

# Living With and Beyond Cancer



## 'Down on the Farm at Downham Cottage'

The experience of cancer could be the opportunity to seek out new activities and make positive changes in your life.

### **AUTUMN: Time to harvest...**

...try your hand at some or all of the following!

- making preserves, chutneys and jams to bring a taste of summer to the long winter days;
- learn how to make home-made sausages, fresh pasta and pasta sauces;
- learn how to keep chickens and build a chicken house and run;
- help look after rare breed pigs, goats, rabbits, guinea pigs, sheep and horses – including all the usual daily tasks;
- walk the dogs taking in the beautiful countryside around Ashfield – and if you feel inclined – walk the ferret as well!
- help prepare the ground for next year, to include planning and creating the new vegetable beds; or
- simply relax and enjoy – stroke the dogs, read a book, chat to others, collect the eggs.

Taster Days

Courses

Transport provided  
as required

For more information or if you would like to book a place, please call Louise Smith or Michaela Quinton on 01473 715748 or Debbie Rawlinson on 07728 685712.

*Other 'farm days' are planned for:*

- winter, spring and summer