

CORPORATE VOLUNTEERING TEAM BUILDING WITH A DIFFERENCE

We are very proud to be hosting three group volunteer days at Snakehall Farm during 2016. Group volunteers come from socially responsible companies, where up to 15 employees volunteer for a day at charities like ourselves to help repair, build or refurbish the farm to generally make it a better place for our Co-workers.

The volunteering days are invaluable to us as we will have a specific task for the group to work on which we would otherwise struggle to do as our time is mostly taken up by supporting our Co-workers. Previous groups (comprising of bankers, salespeople, solicitors and IT developers) have built woodsheds, cut hedges, planted garlic, tidied up our barns, refurbished our packing room, built deer fencing and re-built our composting area.

These days not only benefit us, but the companies too. They provide opportunities for employees to build bonds with colleagues, work outdoors, learn new skills and try their hand at something new. Companies also benefit by positively impacting on grass-roots charities and can see the massive difference they make. It can also generate positive public opinion too as 90% of shoppers in a recent study are likely to switch to brands that support a good cause. At the farm though, it's all about having a fun and rewarding day working alongside our Co-workers and of course learning to drive Tilly the Tractor! This year we are hosting Blackhorse Give and Gain Day on the 16th of May (their 4th visit) who will be helping to build an accessible fruit cage. We will also be hosting a volunteer day for Anglia Water in June who will be upgrading our accessible pathways and in July we will be hosting Ethicon's 2nd visit, although we haven't yet agreed what they will be doing (answers on a postcard please!) The Prospects Trust has always prided itself on growing people. It is really good to know that not only do we make a difference to the lives of those with disabilities and their support networks, but can also make an impact on the profit-driven corporate world, even if it is just for a day. As always, a huge thank you to all our supporters, whether they are individuals or groups, regular or one-offs. We just couldn't do it without you.

By Rhian Llwyd Elis



GET OFF(ICE) OUR LAND APPEAL

We are always looking at ways to transform our farm, to meet the needs of our Co-workers and make Snakehall Farm the very best place to work. This year our Co-workers want to improve our office space. We suffer from a farm office that is dusty yet damp, freezing cold or stifling hot. We want to insulate to keep the cold out, install new windows to let the fresh air in and kit it out with lovely office furniture and storage. If you can help with donated goods, services or even grant donations we would love to hear from you this year. By Maz Baker



The Prospects Trust at Snakehall Farm,

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SPRING AT SNAKEHALL FARM

Welcome to our first Prospects Post of 2016 and hopefully the start of a fantastic growing season at Snakehall Farm. Our 49 Co-workers (adults with disabilities) our visiting work experience groups and our regular volunteers have been busy getting our 18 organic acres ready for a bumper harvest. Our tomato plants have taken root, our heated benches have helped the tasty herbs sprout and Tilly Tractor has been put to full use in our Spring Meadow getting our field plots ready for crops.

All this work means our on-site farm shop will be stocked to the top this summer with our very best vegetables, herbs and plants.

Our Big Lottery People's Million's funded training kitchen has been bubbling with chutneys and jams so any seasonal gluts this year will soon be transformed into pots of perfect preserves. We are also very proud to show off our stars, our new accessible kitchen has been granted a 5 Star hygiene rating.

This spring our Co-workers have been baking for the East Anglian Air Ambulance, raising a staggering £180 in just over an hour serving tea, coffee and their amazing bakes from our new kitchen. Well done all who baked, ate and donated. Well done the Co-worker Committee for coming up with this brilliant suggestion.



BAGGED IT!

Tesco's Bags of Help Scheme is helping Prospects Trust grow even more differently this year. Thank you to all the customers of Newmarket Tesco and our loyal supporters who voted for us in store in February & March. We are delighted to announce we were awarded £10,000 to establish a new fruit and flower growing area at Snakehall Farm. We will be building our fruit cage on site, involving our Co-workers in all aspects of the construction and planting. We are going to improve access around the farm and create new growing areas for therapeutic benefits to our Co-workers.

The fruit plants will take some time to establish but we hope to extend our range of Prospects Preserves with these new crops. We will report back on the project in the next newsletter but thank you once again to all those who voted for us.

