

Furry Tales Outreach Packages

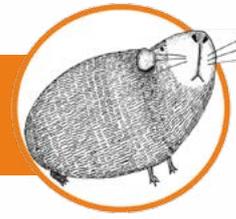


Connecting people with animals, nature and each other



Furry Tales is a project based at Stepney City Farm. Registered Charity No. 1136448. Photographs © Jess Folan 2016.

About Furry Tales



What is Furry Tales?

Based at Stepney City Farm, we deliver therapeutic animal-assisted and nature-based activities to elders in Tower Hamlets. We work with care homes, day care centres, older people's organisations and NHS services, encouraging different generations to come together and enjoy a connection with nature.

Who are Furry Tales outreach packages for?

People aged 65+ living in residential care. For a fee of £100, we offer residential care facilities a 2 month outreach package, delivering 7 sessions to a group of 8 selected residents. We welcome anyone who feels they may benefit from spending time in our group but encourage the facility staff to consider who may gain the most from sessions.

How do they work?

The packages run for 8 weeks. The first week is a 60 minute induction for staff only, where we introduce you to the animals and co-create a bespoke activity plan for the following weeks. We then deliver 7 consecutive weeks of 90 minute sessions that include;

- exploration of sensory materials
- observation & handling of guinea pigs, rabbits & chickens
- nature-based creative activities
- follow-up & feedback discussion

What are the benefits?

- increased social interaction
- sensory stimulation & physical comfort
- motivation to move & develop fine motor skills
- opportunities for reminiscence
- new relationships between residents, staff & the Furry Tales team
- plenty of laughter



'The lovely feeling I get – it's therapeutic... This animal is so happy, it's making me happy too.'

- Furry Tales participant



What you can expect from us



- 60 minute induction for up to 8 staff
- Furry Tales Ambassador certificate for all inducted staff
- 7 x 90 minute animal-assisted & nature-based sessions
- H&S, ice-breaker & feedback covered in each session
- warm, friendly staff & volunteers to facilitate session & encourage conversation
- animal observation & handling with guinea pigs, rabbits & chickens
- all animals health-checked prior to session
- information on animal handling, behaviour & welfare
- activity ideas for use outside of our sessions
- promotional materials to display in facility



What we will need from you

- subsidised registration fee of £100, including £20 deposit to be paid on booking
- minimum of 2 staff attending induction (we welcome staff from any department)
- named staff liason to be consistent throughout sessions
- well-considered selection of 8 residents to participate in programme
- participants screened for allergies, phobias & challenging behaviours
- appropriate space for session, with access to outdoor area for animals
- all facility staff made aware of when & where sessions will be (& invited to drop in)
- prompt completion & return of all paperwork (including monitoring & evaluation)

We encourage facilities to also notify residents' family and friends of their participation in Furry Tales and welcome them to join the sessions, which can provide new stimulus for conversation and positive interactions.

'They really enjoyed it, some were talking about it for the rest of the day and the ward had a very nice relaxed atmosphere afterwards.'

- Dementia Assessment Ward, Mile End Hospital





Next steps

Thanks to funding from the Mercers' Company, we are able to provide outreach packages to 5 residential facilities in Tower Hamlets between September 2016 and August 2017.

If you would like to register for an outreach package,
please email Ione Rojas for a booking form at

ione@stepneycityfarm.org

or call

0207 790 8204

If you're interested in our weekly onsite sessions at Stepney City Farm
or would like to know more about Furry Tales, visit

www.furry-tales.org.uk

To find out more about Stepney City Farm,
where our project is based, visit

www.stepneycityfarm.org



*'Sometimes
the smallest creature
can help an individual
relate to the world,
and in turn
help us all
relate to each other.'*

'He really loved the session on Friday. It's doing him the world of good to be a part of Furry Tales, I can see the difference in him.'

- Development Officer, Creative Support Tower Hamlets

