

Maybe we need longer time, seeing that it was two activities in one (Harvesting our Heritage/Pottery SADACCA Women's Group)

I love nature but the trip time was very short - please increase time. (Whirlowhall farm tour, Ashiana Women)

A number of the participants on the Whirlowhall farm tour stated that it could include fruit picking next time, and others would have liked to participate in farm-related activities:

Incorporate fruit picking into this trip (Whirlowhall farm tour, ROSHNI Elderly Women)

Getting involved in some of the activities at the farm would have been a good way of us feeling what it is like on the farm (Whirlowhall farm tour, ROSHNI Elderly Women)

Maybe stay a bit longer on the farm. Milking the cows if possible!!! Mucking out!! (Whirlowhall farm tour, SADACCA Women's Group)

For the Youth Weekend Residential, some of the young people commented that visiting during Ramadan was difficult for them because they were fasting:

Look at timing - not during Ramadan. Helping on the farm, bbq (Youth Weekend Residential, Fir Vale College Students)

Would you like to take part in other SEM activities?

116 of the 117 participants who answered this question said they would take part in other SEM activities (it is possible that the person who said no had answered mistakenly as she said she had an excellent experience).

Summary

The analysis of 227 evaluation forms from 20 activities across 9 BAMER organisation groups from May to September 2018 suggests that a wide range of ages and ethnic groups took part and benefitted greatly from their experiences. For many, it was their first opportunity to take part in activities in the countryside outside Sheffield.

Participants were overwhelmingly positive about their experiences and learnt a great deal in the process. They found the activities and their experiences very enjoyable, relaxing, and helped them connect with others in the group. In some cases, these visits triggered previous memories from their home country and helped them make new links and comparisons with other environments. As a result of these activities, participants learnt new skills and understood more about the benefits of healthy lifestyles, the environment, being outdoors, plants and animals. Many wanted more activities and opportunities of this type in future. The main suggestion for improvement across many of the activities was to increase the length of time and range of activities on offer.

Following their visit to the farm, additional feedback was gathered from the Ashiana women who were from a range of countries including Somalia, Bulgaria, Vietnam, Ethiopia, South Africa and Pakistan. Their feedback highlighted their initial hesitance in going on the trip, as they had few opportunities to leave Sheffield and had not visited a farm like this before.

All of the women enjoyed the novel experience and some expressed that they wanted to return with family and friends. For some, they could relate and compare their experiences to their home countries and could reconnect to memories from the past. They spoke of feeling happier being in the peaceful outdoors, having a change of routine, appreciating the opportunity to get to know others from different cultures.

Women Course Fishing

I learn how fishing is done, to put bait in a hook. OMG I was very relaxed here (Ashiana Women)

Fishing required patience, helping each other have fun and trying to relax (SADACCA Women's Group)

Youth Weekend Residential

We learn a lot about working together, fresh air, urban ecosystem (Fir Vale College Students)

Learnt about habitats, economics, climate change, pollution, global warming, good things (Roshni Youth Group)

Can you make any suggestions to help us improve this activity in the future?

The majority of participants said they enjoyed the experience of the activities and made positive comments in response to this question, for example:

Having transport and everything organised in advance is a big help - it makes it a real accessible opportunity. (Taster Horse Riding, SADACCA Women's Group)

Across nearly a number of activities, the commonly noted theme was about the time - many said that they would have liked it longer to stay and experience the activity. These comments were typical:

I like to walk around I need more time (Countryside Castleton visit, Sheffield College ESOL student)

Feedback from five workshops held for women's groups who had taken part in the Harvesting Our Heritage activities on 19th September 2018 provides more detail about the positive benefits the participants derived from attending the pottery session and herbs walk. Key themes that emerged from these workshops included:

- *A range of positive emotions from the experience: enjoyment, pride, forgetting worries, destressing, calmness, a good therapy, lifting spirits, reflective time*
- *Social contact and connection, including with people from different cultures, talking to friends*
- *Physical benefits: for joints,*
- *Learning new skills and knowledge: pot making, knowledge about herbs, increased awareness of health, new interest*
- *Making connections with previous experiences and knowledge: memories of childhood*
- *Change in the short/medium term: proactively doing more walking, enjoying walking more, continuing interest in herbs/plants for health purposes, making pots at home, catching the bus to Derbyshire, changes in diet and exercise*
- *Impacts on others: walking and making pots with family members, talking about the activities/experience with others*

