

iFarm

Growing Community Resilience

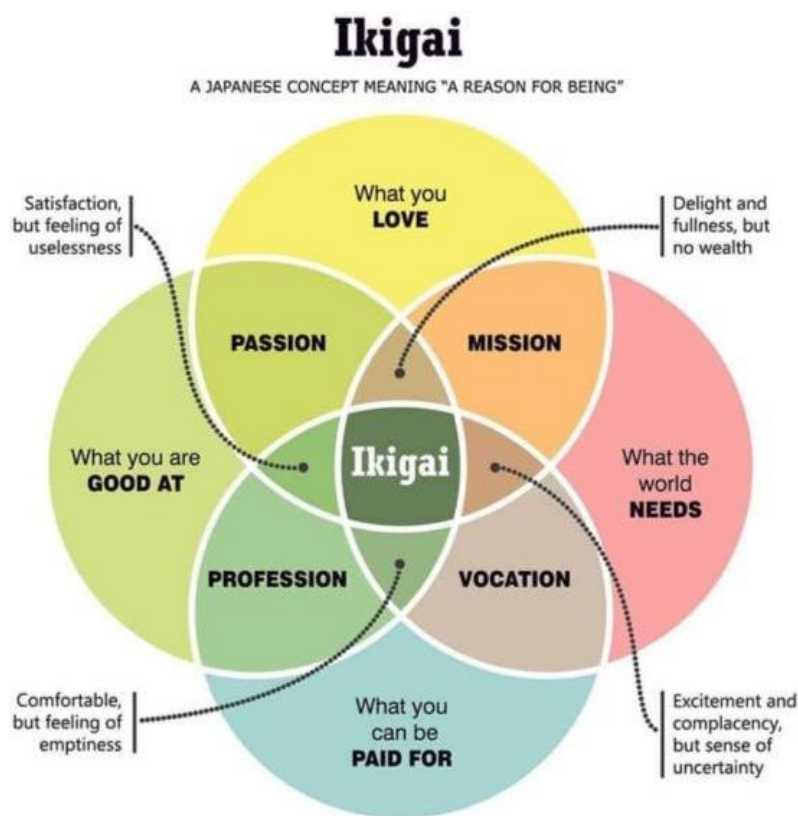
iFarm (Ikigai Farm Limited) is a Community Benefit Society (CBS), operating in and around the villages of Blo Norton, Thelnetham, Hopton, Coney Weston and in the locality, on the borders of Norfolk and Suffolk.

Our team are locally rooted volunteers with a vision for rural regeneration, led by a regenerative and restorative approach to agricultural and horticultural business, scientific, educational and cultural activities.

Ikigai is the secret to a long and happy life.

We are iFarm (Ikigai Farm Limited); a Community Benefit Society (**not for private profit**). [Ikigai](#) is:

- that which you're good at.
- that which you love,
- that which you can be paid for and...
- that which the world needs.





Our Mission | Growing Community Resilience

As a community, we're facing multiple crises. An epidemic of loneliness and separation, economic and financial shocks (inc unemployment), health crises, the pandemic and the unfolding climate and ecological emergency. We choose to face these crises together.

iFarm are growing community resilience in the face of crises, by way of mutual aid. Let's be part of the greatest generation there has ever been, let's create the new: 'In 2020 the pandemic changed the world. In 2021 we begin to build back better.'

[#NoGoingBack](#) [#BuildBackBetter](#) [#WindsOfChange](#)

Our Purpose | Combat Loneliness

"An epidemic of loneliness is sweeping the world. Once considered an affliction of older people, it is now tormenting people of other generations."

*The consequences are devastating. That loneliness (by which I mean the pain inflicted by involuntary isolation) causes unhappiness goes without saying. It is strongly associated with depression, paranoia, anxiety, insomnia, fear and the perception of threat. It also has major impacts on our physical health, partly because it enhances production of the stress hormone cortisol, which suppresses the immune system. Chronic loneliness has been linked to dementia, high blood pressure, heart disease and strokes, lowered resistance to viruses – even a higher rate of accidents. Some research suggests it has a comparable impact on physical health to smoking fifteen cigarettes a day, and raises the risk of early death by 26 per cent. **

Monbiot, George. Out of the Wreckage: A New Politics for an Age of Crisis.

