David's Story

David is in his late 60’s and has suffered with depression for many years. With no friends or family around him, David was extremely isolated. Sometimes his only interaction with other people would be when he visited his local corner shop or when his case worker visited him.

David had been in and out of the mental health service for many years without any real improvement to his health.

Some traditional services were suggested to help David get out of the house and interact with other people but David was very reluctant to take these up.

When Personal Budgets were introduced David’s case worker saw an opportunity to suggest something different and talked to David about visiting Beckside Care Farm just outside of Ashbourne, which provides activities to support people with mental health issues as well as those with learning and physical disabilities.

A third party organisation agreed to manage the Personal Budget on David’s behalf and arranged for David to visit the farm for the first time.

For the first visit, David went along with his case worker. Having an interest in the country and all things outdoors, it was clear from that first visit that David really enjoyed going to the farm.

A year and a half on and David now regular attends the farm twice a week, travelling on his own to Ashbourne by bus and then being picked up by the shuttle bus that goes straight to the farm.

David’s mental health has improved significantly through the work he does looking after the animals and any ground work that is needed on the farm.

The use of a Personal Budget meant that David could do something a little different to the traditional services on offer, something a little more tailored to his own interests and he is much happier as a result.