Taster Horse Riding

How to start walking, how to make turns, how horses behave, it feels like I was on the top of the world (Ashiana Women)

I am feeling happy and built confidence. I will like to come back again because I enjoyed it (Ashiana Women)

That it's fun and stimulating to try new activities, even if I feel scared or fearful beforehand. If you do it with others in a supported way, you gain confidence and learn new skills. I also learnt about the range of muscles used when riding and even 1-2 hr riding can be tiring even though it appears quite gentle. (SADACCA Women's Group)

Whirlowhall farm tour

Fresh air, bird songs, one pair of cock and hen same in Pakistan, that's good for me. I like nature, plants and animals. I saw a pony aged 102 years and horses, and all other animals. My son likes animals very much so I hope again I will come back with my son. I will tell my friend about this farm so that they too eager to visit this place. I realise this is good for my body and health. (Ashiana Women)

Knowledge about animals and what grows on the farm. (ROSHNI Elderly Women)

I learnt about animals. I enjoyed the walk and the scenery. Because it was my first time to a farm, I saw horses, chickens pigs, plants, rabbits, fresh air. (Ashiana Women)

Taster Horse Riding	1		1	19	21
Ashiana Women				9	9
SADACCA Women's Group	1		1	4	6
Sheffield College ESOL students				6	6
Whirlowhall farm tour	1	2		36	39
Ashiana Women				7	7
ROSHNI Elderly Women	1	1		19	21
SADACCA Women's Group		1		10	11
Women Course Fishing				12	12
Ashiana				6	6
SADACCA Women's Group				6	6
Youth Weekend Residential				18	18
Fir Vale College Students				10	10
Roshni Youth Group				8	8
Grand Total	2	2	3	117	124*

(3 missing data)

94% of participants reported that they felt 'very relaxed' after the activity. Again, this pattern was consistent across all the groups and activities.

Open text answers

In addition to the tick box, closed answers summarised above, the evaluation form asked a number of open ended questions for participants to complete if they wished. Below is a selection of the comments made by the different groups taking part in the activities, and a summary of points made in feedback reports compiled after some additional workshops were held.

What are the key things you have learnt and will remember from today's activity?

Countryside Castleton visit

I learn a lot of thing about the environment and countryside, mining and tunnel (Sheffield College ESOL)

I learnt about nature, countryside, Castleton and cave (Sheffield College ESOL)

Harvesting our Heritage/Pottery

How different communities use herbs in cooking, tea making and medicine. Interesting to learn about other herbs in other countries (SADACCA Women's Group)

The different plants that grow wildly and the medicinal use they produce. Plants that we would otherwise disregard as non-edible and the pottery I find it totally relaxing and fun. Proud of the item I produced. (SADACCA Women's Group)

Plants have many uses (Harvesting our Heritage/Pottery, Al Hikmah Women)

Across all activities, 83% of respondents reported that the delivery was excellent. A further 8% thought the quality was good.

Table 16 - Increased knowledge

Has your knowledge/understanding increased after participating in this activity?						
Activity/Group	Don't know	Not at all	Not sure	(a little)	A lot	Grand Total
Countryside Castleton visit				1	14	15
Sheffield College ESOL students				1	14	15
Harvesting our Heritage/Pottery				1	19	20
Al Hikmah Women					12	12
SADACCA Women's Group				1	7	8
Taster Horse Riding	1		1	1	18	21
Ashiana Women			1		8	9
SADACCA Women's Group	1			1	4	6
Sheffield College ESOL students					6	6
Whirlowhall farm tour	1	1		2	36	40
Ashiana Women					7	7
ROSHNI Elderly Women	1	1			19	21
SADACCA Women's Group				2	10	12
Women Course Fishing					12	12
Ashiana					6	6
SADACCA Women's Group					6	6
Youth Weekend Residential				1	17	18
Fir Vale College Students					10	10
Roshni Youth Group				1	7	8
(blank)						
(blank)						
Grand Total	2	1	1	6	116	126*

(1 missing data)

95% of participants reported that they had increased their knowledge or understanding 'a lot' following the activity.

