

Impact Report: Apple Tree Farm Services CIC



2023/24 Overview

In the academic year 2023/24, Apple Tree Farm continued to provide critical support for children and young people who encountered difficulties with their social, emotional and mental health as well as educational placements. Our services focused on creating an inclusive, child-led environment that promotes emotional healing, social interaction, and resilience building.

Program Reach and Demographics

- **Age Range:** 7 to 15 years old
- **Duration of Intervention:** The participants were involved in the program for varying durations, ranging from 9 weeks to over 4 years. The flexibility of the program allowed children to engage for as long as they needed support, with most benefiting from extended interventions.

Key Findings

1. Mental Health Improvements

- **Before Participation:** A significant number of children entered the program with poor or very poor mental health. According to survey responses, 64% of parents rated their child's mental health as "Poor" or "Very Poor" prior to attending Apple Tree Farm.
- **After Participation:** Following their time in the program, 91% of respondents reported a notable improvement in their child's mental health, with ratings improving to "Good" or "Very Good." This demonstrates the positive impact of nature-based, child-centred therapeutic approaches on mental well-being.

2. Social Interaction and Peer Relationships

- 82% of respondents noted that their child's interactions with peers and adults had improved, with 45% reporting "Significant Improvement" in social behaviours.



www.facebook.com/appletrecarefarm



www.appletreeservices.co.uk

- The structured yet flexible nature of the program allowed children to build confidence in social settings at their own pace. Activities like animal care and group exploration fostered natural, low-pressure socialisation.

3. Individualised Support and Child-Led Approach

- Feedback highlighted the importance of individualised, child-led activities. Parents reported that their children benefited most from the flexible, non-prescriptive nature of the services, which allowed them to engage in a way that felt comfortable and empowering.
- One parent commented:

“Being student-led, flexible, and able to respond to his needs was the most beneficial aspect of the program for my child.”

4. Program Strengths

- **Qualified Staff:** The level of experience, kindness, and patience displayed by staff was universally praised. Parents cited the therapeutic relationships formed between staff and children as central to their child's progress.
- **Safe and Inclusive Environment:** The environment at Apple Tree Farm provided a non-judgmental, supportive space that encouraged children to express themselves freely, building trust with adults and other children alike.

5. Areas for Improvement

- Some parents expressed a desire for more spaces or permanent positions within the program to accommodate more children, reflecting the growing demand for this kind of intervention. As one parent said:

“I wish there were more spaces or permanent spaces available as it has been life-changing for us.”



Conclusion

The data collected from this year's impact survey demonstrates that Apple Tree Farm Services CIC continues to have a profound, positive impact on the mental health and social development of neurodivergent children. By providing a flexible, child-centred approach, the program offers critical early intervention to those experiencing burnout and school avoidance, helping to re-engage children with education and community life.

Looking forward, the demand for expansion is clear. Parents and caregivers have expressed a strong desire for more availability and longer-term options within the program. With additional funding and resources, we hope to extend our reach and provide this vital service to even more children and families in need.