* Claire Niedzwiedz, 'Loneliness Is an Issue of Inequality', Centre for Research on Environment, Society and Health, 28 July 2016, at cresh.org.uk.

"Loneliness: a silent plague that is hurting young people most"

For young Britons, loneliness is an epidemic – and they are even more likely to fall victim to its insidious dangers than the elderly. [Last month, the Office for National Statistics](#) found Britain to be the loneliness capital of Europe. We're less likely to have strong friendships or know our neighbours than residents anywhere else in the EU, and a relatively high proportion of us have no one to rely on in a crisis.

Natalie Gil, 'Loneliness: A Silent Plague that Is Hurting Young People', Guardian, 20 July 2014.



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By increasing obesity, diabetes, depression, atomising inclusion and removing empathic relationships, loneliness is a killer. So how do we come together as a community and how do we share our time together in constructive ways? Particularly in a rural area, where the nearest town is 30 minutes' drive away. Many teenagers and our elders are stuck, as they cannot drive. How can we create a sense of belonging? How do we make friends and meet our neighbours?

- There are 17,000 lonely old people in Suffolk.
- There is a commensurate amount of lonely young people.

To combat this and to bring people together, iFarm will provide access for all, in a welcoming environment, to enjoy: educational classes, restorative and regenerative nature based activities, including: community-based agriculture, workshops, cooking and growing.

We'll also offer spaces to make and create, learning about renewable energy, aquaponics and alternative sustainable technology infrastructure, like green building materials.

- Grow (organic) food, using specially designed permaculture agro technology and aquaponics capable of offering the local community access to fresh, affordable locally grown food.
- Promote social inclusion and combat loneliness by providing workshops, shared cooking and communal meals for socially disadvantaged, mentally and physically disabled and the elderly.
- Provide education, training and employment opportunities.

Our Governance | Fair Share

Society: **Ikigai Farm Limited (iFarm)**

Registration number: **8304**

Registered office address: **Saxons, Hopton Road, Thelnetham, Suffolk IP22 1JN**

iFarm is a community-based business, registered as a Community Benefit Society (CBS), under the [Co-operative and Community Benefit Societies Act 2014](#).

- iFarm's rules can be viewed [here](#).
- You can view our registration with the Financial Conduct Authority (FCA) [here](#).
- You can read the guidance on the FCA's registration function under the Co-operative and Community Benefit Societies Act 2014 [here](#).
- Under Standard Industrial Classification (SIC), the nature of our business is: 01500 (mixed farming), you can see more [here](#).
- We are registered under [Plunkett Foundation](#) model rules, a copy of which is available on request. **A guide to Plunkett Foundation model rules (video) can be seen [here](#).**





Our Community | In Hearts & Minds Everywhere

We are locally rooted, operating in and around the villages of Blo Norton, Thelnetham, Hopton, Coney Weston and in the locality, on the borders of Norfolk and Suffolk.

Our members include (non-exhaustive list): nurses, mental health professionals, architects, gardeners, builders, artists, carpenters, managing directors, brewers, software developers, events managers, carers, mums, dads, council workers, farmers, tree surgeons, welders, musicians, charity managers, ecologists, mechanics, professors & teachers. info@ifarm.land - website coming soon.

- You can see more about the iFarm community below.
 - iFarm Facebook page [here](#) (312 likes)
 - iFarm Instagram [here](#) (1,233 followers)
 - We have invite only iFarm Slack channel / WhatsApp (40 participants)
 - Join iFarm Community Group (private) Facebook [here](#) (175 members)
- The White Horse, Thelnetham; comes under cultural activities
 - We have a (Thelnetham) village WhatsApp chat (35 participants)
 - There were 47 planning objections to change of use, to residential, from neighbours.
 - Save The White Twitter is [here](#) (2,851 followers)
 - Save the White Horse Facebook is [here](#) (362 likes)
 - We've got formal support from: Thelnetham Parish Council & other "assets of Parish value", like the Windmill and local conservation volunteer network Little Ouse Headwaters Project (manage Thelnetham Fen) and the Vineyard (please see formal letters of support in ACV appendix, attached)
 - Please also find attached our Asset of Community Value nomination, for reference. This contains section 5 "Asset Use", with quotes from community consultation regarding use (further comments in Appendix C - Save The White Horse: Statements From Residents & Patrons).





