

Do you know someone who enjoys the countryside and who may be feeling the effect of isolation and loneliness during the current lockdown?

We are all going through a challenging experience right now and many people may be feeling the effects of loneliness and isolation. Animal Antiks based at Manor Farm in North Marston is taking some positive steps to support men and their family carers while lockdown is forcing their isolation at home and affecting their physical and mental wellbeing.

We are planning to help these men and their families access support by offering resources, activities and information to help them feel motivated, stimulated and most importantly, connected. This can be anything from a regular telephone call, activities to complete at home, delivering farm fresh eggs or links to videos and photographs about what is going on at our farm.



With support from the national charity, Countrymen UK, we are aiming to reach men who already have an affinity with the countryside and outdoor environments and have long-term health or mobility issues. Their interest in the countryside might stem from their previous occupation in farming or horticulture or perhaps through their leisure activities e.g. gardening, fishing, walking etc. These men will be finding it difficult to be indoors and those living with health conditions

such as dementia may not understand the current situation. Their family carers will be facing additional challenges and pressures at this time and may appreciate some additional support.

How you can help

It is so important to reach out to these men and their family carers in our communities. Perhaps you have someone in mind who would appreciate this support or you are part of an organisation that could help spread the word about what we can offer, if so please contact us so that we can discuss how we may be able to help.

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