Table 17 - More relaxed after activity

Do you feel more relaxed and less stressed after taking part in this activity?					
Activity/Group	Made no difference	Not sure	(relaxed)	Very relaxed	Grand Total
Countryside Castleton visit			2	13	15
Sheffield College ESOL students			2	13	15
Harvesting our Heritage/Pottery				19	19
Al Hikmah Women				12	12
SADACCA Women's Group				7	7

SADACCA Women's Group		1	1	4	6
Sheffield College ESOL students				6	6
Whirlowhall farm tour	2		4	32	38
Ashiana Women			1	6	7
ROSHNI Elderly Women	2			19	21
SADACCA Women's Group			3	7	10
Women Course Fishing			2	10	12
Ashiana			1	5	6
SADACCA Women's Group			1	5	6
Youth Weekend Residential			3	15	18
Fir Vale College Students			2	8	10
Roshni Youth Group			1	7	8
Grand Total	2	1	11	110	124*

(3 missing data)

89% of participants reported that they learnt 'a lot' about the activity they took part in, and a further 9% learnt something. This was reflected across all the activities and groups.

Table 15 - Quality of delivery

What did you feel about the quality of the delivery of this activity?					
Activity/Group	Don't know	Satisfactory	(good)	Excellent	Grand Total
Countryside Castleton visit		1	4	10	15
Sheffield College ESOL students		1	4	10	15
Harvesting our Heritage/Pottery		2		18	20
Al Hikmah Women				12	12
SADACCA Women's Group		2		6	8
Taster Horse Riding	1	2		18	21
Ashiana Women		1		8	9
SADACCA Women's Group	1	1		4	6
Sheffield College ESOL students				6	6
Whirlowhall farm tour	1	4	2	33	40
Ashiana Women				7	7
ROSHNI Elderly Women	1	1		19	21
SADACCA Women's Group		3	2	7	12
Women Course Fishing		1	1	10	12
Ashiana				6	6
SADACCA Women's Group		1	1	4	6
Youth Weekend Residential			3	15	18
Fir Vale College Students			2	8	10
Roshni Youth Group			1	7	8
Grand Total	2	10	10	104	126*

(1 missing data)

Table 13 - Rating enjoyment of activity

What did you think about today's activity?					
Activity/Group	Didn't enjoy myself	Not sure	(enjoyed it)	Really enjoyed it	Grand Total
Countryside Castleton visit				15	15
Sheffield College ESOL students				15	15
Harvesting our Heritage/Pottery			1	19	20
Al Hikmah Women				12	12
SADACCA Women's Group			1	7	8
Taster Horse Riding	1			20	21
Ashiana Women				9	9
SADACCA Women's Group	1			5	6
Sheffield College ESOL students				6	6
Whirlowhall farm tour		3	1	36	40
Ashiana Women				7	7
ROSHNI Elderly Women		2		19	21
SADACCA Women's Group		1	1	10	12
Women Course Fishing			1	11	12
Ashiana				6	6
SADACCA Women's Group			1	5	6
Youth Weekend Residential		1	2	16	19
Fir Vale College Students				10	10
Roshni Youth Group		1	2	6	9
(blank)					
(blank)					
Grand Total	1	3	5	116	127

95% of participants indicated that they 'really enjoyed' or 'enjoyed' the activity. Only one person said they did not enjoy the activity and that was because she was scared of the horse riding.

Table 14 - Learning from activity

How much have you learnt about the activity you took part in today					
Activity/Group	Don't know	Not sure	(some)	A lot	Grand Total
Countryside Castleton visit				15	15
Sheffield College ESOL students				15	15
Harvesting our Heritage/Pottery			1	19	20
Al Hikmah Women				12	12
SADACCA Women's Group			1	7	8
Taster Horse Riding		1	1	19	21
Ashiana Women				9	9

Whirlowhall farm tour	5	31	36
Ashiana Women	3	3	6
ROSHNI Elderly Women		21	21
SADACCA Women's Group	2	7	9
Women Course Fishing		12	12
Ashiana		6	6
SADACCA Women's Group		6	6
Youth Weekend Residential		19	19
Fir Vale College Students		10	10
Roshni Youth Group		9	9
Grand Total	6	117	123*

(*4 missing data)

Over 95% of respondents recorded that if equipment was required for the activity, it was provided.