Our Commons | Access For All

We don't inherit the land from our ancestors, we steward it for our children. That's why iFarm is not for private profit and has an asset lock; we'll ensure our assets are protected for future generations and enjoy access for all. iFarm are committed to bringing assets into community ownership to ensure they reside in the commons; allowing access for all.

[The Commons](#)

The commons is the cultural and natural resources accessible to all members of a society, including natural materials such as air, water, and a habitable earth. These resources are held in common, not owned privately.

Commons can also be understood as natural resources that groups of people (communities, user groups) manage for individual and collective benefit.

Characteristically, this involves a variety of informal norms and values (social practice) employed for a governance mechanism. Commons can be also defined as a social practice of governing a resource not by state or market, but by a community of users that self-governs the resource through institutions that it creates.



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Our Business | Activities To Thrive

The business of our society is:

- Community supported agriculture, horticulture, research & development, education and cultural activities.

The benefits to the community our society delivers are:

- The advancement of education, the advancement of environmental protection or improvement.
- Reducing social isolation, improving health and wellbeing.
- Growing community resilience through participatory and cultural activities.

Our society's business delivers these benefits by:

- Access to community-based agriculture, workshops, cooking and growing (building community, through activities, reducing loneliness).
- Spaces to make and create, teaching about renewable energy, aquaponics and alternative sustainable technology infrastructure, like sustainable building materials (delivering education on green development).
- Food catering or production (inc. farming), care or wellbeing (improving mental & physical health through activity and diet) - growing, preparing, cooking and eating food together. Providing access to healthy fresh vegetables and
- Providing a venue for cultural activities like theatre, poetry, music and dance.
- Rewilding – up to 40% of our land
- Access to all

Our revenues will come from:

- Social Prescribing
- Residential Courses
- Retreats (corporate & wellbeing)
- Market Gardening
- Glamping & gatherings
- Rental and lease of space (i.e. office space, storage or work space for component businesses)
- Lease or rental of assets (like the Pub)
- Grant funding

We generate revenue from component businesses, which sustains a community that delivers education, social inclusion and combats loneliness; by providing an environment of learning, participation and community activities.



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Our Pub | Save The White Horse

The White Horse falls into the category of “Cultural Activities”.

A pub is the beating heart of any community. Particularly one as rural as ours.

That’s why we want to keep our pub a pub.



#SaveTheWhiteHorse, Thelthorpe:
by way of Asset of Community Value status (and Community Right to Bid)

#SaveTheWhiteHorse Facebook page [here](#)

#SaveTheWhiteHorse Twitter [here](#)





Our Team | Purposeful People

Loneliness isn't just an absence of people, but a lack of purpose. Ikigai is all about finding your purpose; your reason for being.

We love to hang out and work together to make the world a better place. To help make one another's dreams come true. This creates community in a sense of shared purpose, as well as getting to spend time with each other.

Our Board

Professor Rupert Read

Dr Richard Johnson

Chris Cook (Senior research fellow, Institute for Security and Resilience Studies, University College London)

Brian Gibb (Head Gardener, Cyrenians Farm)

Our Team

Julian Thompson – Managing Director

Thomas Hoepfner – Financial Director

Tim Robinson – Site Manager

Emmie Stocking – Head Gardener

Saph Rox – Events / Social Media

Peter Hutchings – Volunteer Manager / Social Media

Sharon Riches - Wellbeing

Claire Francis - Wellbeing

Jason Fisk - Builder

Russell Durrant –Engineer

Grzegorz Skic - Builder

Dave Bangs – Health & Safety





Frequently Asked Questions (FAQs)

What will the society do with any surplus or profit?

Any surplus or profit will be reinvested into the business to maintain and improve our land & facilities (with specific emphasis on carbon sequestration and biodiversity); while ensuring sufficient reserves are in place.

Any remaining surplus/profit will be used for the benefit of the local community.

Has the society included the community benefit society statutory asset lock in its rules?

