

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

28<sup>th</sup> January 2025

Dear Sally,

May I first thank you and the Trustees again for the generous grant we received in February 2024, helping ensure the continuous delivery of our 'Gardening for Wellbeing' project, as well as Trusts loyal and continued support.

I am now writing to provide our final report, 12 months after we received £5,000 from The Nineveh Trust, to report on the impact this grant has had.

The full value of the grant has been used towards the core running costs of this valuable project, supporting adults managing mental illness through being outdoors and learning new skills. Our Gardening for Wellbeing project operates as a social enterprise and provides opportunities for our clients to volunteer, gaining valuable life and work skills whilst finding routine, a sense of community purpose and belonging.



Since Feb 2024, 11 clients attended regularly for a total of 230 sessions. Despite the challenges they faced with their mental health, they found the time and energy to commit to a day's volunteering, learning new skills and feeling better in the outdoors. Clients are supported by a team who are understanding, empathetic, and bring lived experiences creating a deeper understanding of what difficulties they might be experiencing. The project creates a community for people to support each other in a respectful, non-judgmental space.

### Case study

*Julian has taken an active role in Oakleaf's gardening for wellbeing project. He loves how the gardening work keeps him physically fit and provides invaluable opportunities to socialise with likeminded clients, as well as the dedicated team leaders. Being outdoors in the garden has a profound impact on his mental health, as he sees the*

greenery as "another room" in which to find peace and relaxation. Working with the plants and soil transports him to another place, where he can temporarily leave his worries and anxieties behind, as he imagines himself "digging for treasure." Without Oakleaf, Julian says 'things would be awful.' He is deeply grateful to the Gardening Team, who he describes as 'a bunch of really amazing people' who understand him and continue to provide him with invaluable support that has been transformative in his journey towards better mental health.



## Impact

We continue to monitor results, and the most significant measure remains the positive impact we have on our clients' lives, insight gained in part through our six-monthly Client Survey. Across 23/24, an average of the bi-annual survey results shows that:

**81% of our clients felt more confident through attending Oakleaf activities**

**82% of our clients felt less isolated**

**81% of our clients felt that attending Oakleaf improved their mental wellbeing**

*'I've found Oakleaf to be a great resource and support, giving me a sense of belonging and a feeling of safety, knowing someone is there to help me, especially if I experience a mental health crisis. I love all the activities that have been offered as they provide a great opportunity for self-expression, relaxation and are so therapeutic'*

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,

A handwritten signature in black ink, appearing to read 'Amanda Henderson'.

Amanda Henderson

[amandahenderson@oakleaf-enterprise.org](mailto:amandahenderson@oakleaf-enterprise.org)