

Sally Hutchinson
Nineveh Trust
8 Mill Lane
Saffron Walden
Essex
CB10 2AS

5th September 2023

Dear Sally,

I am writing following your confirmation of grant in September 2022, to provide our final report, 12 months after we received £4,000 from the Trustees of The Nineveh Trust.

I am happy to confirm that we have spent the full amount of the grant, in accordance with our application, for the continuation and development of our 'Gardening for Wellbeing' training project, for adults experiencing mental illness. The grant has been used towards the core running costs of this project.

Our project has progressed well since we received the grant in September last year and has helped our clients to feel better through physical exercise, improving mobility, improving mental health through a sense of purpose and achievement, connecting with others – reducing feelings of isolation and exclusion and acquiring new skills improving the chance of finding work and generally feeling better by being outdoors.

We have continued to have three gardening members of staff, leading and supporting clients regularly, which keeps this project at 'full strength'. It has been another busy summer (a little quieter over the winter and during periods of poor weather), with 13 clients actively engaging in the project on a regular basis from Sept 2022 to date. In total they attended 301 sessions – evidencing commitment and motivation to learn and achieve. Many have requested to stay on longer, acting as a volunteer to the team and supporting new clients that join. It has given them a much needed routine and purpose to their day.

In addition to being involved in the gardening project, our clients are encouraged to participate in other elements of Oakleaf support on other days, including counselling and sessions in our wide-ranging wellbeing programme (which includes for example, choir, art, mindfulness, yoga and football). These are all accessible online although we actively encourage clients to take part face-to-face. We are seeing more clients with reduced levels of anxiety around coming in to our offices, and they are benefitting from reduced isolation and finding support and friendship from peers.

Oakleaf Enterprise | 101 Walnut Tree Close, Guildford, Surrey, GU1 4UQ

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For the charity overall, in 2022/23, 993 clients were registered at Oakleaf, reflecting one of the highest numbers of registered clients in Oakleaf's 25 year history and a 38% increase since 2019. The most significant measure of our success remains the positive impact we have on our clients' lives, insight gained in part through our six-monthly Client Survey. Results from the most recent survey conducted in July 2023, indicated that 91% of clients say that attending Oakleaf has helped them to feel less isolated. 85% say that Oakleaf has helped them to improve their mental wellbeing and 91% reported that attending Oakleaf has helped them to feel more confident. Some examples of client feedback we received from this most recent survey:

'I don't where I would be without Oakleaf. It has been my key support for my mental health and helped me build a life that I love for the first time I can ever remember. I couldn't be more grateful. Thank you'

'Oakleaf helped when my self-esteem and self-confidence was rock bottom and I found life in general a complete struggle'

'Oakleaf is a great help towards my recovery from depression and anxiety. They have also supported me to tackle social phobia which make me feel very isolated'

I hope this report has provided some useful information, but please do let me know if you need anything else. Thank you so much once again for the funding support we have received from the Trustees of The Nineveh Trust. It really is very much appreciated.

Yours sincerely,



Amanda Henderson
amandahenderson@oakleaf-enterprise.org

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