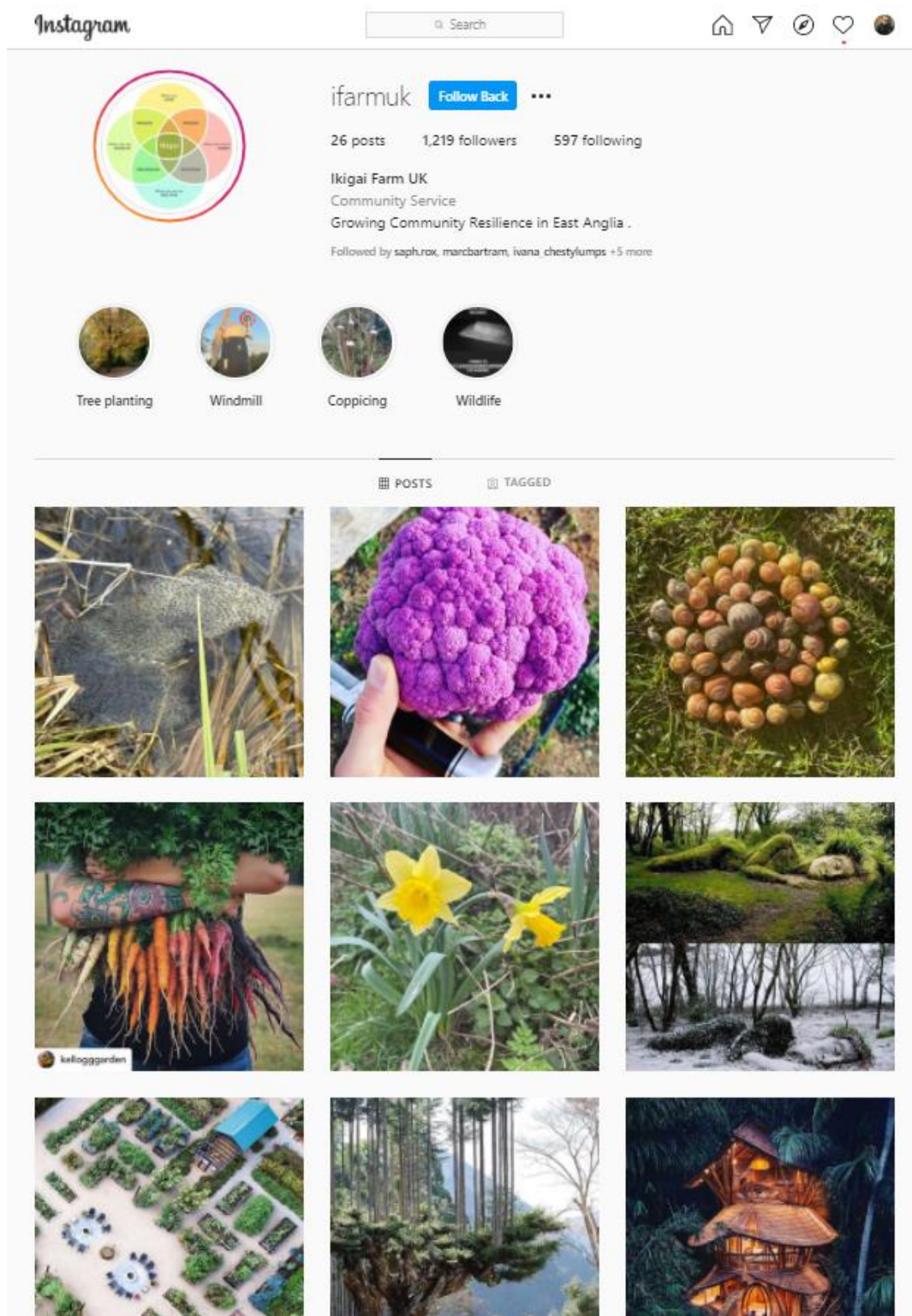
Yes. An asset lock is a constitutional device that prevents the distribution of residual assets to members. The purpose of an asset lock is to ensure that the public benefit or community benefit of any retained surplus or residual value cannot be appropriated for private benefit of members. You can read more about Asset lock provisions on the [Community Shares](#) website [here](#).

Are our society's objects intended to be charitable?

