

## Social Farming Across Borders Pilot Farm Profile:

### Section 1 – Your Details

<p>Name: Mabel Campbell &amp; John Campbell</p> 	<p>Address: Plumbridge Co Tyrone</p> 
<p>Contact to be made via the Social Farming Across Borders office: Laird House Drumshanbo Leitrim</p>	<p>+353 (0)71 964 1772 <a href="mailto:socialfarming@ldco.ie">socialfarming@ldco.ie</a> <a href="http://www.socialfarmingacrossborders.org">www.socialfarmingacrossborders.org</a></p>

### Section 2 – Your Farm

#### **About my farm:**

Our Farm is situated in the Sperrin Mountains “An Area of Outstanding Natural Beauty” three miles from the village of Plumbridge in County Tyrone. We farm 60 acres of land and keep 200 breeding Texel/Suffolk and Blackface Horned Sheep including smaller types of animals such as hens, geese, pigs, a few cattle and ponies. The farm is made up of a mixture of mountain and low land fields which are divided into pastures by a combination of stone walls, hedgerows and sheep fencing. We have some of the most stunning views of the countryside from our farm where a sense of space, peace and solitude can be found from its undisturbed and unspoilt nature.



We see ourselves as a passionate family with the love for our animals and the care and an appreciation of the land we farm as being very important to us. We produce and finish top quality lambs on a yearly basis. We strive to live a healthy and self sufficient lifestyle by utilising the resources of our land to include that of growing our own vegetables and potatoes.

#### **Farm Activities offered to the Participants:**

- **Sheep & Small Animal Husbandry** for example: feeding of animals, mucking out, giving water, picking up eggs, cleaning of eggs, putting straw in hens nest and beds. Cleaning yard, help with moving animals from pasture to pasture. Weighing lambs and ear tagging. Tail docking, grooming of ponies, feeding ponies, walking the dog. Preparation of animals for market. Protection of the animal against diseases. Assisting in lambing. Assisting at shearing time and going to the local farmers market with stock.



- **Conservation and care of the land and the environment.** i.e. tree planting, fencing,

dry stone walling. Building bird boxes for Wildlife. Weed control. Tree maintenance.

- **Horticulture Growing vegetables and potatoes.** Planting of seeds, watering, weeding. Gathering potatoes. Digging, hoeing, and thinning of plants, maintenance of tools, sweeping and cleaning area. Keeping check on growth of plants, Selling of produce.
- **Farm Maintenance:** Cleaning of tools. Repairing sheep troughs. The making of new sheep troughs. Making new lambing pens.



**Preferred days of the week:**

Tuesdays or Thursdays

**Projects on-going at the moment:**

Currently the farm is working with conservation volunteers to identify areas on the land where hedgerows and trees can be planted to help support local biodiversity and provide habitat to increase wildlife.

The family plan to purchase and erect a poly-tunnel with an aim of providing an environment and opportunity for

Horticulture learning: Eg. growing vegetables, herbs and flowers. This is in addition to the activity already in place of growing outside in raised beds.



**Section 3 – Your Locality & Community**

**Nearest Services:** The picturesque village of Plumbridge is the nearest to the farm. It stands on the banks of the Glenelly River, it offers a local post office, 2 convenience stores, a hairdresser and medical centre. Other facilities include Plumbridge Mart, the local primary school, and mother and toddler groups.

**Nearest towns:** Omagh and Strabane have more extensive shops and are both less than 20miles away.

**Nearest public transport or rural transport initiative:**

Transport to and from Omagh is accessible from the village of Plumbridge. Translink with the support from the Rural Transport Fund also operates the Sperrin Rambler service twice daily Mon-Sat through the village of Plumbridge at 11am and 3pm.

**My locality and community interests :**

The family has a strong history of being involved in the community in which they live holding positions within local community groups both on a paid and unpaid capacity. Mabel & John were founder members of Eden Youth & Community Association. Today they are both part of the steering committee of Newtownstewart time trade, a group of likeminded people who want to share skills with their neighbours and be rewarded for it- in time. For every hour you give helping your neighbour you receive one time credit which can be used when you need help. Mabel also belongs to the local Grow it yourself group where its vision is for a healthier, more connected and more sustainable world where people grow their own food. Other interests held by Mabel & John includes walking, photography, art, baking, the history of the area and vintage tractors. Added to this a small art gallery/picture framing business operating from the farm where they have Framed original and limited edition prints of local scenery and places of interest offered for sale.

## Section 4 – You, the Farmer

### **Me and my Farm:**

The Campbell family farm has been passed from generation to generation and both owners are self confessed farmers, determined and passion driven.

Mabel has gained valuable experience from working outside of the home in paid employment from a range of client groups to include people with mental health problems, people with disabilities, older people, youth and vulnerable adults. Through the course of her employment she has provided support and services to families who have been bereaved, injured and traumatised as a result of the troubles here in Northern Ireland.

Mabel holds a Diploma in Care Practice and Healing. She is a Certified Life Coach and Reiki Practitioner. Participating on personal development courses throughout her life has helped her grow both spiritually and cognitively. She has skills of working on a one to basis with people and in groups. She has used nature in her work and realise its benefits therapeutically.

Mabel believes her essence as a person of being calm, contented and well grounded will enable her to develop positive relationships with those that will participate in farm related activities offered at the farm.

John has gained many skills over the years from animal husbandry, growing crops and rearing all kinds of animals. He is a true people person and has great patience when it comes to educating people about farming.

Being connected to nature gives both Mabel and John the motivation and enthusiasm to share and encourage others to enjoy, take pleasure and participate in the activities of the farm.



Over the years the family have had regular participants coming to the farm, from students who require experience of animal husbandry to further advance their careers, to cancer patients recovering from illness to individuals who live on their own and also feel isolated within the community.

### **Other information:**

The History of the area in which we live is very important to us as a family. We strive to be part of this and the family have taken part in some research along with Daniel J Donnelly when he was gathering information on homesteads for his book "The Sperrins and their Foothills" We also have researched the Family tree, along with participating at events the local historical society run.



For those participating in activities on our farm we will provide a safe, warm and welcoming environment for this experience to happen. Sharing with the family in Home cooked food will enable people to relax and enjoy their visits.

