



*Developing Resilience & Promoting  
Positive mental health through  
farming at sites in Sherborne &  
Dorchester*

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Future Roots offers the opportunity for people to utilise a rural environment to enhance their well being and to reach their potential. We use a Resilience Model to structure practical activities which have proven to be effective in ensuring progression. We cater for all ages 8 & above. Programmes are designed to engage people who are hardest to reach both young & older people.

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