

# Sherratts Wood CIC

## Example Itinerary – Day Opportunity Visit

Adults with mental health issues or mild learning disabilities

Time	Element	Example Outcomes* <small>*(dependent upon day-farmer needs and abilities)</small>
9.45	Welcome, introduction and briefing (Refreshments)	<b>Literacy</b> – listening, speaking
10:00	<b>Activity 1</b> <b>Horticulture</b> <ul style="list-style-type: none"> <li>• Planning</li> <li>• Planting</li> <li>• Nurture</li> <li>• Harvest</li> <li>• Develop saleable products</li> <li>• Marketing and sales plan</li> </ul>	<b>Numeracy</b> – count, calculate, measure <b>Literacy</b> – listen, speak, communicate, reason, problem solve, discuss <b>Citizenship</b> – responsibility, respect <b>Personal, Social &amp; Health</b> – physical activity, healthy eating, social interaction, improved mental and physical health <b>Economic well-being</b> – teamwork, adding economic value, marketing, selling
11:00	<b>Activity 2</b> <b>Cooking</b> <ul style="list-style-type: none"> <li>• Use harvested vegetables to make soup</li> <li>• Use harvested fruit to make fruit crumble</li> </ul>	<b>Numeracy</b> – count, calculate, measure <b>Literacy</b> – listen, speak, communicate, reason, problem solve, discuss <b>Personal, Social &amp; Health</b> – healthy eating, social interaction, food safety <b>Economic well-being</b> – teamwork, adding economic value, marketing, selling
12:00	<b>Lunch</b>	<b>Literacy</b> – listen, speak, communicate <b>Personal, Social &amp; Health</b> – social interaction
12:45	<b>Activity 3</b> <b>Animal husbandry</b> <ul style="list-style-type: none"> <li>• Egg collection</li> <li>• Feed pigs, goats, chickens</li> </ul> <b>Pets corner</b> <ul style="list-style-type: none"> <li>• Groom miniature Shetland Ponies</li> <li>• Hold rabbits</li> <li>• Walk a goat</li> </ul>	<b>Numeracy</b> – count, calculate, measure <b>Literacy</b> – listen, speak, communicate, reason, problem solve, discuss <b>Citizenship</b> – responsibility, respect <b>Personal, Social &amp; Health</b> – physical activity, healthy eating, social interaction, improved mental and physical health <b>Economic well-being</b> – teamwork, adding economic value, marketing, selling
14:45	<b>De-brief</b> <ul style="list-style-type: none"> <li>• Rehearse outcomes achieved, plan next visit</li> </ul> (Refreshments)	<b>Literacy</b> – listen, speak, communicate, reason, discuss, plan <b>Personal, Social &amp; Health</b> – personal achievement, self-worth, aspiration
15:15	<b>Close</b>	