

12 January 2025

Sally Hutchinson  
Nineveh Charitable Trust  
By Email [sally@ninevehtrust.org.uk](mailto:sally@ninevehtrust.org.uk)

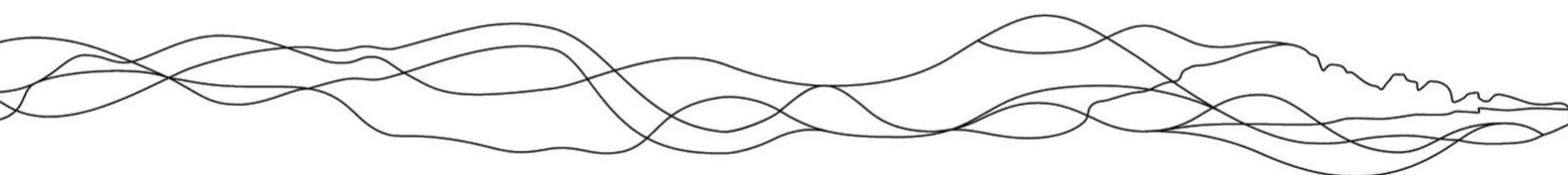
Dear Sally

### **Report on Health and Wellbeing Visits to the South Downs National Park**

I am writing to you and to all the Trustees of the Nineveh Charitable Trust to report back on work achieved through your generous grant of £2,500 in 2024. This work was for visits to the South Downs for vulnerable community groups for mental health and wellbeing.

This project works with community groups of people in urban areas with multiple deprivation and health inequalities, who do not currently use the National Park. The Covid pandemic eroded some people's confidence in being outside and interacting with other people. As a result, many more people are now experiencing social isolation and loneliness. This project addresses one of the biggest barriers to visiting the National Park, by these groups, which is lack of access to transport and lack of public transport into and around the National Park. Some people also require support to make use of any transport services, or activities that are available.

In this pilot year the project worked with 17 community organisations to support trips and provide transport. 7 groups have completed trips so far and another 10 are planned involving a total of 265 disadvantaged people. Groups involved included MIND, Alzheimer's Society, Ukrainian Refugees, Carers and NHS staff and examples of activities include walking, mindfulness, conservation tasks, tree identification and pottery.



## Example feedback from participants

'Visit were brilliant. I felt so relaxed, and it was easy to come to each session as everyone was so welcoming'

'I wanted to say, a big 'THANK YOU' to all of you for changing my life by giving me confidence to grow mentally and practically.'

'When I first came to this project I was isolated and housebound. Within the first couple of sessions I spoke to the volunteer coordinator at Butser and started volunteering. Now Butser is a home from home. I volunteer regularly and also help out at events. This is all down to my time in the South Downs. Thank you'.

'I am so grateful to be part of this project. The facilitators were understanding. There was no pressure, and it was very laid back. Meeting new people who were like minded and making new friends was helpful'

Thank you so much for helping to make this possible.

With best wishes

Sophie Ritson  
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