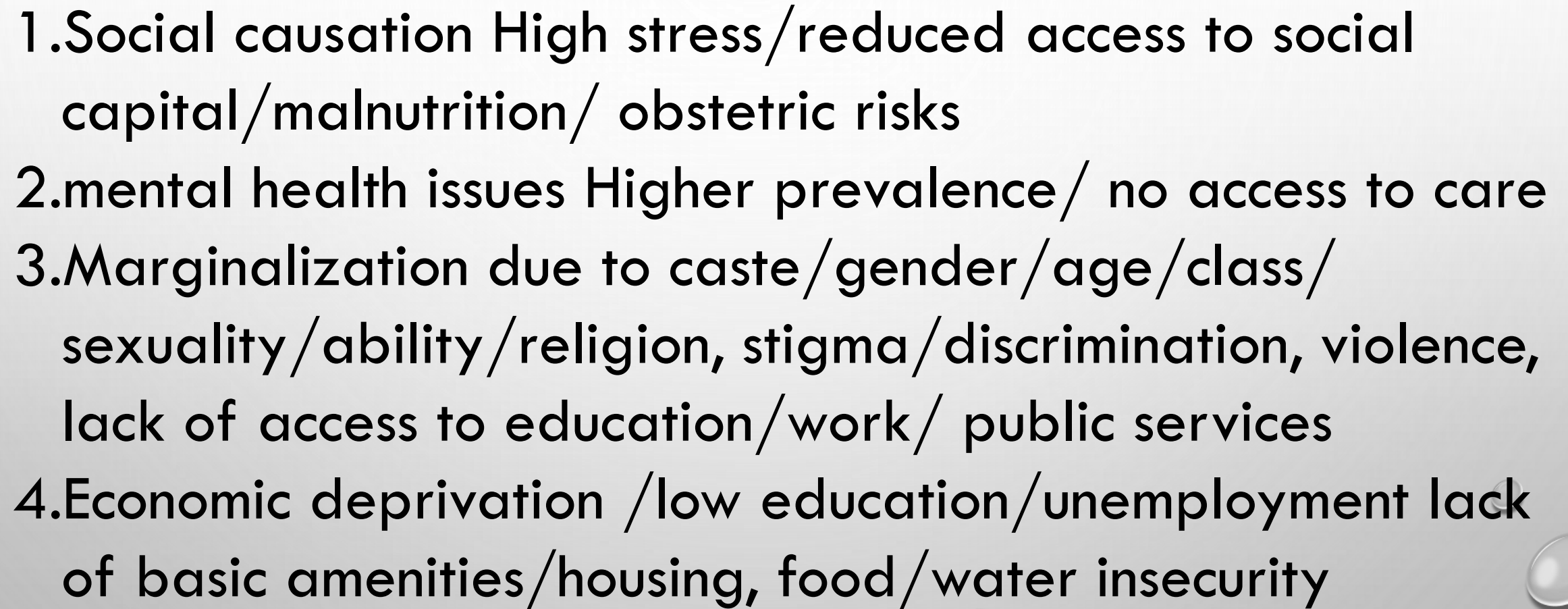
**CARE FARMS
SOCIAL FARMS
GREEN FARMS**

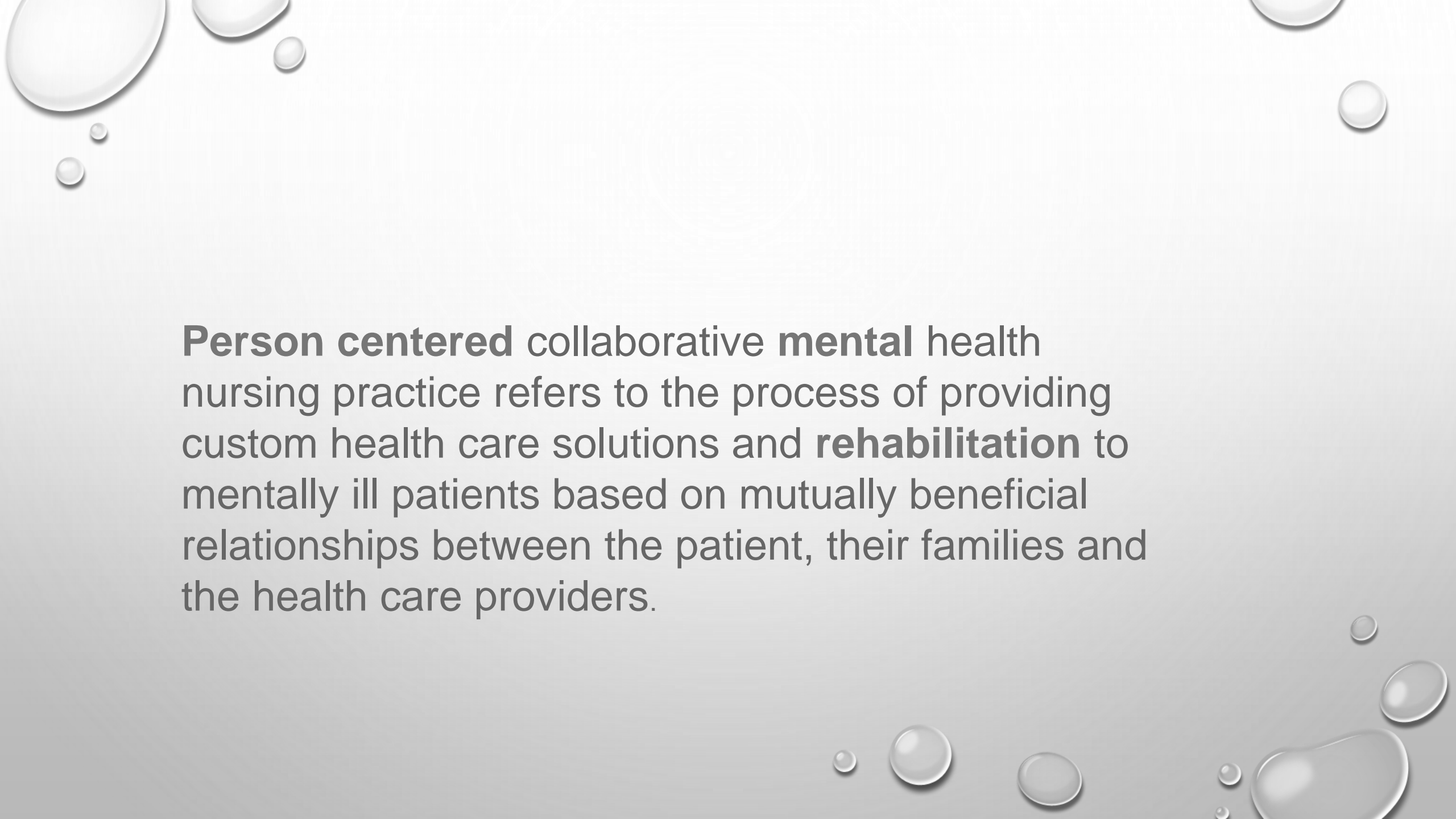
The image features a light gray background with several translucent, 3D-style bubbles of varying sizes. Some bubbles are clustered in the top-left corner, while others are scattered along the bottom edge, creating a soft, decorative border.

The utilization of agricultural farms as a base for promoting human mental and physical health and social well-being. On farms, the animals, the plants, the garden, the forest and the landscape are used in recreational or work-related activities for patients with mental health conditions, people with learning disabilities, people with a drug history, problem youth, burnt-out and elderly people and social-service clients.

Working on the farm contributes to self-esteem, social skills, rehabilitation, inclusion, responsibility, physical health and sense of purpose.

Important recognized qualities of Green Care farms are the space, quietness, useful work, diverse activities, caring activities, the working with plants and animals, and the protective and caring environment of the farmers; family and social community

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1. Social causation High stress/reduced access to social capital/malnutrition/ obstetric risks
 2. mental health issues Higher prevalence/ no access to care
 3. Marginalization due to caste/gender/age/class/ sexuality/ability/religion, stigma/discrimination, violence, lack of access to education/work/ public services
 4. Economic deprivation /low education/unemployment lack of basic amenities/housing, food/water insecurity



