

## Title

**Coisas da Quinta – green space initiative for people with disabilities**

## Short description

The "Coisas da Quinta" project is part of the various initiatives conducted by ARCIL with the aim of promoting the social inclusion of individuals with disabilities. It is based on the creation of a local farm.

Starting from the focus on the particular characteristics and needs of each beneficiary, the project responded to the difficulty that several beneficiaries showed in remaining enclosed in rooms while performing the tasks inherent to their occupations. Further, it allowed to relocate several workers from the protected employment service, as well as occupying occupational activities center beneficiaries.

Although the project is at an early stage of development, according to the information collected, changes in the behavior of beneficiaries are observed - they appear to be more relaxed - and the gradual growth of sales of agricultural products, with the last year reaching 10 000 euros. It is worth highlighting the pedagogical farm valence that the project is developing in which, through contact with the activities of the farm, children and young people will be sensitized to environmental issues. Once these issues are a concern, organic farming is practiced on the farm. This practice, by directing sales of farm products and processed products (biscuits, jams, etc.) also to the community, indirectly promotes a healthier diet and strengthens the link between beneficiaries and the community, makes them an active contribution.

## Topic

Living – Green spaces.

## Characteristics (type, level)

Local/Regional Intervention.

## Country/Countries of implementation

Portugal

## Aims and Objectives

The project is designed to support people with different degrees of disability, promoting their autonomy and adaptation through their occupation in the production and commercialization of the farm products, and sensitize children and young people to ecology and responsible entrepreneurship.

## Target Group

The groups targeted are disabled people, technicians, clients and employees of ARCIL, and the local community.

## Status

Ongoing.

## Start and Completion dates

Since September 2012.

### Lifestyle and Behavior Change

Coisas da Quinta promotes a more active and healthier life style among disabled people by ensuring the possibility of working outdoors in contact with nature, producing food in ecological sustainable ways. Among the community, in turn, the consumption of local fresh food products is promoted.

### Effects on:

<b>Health and Wellbeing</b>	The contact with nature, in the accomplishment of tasks considered pleasant, allowed that some of the people with disability that tended to enter into crisis in enclosed spaces were calmer, thus improving their health and well-being. The consumption of organic products should also have an impact on health.
<b>Vulnerable populations</b>	This practice promotes the social inclusion of persons with disabilities, makes them feel an active part of the community, allows them to have an occupation, and provides them a work routine adapted to their needs, abilities and preferences.
<b>Environment</b>	At present allows biological production, which is less polluting. It will soon make children and young people more aware of environmental and ecological issues.

### Initiated and/or implemented by

It was initiated by ARCIL.

### Stakeholders and sectors involved

ARCIL.  
ARCIL users.  
Local community.

### Financial support

Initial financial support through the prize “EDP Solidária” for the requalification of Quinta do Caimão, where the project "Coisas da Quinta" is inserted.

### Evidence-base

"Coisas da Quinta" was developed based on the long experience of ARCIL on the social inclusion of people with disabilities.

### Main activities

The practice included the rehabilitation of the farm, the development of a medium-scale agricultural production that includes the pedagogical farm sector, the creation of a mailing list announcing the products available and from which the orders are made.

### Evaluation

The project is at an early stage of development. According to the information collected, changes in the behavior of beneficiaries are observed - they appear to be more relaxed, and the gradual growth of sales of agricultural products, with the last year reaching 10 000 euros. Coisas da Quinta has not been evaluated yet.

### Main results

The main outputs of the project are:

- New green spaces rehabilitated for food production.
- New (and health beneficial) occupational activities for disable people.
- More contacts with local community.
- Promotion of healthier and more sustainable options of food production and consumption.

### Key success factors and barriers

As success factors, it is possible to indicate the orientation to the beneficiary, that is, the services provided are specific to each client and there is a great investment in the quality of the service, the relationship of proximity and trust between the technicians and the beneficiaries, and the commitment of the technicians. The orientation towards the beneficiary, because it entails large costs, causes difficulties of sustainability. The unpredictability of public funding raises doubts about the expansion of projects and brings instability. The lack of statistical information on the impact of the project - the assessments that are sometimes made are incomplete - does not provide concrete feedback / guidance.

### INHERIT Perspective

This project has been chosen for inclusion because of its role in rehabilitate green areas for health improving, in a social and environmental sustainable way. This farm project promotes the social inclusion of persons with disabilities providing them a work routine adapted to their needs, abilities and preferences. The contact with nature allow people that tended to enter into crisis in enclosed spaces be more calm, improving their health and well-being. The community, in turn, has the opportunity to consume healthier products, fruits and vegetables of organic production.

### More information

<http://www.arcil.org/>

[https://www.academia.edu/14647634/Pessoas\\_Ideias\\_e\\_Afectos\\_Arcil -  
\\_Um\\_Projecto\\_de\\_Causas](https://www.academia.edu/14647634/Pessoas_Ideias_e_Afectos_Arcil_-_Um_Projecto_de_Causas)

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