



# The Good Life Farm

## Parent/Carer Information

The Good Life Farm was founded in 2005 by Lesley Porter. Lesley's vision is to contribute to the health and well being of young people. The Good Life Farm's therapeutic approach involves equipping young people with social and life skills to help them with the daily challenges that they may face in life. This is done through the development of strong bonds with other students, staff, animals and nature.



Copyright Lesley Porter 2022 ©

## Contents

Parent/Carer Information _____	1
In A Nutshell _____	3
Why Your Child May Have Been Referred _____	4
How the Good Life Farm Can Help _____	5
1. Genuineness _____	5
2. Unconditional Positive Regard _____	5
3. Empathic Understanding _____	5
You can find out more at: _____	6
Your child will need: _____	7
Contact Details: _____	7
The Good Life Farm _____	7



# In A Nutshell

Lesley Porter was awarded the Pride of Australia inspiration award in 2012 for her work with children and youth.

Team Members of the Good Life Farm staff are qualified in psychology, social work, counselling, mental health nursing, youth work, horticulture, training and assessment and first aid.

The Good Life Farm allows young people to get a taste of what it's like to live and work on the farm. They experience permaculture philosophy first hand and have the opportunity to get up-close-and-personal with some of our farm animals – a first time experience for many of these young people.



# Why Your Child May Have Been Referred

The Good Life Farm can help with a range emotional and behavioural presentation in children and youth. Children and youth of all levels of functioning come together at The Good Life Farm for a number of reasons. These may involve emotional and/or social challenges, personal growth, life skills development, or simply promoting general well being.

Some specific reasons and challenges your child may have been referred to The Good Life Farm include:

- 🌱 general anxiety
- 🌱 stress management
- 🌱 performance anxiety
- 🌱 mood disturbances
- 🌱 confidence issues
- 🌱 self identity problems
- 🌱 communication skills
- 🌱 relationship skills
- 🌱 life experience
- 🌱 social isolation
- 🌱 bullying
- 🌱 friendship problems



# How the Good Life Farm Can Help

The young people who come to The Good Life Farm get enormous benefit from connecting with other students, staff, animals, and nature. We call it “grassroots healing” and it’s what makes our programs for children and youth different.

Our unique form of animal assisted learning is delivered in a friendly and supportive environment. Students at the Good Life Farm experience equality and a sense of belonging in an authentic environment. This fosters students’ sense of self as well as simultaneously promotes community involvement.

Activities carried out on the farm include:

- 🌱 Animal husbandry
- 🌱 Permaculture theories and environmental education
- 🌱 Farm maintenance (building and construction)
- 🌱 Gardening
- 🌱 Cooking
- 🌱 Relaxation techniques
- 🌱 Equine therapy
- 🌱 Outdoor recreation
- 🌱 Farm related numeracy and literacy

During these activities The Good Life Farm focuses on developing quality relationships using a client-centred approach consisting of three core values which govern the young person-staff interaction:

## 1. Genuineness

Staffs are congruent between their actual self and their helping self and are genuinely interested in the client.

## 2. Unconditional Positive Regard

Accept the young people attending the farm unconditionally and without passing judgment.

## 3. Empathic Understanding

Show the young people empathy, acceptance and an understanding of their behaviour. Good Life Farm staff aim to develop healthy relationships based on this client-centred approach to enable young people to learn how to behave appropriately in interpersonal interactions and reduce disruptive behaviours and to guide and encourage self-discovery and exploration.



A safe and transformative natural environment is created at The Good Life Farm where students experience and undertake activities which promote improved health and well being.

Some areas of health and well being promoted at the Good Life Farm include:

- 🌱 Social skills
- 🌱 Communication skills
- 🌱 Teamwork
- 🌱 Leadership skills
- 🌱 Emotion regulation
- 🌱 Coping skills
- 🌱 Sense of belonging
- 🌱 Self-confidence
- 🌱 Self-identity
- 🌱 Motor coordination
- 🌱 Physical fitness, strength and capabilities confidence
- 🌱 Problem solving
- 🌱 Critical thinking
- 🌱 Initiative
- 🌱 Academic confidence
- 🌱 Meanwhile, The Good Life Farm notes students reduce in:
  - 🌱 Symptoms of anxiety and depression
  - 🌱 Academic performance anxiety
  - 🌱 Social segregation and isolation
  - 🌱 General distress
  - 🌱 Unhelpful interaction styles and relationship behaviour

**You can find out more at:**

<http://goodlifefarm.org/>



## Your child will need:

Old clothes and shoes as they may get dirty.

Clothing should allow for all types of weather (e.g. bring a jumper or jacket). Children will need to **bring a full change of clothes each week, a swimming costume and a towel.** **No food or drinks are required.** However please ensure your child has had a good breakfast. Phones and electronic equipment are allowed but will be stored in the office during the day.

**Please let The Farm know if your child is unable to attend any session.**

## Contact Details:

### The Good Life Farm

Bronwyn (office)      03 5962 5609 / 0432 620 919  
goodlifefarm@iinet.net.au

The Good Life Farm Limited (ABN 60 166 003 854) is a self sustainable farm that provides environmental, life skills and animal studies programs to youth. It is registered with the Australian Charities and Not-for-profits Commission (ACNC) as a charity and operates under a governing constitution. The Good Life Farm Limited is governed by a Board of Directors made up of a majority of independent non-executive directors appointed in accordance with the constitution.