Table 12 - Rating the advice and support provided

Were you happy with the advice/support/explanations provided?					
Activity/Group	Not happy	Not sure	(happy)	Very happy	Grand Total
Countryside Castleton visit				15	15
Sheffield College ESOL students				15	15
Harvesting our Heritage/Pottery			1	19	20
Al Hikmah Women				12	12
SADACCA Women's Group			1	7	8
Taster Horse Riding		1		20	21
Ashiana Women				9	9
SADACCA Women's Group		1		5	6
Sheffield College ESOL students				6	6
Whirlowhall farm tour	2		2	36	40
Ashiana Women				7	7
ROSHNI Elderly Women	1			20	21
SADACCA Women's Group	1		2	9	12
Women Course Fishing			1	11	12
Ashiana				6	6
SADACCA Women's Group			1	5	6
Youth Weekend Residential			1	18	19
Fir Vale College Students				10	10
Roshni Youth Group			1	8	9
Grand Total	2	1	5	119	127

94% of participants recorded that they were 'very happy' with the support, advice and explanation given about the activity. Only two suggested that they were not happy.

Table 10 - Previous skills for the activity

Do you have any skills in carrying out this type of activity?			
Activity/Group	No	Yes	Grand Total
Countryside Castleton visit	3	12	15
Sheffield College ESOL students	3	12	15
Harvesting our Heritage/Pottery	17	3	20
Al Hikmah Women	11	1	12
SADACCA Women's Group	6	2	8
Taster Horse Riding	15	6	21
Ashiana Women	7	2	9
SADACCA Women's Group	5	1	6
Sheffield College ESOL students	3	3	6
Whirlowhall farm tour	16	22	38
Ashiana Women	5	2	7
ROSHNI Elderly Women	4	17	21
SADACCA Women's Group	7	5	12
Women Course Fishing	8	4	12
Ashiana	6		6
SADACCA Women's Group	2	4	6
Youth Weekend Residential	4	14	18
Fir Vale College Students	2	8	10
Roshni Youth Group	2	6	8
Grand Total	63	64	127

Again, about half the respondents reported having some previous skills associated with the activity they were attending. Fewest participants had previous skills related to Harvesting Our Heritage, Environmental Pottery, coarse fishing and horse riding.

Table 11 - Relevant equipment

If any equipment was required, were you provided with relevant equipment, guides, packs etc. to carry out the activity?			
Activity/Group	No	Yes	Grand Total
Countryside Castleton visit		15	15
Sheffield College ESOL students		15	15
Harvesting our Heritage/Pottery		20	20
Al Hikmah Women		12	12
SADACCA Women's Group		8	8
Taster Horse Riding	1	20	21
Ashiana Women	1	8	9
SADACCA Women's Group		6	6
Sheffield College ESOL students		6	6

Youth Weekend Residential	9	10	19
Fir Vale College Students	7	3	10
Roshni Youth Group	2	7	9
Grand Total	76	50	126*

(*1 missing data)

For the majority of participants, their experience of the SEM activity was the first for them. Around 60% of participants had not taken part in the activity before with SEM. Some of the SADACCA and Roshni Women had visited a farm before, and some of the college students had taken part in residential /outdoor activities in the past with SEM.

Table 9 - Previous knowledge of activity

Do you have any knowledge about the activity taking part today?			
Activity/Group	No	Yes	Grand Total
Countryside Castleton visit	7	8	15
Sheffield College ESOL students	7	8	15
Harvesting our Heritage/Pottery	10	10	20
Al Hikmah Women	9	3	12
SADACCA Women's Group	1	7	8
Taster Horse Riding	16	5	21
Ashiana Women	8	1	9
SADACCA Women's Group	3	3	6
Sheffield College ESOL students	5	1	6
Whirlowhall farm tour	13	27	40
Ashiana Women	6	1	7
ROSHNI Elderly Women	4	17	21
SADACCA Women's Group	3	9	12
Women Course Fishing	6	6	12
Ashiana	6	0	6
SADACCA Women's Group	0	6	6
Youth Weekend Residential	6	13	19
Fir Vale College Students	6	4	10
Roshni Youth Group	0	9	9
Grand Total	58	68	127

Just over half the participants had previous knowledge of the activity they were doing, but this tended to vary from group to group and across activities. Horse riding was the most novel experience for those taking part.

