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**THE NINEVEH CHARITABLE TRUST**

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6th October 2022

**Report to the Nineveh Charitable Trust on the use of the grant of £2,500,  
received May 2022**

Shared Earth Learning received £2,500 in May 2022 towards our Adult Wellbeing group.

This is an ongoing project. The group meets weekly throughout the year. The Nineveh Charitable Trust funding enabled the group to run for 10 weeks 9th May - 18th July 2022 (This is a 11 week period, but one session was cancelled due to strong winds.) The funds covered 10 sessions, with no surplus funding.

We have had funding for another 10 weeks, which enabled the sessions to run until the 26th September. We are able to use some of our reserves to keep it running, which will pay for the sessions until the end of 2022. We have applied for funding for another 13 weeks, which would keep the sessions running in the beginning of 2023.

We are now fundraising for another £6,000, to enable the sessions to run for 6 months, while reviewing and looking at longer term funding for the sessions. The team will also focus on other things, such as reaching more people that would value taking part in the session and focusing on supporting the group outside of the weekly sessions. This could involve more networking and signposting to other services, as well as supporting participants to support their wellbeing outside of this weekly group - especially relevant with the cost of living crisis where the impact will be especially felt by those who are already struggling to make ends meet and who might struggle with their wellbeing.

## **Outcomes and impact**

Our group provides a safe, welcoming and consistent place of connection for our participants. They mostly rely on it for social contact and a place to be heard in a dignified way by people who have time for them. All participants have reported positive outcomes.

We have one participant who barely leaves his small flat from one week to the next, except to come to our group (- and one other he attends). He has trouble communicating, and because we are a small group he feels comfortable with us, and we have time to let him express himself.

Another disabled participant has expressed that he often feels at the mercy of 'the system' which supports him, but which can adversely affect mental health rather than help it. He has said this is the only place he can come and feel comfortable that he can speak and be heard, and do what he wants to do or feels able to manage.

Another regular participant who is very quiet, can be very withdrawn, has also connected to another outdoor group through our signposting, and is gaining confidence little by little and sharing her creative writing with our group.

We have another participant who lives in a very isolated village and has a dog she can't leave alone. We welcome her dog and provide her with transport to and from the station so she can attend.

In total 10 sessions with up to 15 session places at each session were funded = 150 session places made available over the 10 week period. Sessions were attended by 10 people in total, with an average of 9 people at each session.

9 people have been coming for all the 10 sessions funded by Nineveh Charitable Trust. 3 of them are continuing to come. 2 people are currently not coming, due

to surgery and a sick child, but they are likely to come back when they can. 4 college students will not come back due to other commitments.

- 4 of the attendees were Fairfield college students (a Specialist College for students with learning disabilities). Due to other college commitments, they are likely not to continue. However, other college students might come instead.
- 1 participant has had to care for a sick child, so has temporarily dropped out, but will hopefully return.
- 1 participant has had an eye operation, so is unable to come for a couple of weeks until recovered.
- We had 1 young man come and check the group out with a support worker - he didn't come back as he felt too shy to go. He might be encouraged to come back in the future. We will check in with him and his support worker again to see if this group could be right for him, or if another group could work better with his interests.
- We have 1 person hopefully joining us next week.

We would like to be supporting 10-15 people. During the period covered by your funding in 2022, we had 9 people regularly attending and 10 people attending in total.

We are not at capacity, especially as at least 4 people are not coming back. We currently have capacity for supporting more people and are actively promoting our group within the community.

Many people who may wish to come find accessibility a problem, as it involves a 5-10 minute walk to get to the site across a, sometimes, muddy field. We are currently liaising with Frome Town Council about a different venue in a more accessible location in Frome. We are also considering a 'Winter quarters' at a different, more accessible site (winter is when the field to our site is the most muddy).

We had to change the day of the group due to organisational and staffing needs. Now that our new day is finalised, we can change all our promotional material and recruit more participants. We are connected with other support organisations who signpost and do 'Social Prescribing'. We are also looking at ways of making the sessions more accessible in terms of location as our current site is situated at the end of a walk across a field. We have found another venue and would like to offer this as an alternative session on a different day.

We also received £2,500 from Somerset Community Foundation for another 10 week period.

The application process for the funding was straightforward. There is easy to follow information on your website. Payment was quick. We would very much welcome a visit by your Trustees.

Warm regards,

Kirsty Staines

Forest School Leader, Lead for Adult Wellbeing sessions

Shared Earth Learning