

22 January 2024

The Nineveh Trust
8 Mill Lane
Saffron Walden
Essex, CB10 2AS



Dear Trustees

This letter is by way of thank you to The Nineveh Trust for supporting our Strawpatch project sessions for older people in 2023.

The Straw Patch project is a careful mix of ecotherapy, crafts, campfire cooking, conservation, community and nature connection in a wild yet welcoming place. Since creation in 2021 our reputation has spread, and there is interest and demand from other community groups who want to join our gardening activities. However, we remain true to our ethos of offering free sessions for people in need by providing a safe and nurturing space for targeted groups.

Your funding provided 15 weeks of sessions for older people who are living alone in supported accommodation, and socially isolated which negatively impacts their wellbeing. A weekly session at The Straw Patch gives them a reason to get out and about, and to make new friends in a safe and supported space. When the weather permits activities are outdoors in the garden, allotment or polytunnel, with some gentle weeding, or planting, tea and cake and lots of chat. Working side by side in the great outdoors is a great opportunity to breakdown barriers and for new friendships to form.

“One or two of them knew each other, but the rest of them didn’t, and now you can’t hear yourself think because we are all chattering away. When you live on your own it’s a lovely atmosphere to be with people” -Ann

Some of our sessions revolve around cooking and eating - simple nutritious hot meals made with produce from the garden whenever possible that we share outside or in the café barn. Recipe cards and spare produce allow people to easily recreate the dish again at home, or take home leftovers - though leftovers are rare!



www.thestrawpatchproject.com

The Straw Patch Project CIC, Straw Fields, West Stowford, Ilfracombe, North Devon EX34 8PJ email: funding.thestrawpatchproject@gmail.com
Tel: 0755 424 3936 Registered Number 13397609

Your £1,900 grant was well spent in supporting the delivery costs of this project, as all of our sessions are free of charge to our beneficiaries, and so all our expenses are met through the generosity of trusts and foundations like yours. This particular group are accompanied by their social housing provider who make a contribution toward each session and also provide the transport. It is a great opportunity for them to break down barriers, and form better relationships with the people they support by taking part in social, gardening, cooking, crafting and seasonal activities.



"I always look forward to going to Strawpatch every week. Good meeting people having a chat and doing something different each week, learning new skills and helping one another. Sarah gives me confidence to try things. The setting and surrounding are calming and getting away from worries and problems at Strawpatch is very uplifting to my mood. I go home happy and can't wait for the next session. It has greatly helped me with my losses and grief. I wish I could go all the time."

Thank you for helping us to help them.

Sarah and Alex

Sarah Pedlar and Alex Straw
The Straw Patch Project