By Mark Cornell





We always showcase our Co-workers in our newsletter but they have challenged the staff team to enjoy five minutes of fame too.....

There are lots of different faces on the farm every day at The Prospects Trust. With nearly 50 Co-workers and 12 staff members each week sometimes it is difficult to get to know everyone. Our Support Worker Hannah Austin has enjoyed interviewing three of our essential support team this month, with future faces to be featured in the next editions.

Rebecca Knappett has recently joined our team on a Friday, coming back to the farm after a few years working at CRC. She has a wealth of knowledge based around Learning Disabilities, and she spends a lot of time in our new kitchen making the delicious jams and chutneys with Co-workers to sell in our shop.
What's the best dinner you ever had? Thai Green curry I had in Bangkok, I have never had one as good since. *How many handbags do you own?* 10, co ordination is key!

Neil Wicks has been working at the farm for over 3 years. He came to us with a great knowledge of tractors and machinery, and has been teaching everybody how to drive Tilly. He is also the Woodwork King, if you have an idea of what you want made, Neil will whip it up for you in a matter of days!
If you were an ice cream flavour, what you would be and why? Rum and raisin, because its tasty and you get a cheeky sneak of alcohol!
If you were to be on a reality TV show, what would it be and why? The Island with Bear Grylls. I could teach everyone a thing or two!

Jennifer Jones has worked at the farm for nearly 4 years. She is the flower goddess, and you can pop into the shop and buy bunches of seasonal flowers that she has grown organically here at the farm. Jenny has worked in horticultural and Learning Disabilities for 12 years, and is an old hand to growing.
What's the weirdest thing you have ever eaten? Shark, I caught it and cooked it and cooked it myself in Australia. *What is in the boot of your car right now?* Oasis for flower arranging. My friend is getting married in October, and we are growing the flowers here on the farm.

By Hannah Austin

FUNDING THANKS, WINS AND WING WALKS

We are proud to be both a growing charity and socially enterprising business. We have our muddy feet in both camps, our Co-workers access our farm for REAL work, their produce & products harvest REAL income and yet without the continued and varied fundraising efforts of our supporters, donors and farm friends we wouldn't be the unique farm we are today. All of our capital developments, special projects and new ideas are kindly supported by external funding. This spring we are welcoming the Knights Templar Scouts & the Cambridge Woodcraft Folk for some charity camping, we have just heard that The Screwfix Foundation have granted us £5,000 towards our new woodshed workshop and we even have a Snakehall Superhero, Jenny Day doing a sponsored Wing Walk in memory of her Grandad (our Super Ron) and sister. Jenny is equally sharing her sponsorship between The Prospects Trust & The Stroke Association, give Jenny a boost by donating online: <https://localgiving.org/jennyswingwalk> You can donate to a number of our appeals at: localgiving.org/charity/prospectstrustatssnakehallfarm/

FILLING THE HUNGRY GAP

You may have noticed that during the winter months we frequently stock produce from other local organic farms and suppliers. The reason for this is what is known as the 'hungry gap'. We grow a large variety of vegetables between April and October and some crops can be stored in order to keep selling them over the winter (e.g. potatoes and onions). However, without having expensively heated greenhouses we cannot grow much to harvest fresh over the winter. We do grow winter lettuces, purple-sprouting broccoli and leeks which continue to grow over the winter. There is always a period of a few weeks when these crops have finished and the new season crops have not yet produced enough to start harvesting. So in order to keep the shop stocked we have to buy from other suppliers. We are always reviewing what we grow and endeavour to keep trying new crops that may extend our season. Tell us what is your top pick of our crop—we love to hear from our customers.

By Linda Cawley



Say hello to Trevor
 Trevor is a regular at Snakehall Farm and on our Garden Team, on or off-site. Trevor is usually found behind a lawnmower, one of his favourite jobs which he never gets tired out by. Trevor has lots of knowledge which he puts to the test each week. He is working on plant identification so he can help the Garden Team to keep their customer's gardens in tip top condition. Trevor is not only green fingered he is a green travel expert, using the local bus services from Cambridge to get to and from work.

★ Co-worker Corner ★