Men tended to participate in activities where the shorter café evaluation forms were completed for them.

With the café evaluation forms, 94 of the 100 circled the 'brilliant' emoji symbol to best describe the day's session. All other answers given suggested that the activities were a positive experience. The answers to the other questions were less detailed but responses generally indicated a preference for more activities this the one attended in future, or 'anything'. Specific suggestions for future trips included: the seaside, spiritual gatherings, picnics, longer sessions, exercise sessions, weekend retreat, and camping.

Various comments from Roshni Elder men recorded on the café forms following their fishing trip included:

"Roshni always doing good work in looking after elders, sometimes we feel lonely, so it is good for mentality"

"Once again, great bunch of friends, atmosphere was buzzing"

"I didn't catch any fish but had excellent experience"

"I was lucky enough to catch fish. I loved it thoroughly. The day was lovely"

"It was fantastic trip and great therapy in relaxing your body and mind"

Feedback on activities from full evaluation forms

Table 8 - Previously taken part in this activity

Have you ever taken part in this activity before?			
Activity/Group	No	Yes	Grand Total
Countryside Castleton visit	13	2	15
Sheffield College ESOL students	13	2	15
Harvesting our Heritage/Pottery	14	6	20
Al Hikmah Women	12	0	12
SADACCA Women's Group	2	6	8
Taster Horse Riding	18	3	21
Ashiana Women	8	1	9
SADACCA Women's Group	5	1	6
Sheffield College ESOL students	5	1	6
Whirlowhall farm tour	15	24	39
Ashiana Women	7	0	7
ROSHNI Elderly Women	3	18	21
SADACCA Women's Group	5	6	11
Women Course Fishing	7	5	12
Ashiana	6		6
SADACCA Women's Group	1	5	6

31 - 51	5	8	1	6		1	1
52 - 62		1		7		3	
63 - 74		1		4		13	
75+				1		13	
No data		2	1	1		1	
Grand Total	12	24	10	19	9	31	21

The age profile of participants varied by group, with the youngest under 18 being students from Fir Vale and Sheffield colleges and the oldest participants were over 75 years, and were from SADACCA and Roshni.

Of the 127 participants, four recorded a disability: mental health, diabetes and two stated they had arthritis.

Cafe evaluation forms

A further 100 participants completed 'café evaluation forms' that included a different, briefer set of questions set out in an alternative format. Many of these appeared to be completed by the same person (perhaps a support worker) with standardised answers in most cases. Participant characteristics were collated on a separate cover sheet, and in some cases it was not possible to match the evaluation forms without names/identifiers to their characteristics. The following table summarises the characteristics of the participants:

Table 7 - Activities and groups completing café evaluation forms

Activity/Group	Age range (years)	Gender		Grand Total
		Females	Males	
Harvesting our Heritage	37 - 81	26		26
Roshni Elderly Women		26		26
Pottery/Homeopathy		20		20
Roshni BME Elders	45 - 76	20		20
Taster Coarse Fishing			14	14
Roshni Elderly Men	57 - 79		14	14
Taster Horse Riding		10	10	20
Roshni Elderly Women	44 - 71	10		10
Roshni Elderly Men	49-80		10	10
Tour of Whirlowhall Farm			20	20
Roshni Elderly Men	35 - 83		20	20
Grand Total		56	44	100

African Caribbean						28		28
Albanian		3						3
Asian British							1	1
Bengali				5				5
Black British						3		3
British Pakistani			1		1			2
Cameroon		1						1
Congolese							2	2
Czech Rep		1	1					2
Eritrea		1						1
Ethiopian		1						1
Iraqi		3						3
Libyan	3							3
No data		1						1
Pakistani		3		16	8			27
Romanian			1					1
Slovakia							8	8
Somalia	1						3	4
South African		1						1
Syrian			5				5	10
Vietnamese		3					1	4
White British		1	2			1		4
Yemeni	8							8
Zimbabwean		2						2
Grand Total	12	22	10	21	9	32	21	127

Participants identified as being from 25 different ethnic groups or nationalities. The largest ethnic group were African Caribbeans from the SADACCA Women's Group and Pakistani men and women from the Roshni and Ashiana groups.

