

WILDERNESS

FOUNDATION UK



The **Down to Earth Allotments**, form part of The Wilderness Foundation UK's wider mission to support vulnerable adults and promote wellbeing through meaningful engagement with nature. Located in central Chelmsford, the allotments project provides a safe, inclusive, and nurturing green space where participants can grow food, learn new skills, and build confidence in a calm, natural environment. Many of those who attend are living with mental health challenges, social isolation, or learning difficulties, and benefit greatly from the therapeutic and social aspects of working outdoors.



MP Marie Goldman, Cllr Rose Moore, WFUK CEO Jo Roberts and D2E project Horticultural Facilitator Jane Howard outside the new container funded by Nineveh Trust.

With the funding from the Nineveh Trust of £2,000 in 2022, we were able to attain a fully refurbished **onsite container** which has made a significant improvement to the project's accessibility and year-round usability. Previously, sessions were limited by weather conditions, particularly during colder months, when exposure and discomfort made participation difficult for some, especially those with additional needs. The new container with the addition of solar panels on the flat roof, now offers **shelter, warmth, light and security**, creating a comfortable indoor space for rest, reflection, and small group activities. It also provides a safe place to store tools and equipment, helping the team run the project more efficiently.

As a result, **attendance and engagement have increased steadily**, with participants able to attend regularly throughout the year rather than seasonally. The secure space also enables staff and volunteers to deliver structured wellbeing and horticultural sessions regardless of weather, ensuring continuity of support for those who rely on the project for social connection and personal growth.

The container has transformed the allotment into a **fully functional, all-weather therapeutic hub**, enhancing both its environmental and social impact.

Participants now feel a greater sense of ownership and belonging, while the Foundation can expand its programme to include new bespoke sessions for community groups, SEND school children, SEND adults, and other vulnerable individuals seeking connection, confidence, and calm through nature.

Through vital developments like this, from kind donors such as the Nineveh Trust, we have achieved a lot in the last five years and our Down to Earth programme will continue to grow - helping people heal, learn, and thrive all year round for many more years to come.



Thank you from the Wilderness Foundation Team and all of our D2E participants!