



Rock Farm Wellbeing Days April-May 2021

This report overviews the work of Chomp, a project of One Church Brighton, between the Easter school holidays and June half term, from Tues 27th April - Tues 25th May 2021.

During this time Chomp has put on five wellbeing days, one every week, each one aimed at different areas in the city, to try and reach as many mums as possible who are in need of support and respite. Over the five weeks we had 24 Chomp women attend.

Overview

Rock Farm is a working market garden, community space and horticultural therapy project on a 6-acre site near Steyning and Horsham in West Sussex operated by One Church Brighton.

As part of our integrative support provided by Chomp we believe it is hugely beneficial to have time solely dedicated to Chomp mums. This gives them the chance for some rest and relaxation and an opportunity to really get to know other Mums who are in similar circumstances, creating a community of support outside of Chomp sessions.



Each wellbeing day has fresh, healthy, nutritious food cooked from scratch over an open fire by Charlotte Hastings from Therapy Kitchens. Charlotte believes that cooking and conversation form the basis of a truly holistic therapeutic experience. The Mums are encouraged to get involved with the cooking and taught about the benefits of all the delicious ingredients, and get a take home recipe for the food made.

Each wellbeing day also has another activity for the Mums to get involved with. Over the period we had: jam jar decorating with pressed flowers; pebble painting; neck and shoulder massages and reflexology. We were also able to give out some lovely goody bags with Soap & Glory makeup thanks to very kind donations.



Feedback from Chomp mums:

“I had a really great time, everyone was welcoming and friendly and was nice to meet new people. I found the day both fun and relaxing. The food and massage was heavenly. It was nice to have the time to do some self care which is easy to forget when you are a busy mum.”

“I loved it!! Haven’t felt this relaxed and happy in a loooooong time and signing up for running is giving me a goal and focus. Was so nice being around other women who are all in similar situations and met some lovely new people today and was so nice coming away with the jars that we made as a lovely memory too. THANK YOU soooo much. Was amazing.”

“Thank you guys so much for today, I had a brilliant day. It was lovely to be outside and all mucking in with the cooking. I hope to do it again soon”