Table 6 - Age of participants by group (full evaluation forms)

Age	Group							
	Al Hikmah Women	Ashiana Women	Fir Vale College Students	ROSHNI Elderly Women	Roshni Youth Group	SADACCA Women's Group	Sheffield College ESOL students	Grand Total
12 -18	1	1	5		9		17	3
19 - 30	6	11	4				3	2

Some participants had attended more than one activity - particularly women from Ashiana and SADACCA who had opportunities to take part in three and four activities respectively.

Table 4 - Gender of participants by activity and group (full evaluation forms)

Activity/Group	Females	Males	Grand Total
Countryside Castleton visit	5	10	15
Sheffield College ESOL students	5	10	15
Harvesting our Heritage/Pottery	20		20
SADACCA Women's Group	8		8
Al Hikmah Women	12		12
Taster Horse Riding	21		21
Ashiana Women	9		9
SADACCA Women's Group	6		6
Sheffield College ESOL students	6		6
Whirlowhall farm tour	40		40
Ashiana Women	7		7
ROSHNI Elderly Women	21		21
SADACCA Women's Group	12		12
Women Course Fishing	12		12
Ashiana Women	6		6
SADACCA Women's Group	6		6
Youth Weekend Residential	14	5	19
Fir Vale College Students	5	5	10
Roshni Youth Group	9		9
Grand Total	112	15	127

Of the 127 participants who completed the full evaluation forms, 112 (88%) were women. The 12% of males who completed the full evaluation forms were students attending the youth residential weekend and the Castleton visit.

Table 5 - Ethnicity by Group (full evaluation forms)

	Group							
	Al Hikmah Women	Ashiana Women	Fir Vale College Students	ROSHNI Elderly Women	Roshni Youth Group	SADACCA Women's Group	Sheffield College ESOL students	Grand Total
Afghanistan							1	1
Africa		1						1

	Heritage/Pottery		
31.7.18	Whirlowhall Farm tour	Whirlowhall Farm	SADACCA Women's Group
20.8.18	Taster Horse Riding	Smeltings Riding Farm	SADACCA Women's Group

Table 2 - Café evaluation forms from 6 activities

Date	Activity	Site	Group
9.5.18	Pottery/Homeopathy	Bakewell	Roshni BME Elders
26.6.18	Tour of Whirlowhall Farm	Whirlowhall Farm	Roshni Elderly Men
2-3.7.18	Taster Coarse Fishing	Aston	Roshni Elderly Men
6.8.18	Taster Horse Riding	Smeltings	Roshni Elderly Women
15.8.18	Taster Horse Riding	Smeltings	Roshni Elders Group (Men)
19.9.18	Harvesting Our Heritage	Youlgrave Hall	Roshni Elderly Women

Table 3 - Numbers of participants by activity and group (full evaluation forms)

Activity	Group							Grand Total
	Al Hikmah Women	Ashiana Women	SADACC A Women's Group	ROSHNI Elderly Women	Fir Vale College Students	Roshni Youth Group	Sheffield College ESOL students	
Countryside Castleton visit							15	15
Harvesting our Heritage/Pottery	12		8					20
Taster Horse Riding		9	6				6	21
Whirlowhall farm tour		7	12	21				40
Women Course Fishing		6	6					12
Youth Weekend Residential					10	9		19
Grand Total	12	22	32	21	10	9	21	127

In total, 127 full evaluation forms were completed and analysed. The most attended activity was the Whirlowhall farm tour with 40 completed evaluation forms from three groups attending over the summer.

Users/Survivors across England who came together to consider how they might achieve recovery for themselves. The seminar was funded and supported by the Engagement Team at National MIND. After the talk, SEM organised a field trip out to the Moorland Discovery Centre, Longshaw Estates for 33 participants to experience benefits of green spaces.

4). Monitoring Evaluation

Introduction

Between May and September 2018, 20 activities took place with 9 different BAMER groups. Full evaluation forms were completed by 127 participants attending 14 of these activities, whilst shorter 'café' evaluation forms were submitted for a further 100 participants from 6 activities. This report summarises the results of 227 evaluation forms across 20 activities over this four month period.

The data from both sets of evaluation forms were entered onto excel spreadsheets and analysed as pivot tables. These are summarised below.

Table 1 and 2 lists the dates and details of the activities and groups included in the full and café evaluation forms.

