

### L'Arche Ipswich: Report to The Nineveh Charitable Trust

Dear Trustees,

The Nineveh Charitable Trust kindly donated £1,600 to help L'Arche Ipswich develop our outdoor area; creating a calming, secure, courtyard garden for people with learning disabilities to enjoy horticulture and outdoor space.



To carry out the works, we hosted a gardening afternoon. One skilled volunteer helped by constructing the screening between our garden and the neighbouring church, as well as the raised beds for flowers and vegetables.

Further volunteers and family members joined us, armed with garden tools to help us weed, tidy and plant the new garden area. Afterwards, we celebrated our achievements by enjoying food in our new garden.

The garden has had a hugely beneficial impact on our Community. It has opened up the lives of our core members (how we describe those we support) who previously had no secure outdoor space for gardening or relaxing.

The two most significant outcomes are:

- 1. Increased skills and knowledge thanks to increased exposure to gardening and horticulture**
- 2. Increased wellbeing from having access to a private, secure outdoor space in which to unwind**

1. Core members have learnt new skills and knowledge in horticulture as we have grown a variety of vegetables in the raised beds. Core members have tended to the garden with the support of an assistant and take pride in the space. They have learnt how to grow and pick tomatoes, courgettes, cauliflowers and herbs, and use these in their cooking.



2. The garden is now an enclosed space which means core members are able to access a private and secure outdoor space. Before, the courtyard garden was open ended and anyone could walk in and sit on the benches. Core members now have a sense of security, safety, and improved wellbeing, as they can relax in nature in their own private space.



The space is frequently used for a wide range of activities in addition to gardening; two of our core members regularly sit in the garden to have quiet time. One core member has regularly enjoyed having his supper outside. He also waters and tends to the garden during the Summer and Autumn months and uses it as a reflective space. Another of our core members has used it in a social way and chatted through the trellis fence to the play-group children. She felt safe to do this because the trellis provided security whilst allowing her to be sociable.

As a result, members are spending a lot more time outside and are able to appreciate the healing benefits of nature.

We are incredibly grateful to The Nineveh Charitable Trust for making this transformation possible. We will continue to nurture and enjoy this precious space and look forward to growing more flowers and vegetables in the Spring.

If you'd like any further information, please do not hesitate to get in touch.

Kind regards,

A handwritten signature in black ink, appearing to read 'Sally Kenyon'.

Sally Kenyon  
Trusts and Foundations Fundraiser  
[sally.kenyon@larche.org.uk](mailto:sally.kenyon@larche.org.uk)