Person centered collaborative **mental** health nursing practice refers to the process of providing custom health care solutions and **rehabilitation** to mentally ill patients based on mutually beneficial relationships between the patient, their families and the health care providers.

Being socially connected. Working on the farm provides a non-threatening opportunity for social interaction. The focus on the work of the farm means that connections with others are not the focus of the activity, but rather a by-product. For those suffering from mental ill health this can take the pressure off social interactions. The attention is no longer solely on the individual but instead on working together on the task at hand. Where these tasks involve giving attention to the needs of animals and plants there is the opportunity to regain the ability to care and consider others, a vital function for healthy human relationships. Furthermore, interaction with animals is already established as a mechanism for reducing stress and anxiety.

- **Personal growth.** It allows the opportunity to build skills and, importantly, gain the self-efficacy that comes from learning and implementing these skills. Gaining such skills can bring a sense of hopefulness so vital to mental health recovery. Some care farms provide opportunities for taking these skills a step further to qualifications that can provide a vital stepping stone to employment and recovery.

Physical activity. The links with physical activity and mental health are well established. Working on a care farm provides ample opportunity for physical activity. It has the advantage that it is not undertaken purely for the purpose of doing something physical, but instead is performed, almost unconsciously, as part of ordinary farm activities. Feeling physically tired at the end of the day is a positive aspect, helping them to sleep and providing a sense of achievement.