Table 1 - Full evaluation form activities

Date	Activity	Site	Group
4-6.5.18	Youth Weekend Residential	Whirlowhall Farm	Roshni Youth Group
18-20.5.18	Youth Weekend Residential	Whirlowhall Farm	Fir Vale College Students
30.5.18	Taster Horse Riding		Sheffield College ESOL students
8.6.18	Countryside Castleton visit	Castleton	Sheffield College ESOL students
13.8.18	Taster Horse Riding	Smeltings Riding Farm	Ashiana Women
19.6.18	Women Course Fishing	Aston Fisheries	SADACCA Women's Group
20.6.18	Women Course Fishing	Aston Fisheries	Ashiana Women
27.6.18	Whirlowhall farm tour	Whirlowhall Farm	ROSHNI Elderly Women
10.7.18	Harvesting our Heritage/Pottery		Al Hikmah Women
17.7.18	Whirlowhall Farm tour	Whirlowhall Farm	SADACCA Women's Group
19.7.18	Whirlowhall Farm tour	Whirlowhall Farm	Ashiana Women
25.7.18	Harvesting Our	Youlgrave Hall	SADACCA Women's Group

- January 6th 2018 - The Yorkshire Post Feature Magazine published a feature article with the headline, "Ramblers who re-wrote the script - Trailblazing group inspires theatre show".
- January 23rd 2018 - The Guardian Newspaper published an article with the headline, "Black Men Walking: a Hilly hike through 500 years of Black British History".
- 19th February 2018 - The Sheffield Star Newspaper published an article with the headline, "How we can use nature to promote shared humanity".
- March 15th 2018 - BBC Radio 4 Ramblings Series 38 hosted by Clare Balding joined the Black Men Walking for Health Group on a walk at the Moorland Discovery Centre, Longshaw Estates in the Peak District National Park.
- May 10th 2018 - The What Works Wellbeing Centre at the New Economics Foundation in London, published a case study about SEM's environmental work with BAMER communities titled, "Sheffield Environmental Movement: Access to Green Space, Inequality & Measuring Wellbeing (<https://whatworkswellbeing.org/case-study/sheffield-environmental-movement-access-to-green-space-inequality-and-measuring-wellbeing>)
- May 2018 - The Walk Magazine of the Ramblers Association of the UK published in its Summer 2018 edition a feature article titled, "Inspiring Black communities to discover Britain's countryside".
- July 2018 - The Summer 2018 edition of the Peak Life Magazine of the Peak District National Park Authority published a feature article titled, "From Stanage to the Stage".
- August 8th 2018 - There was a podcast with the title, "24 Barnet - Ayamba's London peaks at Barnet beacon with Rick Pearson <https://www.londons-peaks.com/>
- 26th September 2018 - The Summer 2018 edition of the Landscape Journal of the Landscape Institute has it a feature article in Pgs. 48 - 50 titled, "Black Men Walking" (<https://www.landscapeinstitute.org/journal/summer-2018-health-wellbeing/>)

3). Talks and presentations:

Thursday September 27th 2018 - SEM was invited to give a talk entitled, "Eco-therapy - an intervention tool", for Black, Asian, & Minority Ethnic (BAME) Mental Health

c). The Charles & Elsie Sykes Trust, Sheffield Grammar School Exhibition Foundation, The Freshgate Trust Foundation, The Nineveh Charitable Trust and the JG Grave Trust - Their contribution enabled the continuation of SEM's ongoing environmental initiatives thereby by providing the organisational resilience to sustain SEM going forward.

d). Awards For All - This funding is currently helping SEM to increase access to and deepening the understanding about the importance of the natural environment among urban young people empowering them as active citizens. The project involves giving them greater exposure to the Peak District National Park and, other parts of the countryside such as Whirlowhall Farm, as part of outdoor learning and week-end residential providing them with the space to interact. The project is helping to promote the love and appreciation of the natural environment among BAMER young people; creating a platform for them to introduce peers to the natural environment and raising awareness about the opportunities in volunteering, apprenticeships and employment within the environmental sector. It is further encouraging the greater use of the natural environment by BAMER young people thus helping to improve inter-cultural relationships through enjoyment of activities together in the natural environment.

