



Team Days at Hackney City Farm

Thank you for offering to help with the running of the charity for a day. You will work alongside the Farm team to make Hackney City Farm a much loved community resource in the heart of East London. The sorts of jobs you will be asked to help with include:

- Pond digging
- Gate painting
- Fence repairing
- Stable building
- Mucking out
- Seed sowing
- Garden watering
- Plant mulching
- Hedge laying
- Bird and bat box making
- Compost turning
- Leaf raking, and
- Tree planting, to name a few

The activities are designed to connect you with nature, the farm animals and the community. We will support you to work together, to share the experience of being on the Farm.

What to bring

We work outdoors in all weather so please wear old clothes that will keep you warm and dry and that you don't mind getting dirty. You will need to bring suitable footwear for working outdoors, we recommend wellies or sturdy boots. We have work gloves for you to use or you can bring your own gardening gloves. A hat for the sun is a good idea and sun cream is essential. Even if the sun is not hot or bright, you can still burn when working outside all day.

There are several cafes near the Farm that you can get food and drinks from or you are welcome to bring your own.

A few details

We are a working farm and you will be expected to be aware of hazards and look after your health and safety and those of the people around you. The main risks to be aware of are working with tools and bacterial infection. To minimise these risks please:

- use the tools in the way instructed,
- work within your limits,
- do not eat or drink in the farmyard or around the muck heaps, and
- wash your hands and shoes once you have finished working.

We will give you a full health and safety briefing when you arrive at the Farm. If you bring more people than originally booked for the date, we will ask you to make a contribution to the running of the charity of £50 per additional person. If you and your team are no longer able to attend, then we can refund your contribution to the charity if you let us know more than 30 days before the date you are due to come to the Farm.

Thanks for supporting Hackney City Farm!