

**Report to the Nineveh Charitable Trust
From the South Downs National Park Trust, March 2026**

The Nineveh Charitable Trust kindly gave £2,500 to the South Downs National Park Trust in May 2025 to the Health and Wellbeing project called Timescape.

Timescape 2025 was in partnership with Artscape and Butser Ancient Farm, connecting those participants experiencing physical and mental health issues, loneliness and isolation to the South Downs National Parks, cultural heritage at Butser Ancient Farm and with each other. It supported the health and wellbeing of these participants by providing the opportunity to access regular making and creating sessions, using traditional artisan techniques, and have a reason and purpose to 'get out' into the countryside. The project will also provide training post project so participants can go on to volunteer at Butser Ancient Farm and with Artscape next year.

The project delivered:

- 12 x 3-hour sessions over 6 months
- Two x 3-hour volunteer training sessions post project
- One x celebration event, promoting the successes of the project

The project has gone really well. Participants have learnt about Butser Ancient Farm time period from neolithic times to Saxons. They have played with clay, raku firing, cordaging, weaving, chalk carving, felting and plant bashing (tataki zome). The group has connected together well, to Butser and the project.



Outcomes	Met/not met
Support those experiencing loneliness and isolation	Referrals came from Social Prescribing Teams, community groups, mental health teams and word of mouth.
Support those to learn artesian techniques of the time period of Butser Ancient Farm (neolithic – Saxons)	Participants learnt a number of skills including weaving, pottery, cordage, plant printing, raffia weaving, willow making, carving with chalk and wood
Support people to access SDNP	Project took place in South Downs National Park.
Support people to connect to nature to support wellbeing	All participants reported that being outside in nature for the duration of the project supported them to feel relaxed, calm and connected to the space

Thank you so much for helping to make this possible.