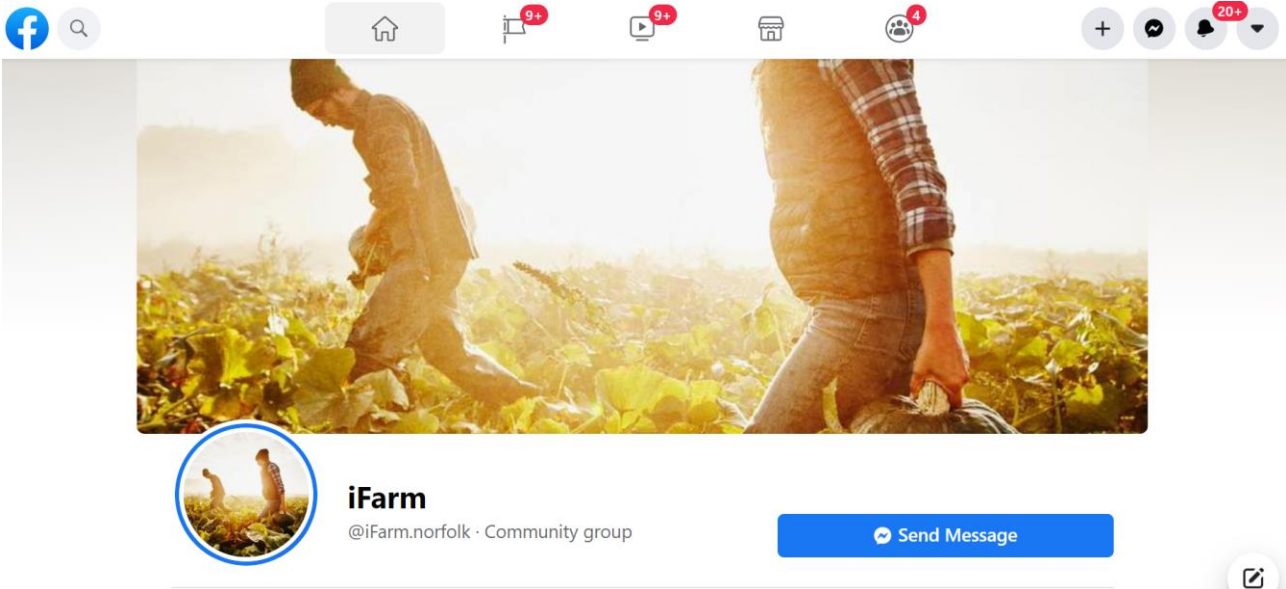
No.



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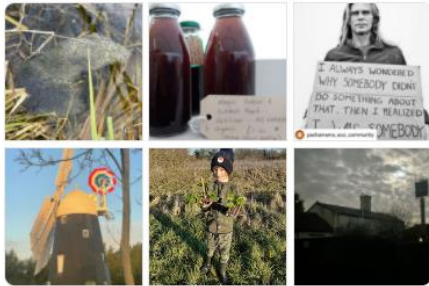


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Photos

[See all](#)



Videos

[See all](#)



Our new neighbor a male Otter recently ...

Thomas-Emanuel Hoepfner and 2 others

96 views · 7 weeks ago



Calling all gardeners to become peat-free!

As the UK's leading gardening charity, we believe in using peat-free sustainable compost and we want to encourage gardeners to go peat-free too.

Use peat-free bagged compost ... [See more](#)



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Our Land

[Here](#) 10.5 acres Fen Road, Blo Norton, IP22 2QJ



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Our Plans | Short Term

- Clearing site and removal of rubbish.
- Environmental site survey, in conjunction with LOHP.
- Restoring view for residents (including removing part of berm by road) and in autumn, removing the Leylandii from Thelnetham Rd & Fen Rd.
- Some non-permanent structures, while we work on site: static caravans used as officing, storage container/s, sheds for workshop and then associated glasshouses and polytunnels.
- There will be some camping on the land (up to 60 days) and application for campsite licence (so members and visitors can stay and work on restoring the land and / or attend courses).
- Small scale planting.

Our Plans | Longer Term

- Engage with Environment Agency, Drainage Board, Water Company, LOHP & other landowners to discuss flood mitigation.
- Apply for planning permission for a barn (workshop & offices) & a visitor centre (with provision for disabled access), possibly some off grid pods in the “fen” section & campsite licence.
- Open & provide services.