4). Press & Media publicity

- SEM had media publicity on its environmental activities in 2017/2018 with the highlight of one of the organisation's health walking groups the 100 Black Men Walk for Health Group inspiring the production of a play titled, "Black Men Walking" which was produced by Eclipse Theatre production which toured the UK in 2018.
- December 9th 2017 - The Burngreave Messenger published an article with the headline, "What the trees tell us" which is about using the Imperial College's Open Air Laboratories (OPAL) Explore Nature air survey by working with pupils from Byronwood Primary School and Fir Vale College students.
- December 14th 2018 - The Sheffield Telegraph published an article with the headline, "All Sheffielders have a role play in cleaning up our air".

indoor and outdoor environmental sessions and activities to students. Other beneficiaries of the project included Hindehouse Senior Secondary School and Byronwood Primary Academy School. SEM was also involved in organising the Sheffield Walking Festival in 2017 to showcase Sheffield as an outdoors city for everyone.

2). Summary of Activities during the year 2017/2018

In the year 2017/2018 SEM was successful in raising almost twice the amount it raised in 2016/2017 from a number of funding bodies and Trusts, this amount included grant funding and donations.

a). Postcode Community Trust - This project enabled SEM to work with 80 BAMER women and local white women to learn and share knowledge about the traditional uses of different plant species in Britain for health/wellbeing and as remedies. Field trips/workshops took place along a nature trail and in a village hall, delivered by a Medical Herbalist from Derby. Participants learned and exchanged knowledge about the different plant species traditionally used for medicinal and healing purposes in the UK. It helped participants to also exchange orally the traditional/cultural practices of past and present uses of different plant species by comparing uses across the different multi-ethnic cultures/communities. The project helped the diverse multi-ethnic community participants reconnect with the English heritage and also revived memories of own heritage uses of plants from their respective countries of origin. They gathered and recorded the different plant species in across the four seasons (Summer, Autumn, Spring and Winter) following which there was a celebratory event.

b). Evan Cornish Foundation - This project provided a range of outdoor environmental activities for BAMER elderly women and men by helping to address issues associated with social disconnectedness and isolation which often leads to loneliness. The issue of loneliness as experienced by some BAMER participants who besides suffering from aging-related illnesses and stressful life-course transitions appear to be due to lack of having the necessary social networks as well as the cultural/social capital or having suffered bereavement. The project used the environmental activities to optimise social relationships through increased participation in therapeutic guided nature health walks, escorted visits to Whirlowhall Farm, taster coarse fishing/horse riding and environmental pottery sessions. It offered the participants an opportunity to interact during the activities developing friendships and bonding thus contributing to their improved health and well-being.

b). **Big Lottery Awards for All** - This project enabled SEM to successfully deliver a project titled, "Bringing OPAL to Urban Young People" involving the use of the Imperial College's Open Air Laboratory Explore Nature surveys (air/trees) to support young urban people to go outdoors, explore, discover and record tree health and air pollution as part of outdoor learning. Much of this work took place at the hotspots of air pollution in Sheffield (Burngreave and Fir Vale) areas regarded as economically deprived. The project involved working with 300 young people from Hindehouse Senior Secondary School, Byronwood Primary Academy School and Fir Vale College ESOL Gateway Programme part of the Hillsborough College.

c). **Ernest Cook Trust** - This project was titled, "Rural Meets Urban", which promoted shared learning and understanding about the importance of the rural countryside and its ecosystems services to urban young people. Its objective brought together young people from diverse ethnic/racial background both urban and rural to learn about how their lives are interconnected by shared landscapes and bonded with the natural environment. This project supported some of the learning outcomes for young people as part of the National Curriculum. It provided them with a platform to learn outside the classroom environment supporting them learn practically around key themes as community ecology, geography, history and biodiversity, functioning of ecosystems and the Food chain. A total of 50 young people from Byronwood Primary Academy School, Reader Youth Project and the Fir College ESOL Gateway Programme were involved in field trips to the Moorland Discovery Centre and a residential at Whirlowhall Farm.

d). **The JG Graves Charitable Foundation and the James Neil Trust** - both provided SEM with donations to support its environmental activities thus benefitting 60 women from the Sheffield And District African Caribbean Community Association (SADACCA), ASHIANA and ROSHNI.

The funding provided SEM with good grounding enabling the organisation in 2017 to deliver a range of environmental activities for people from BAMER communities and to develop important links with environmental bodies such as Whirlowhall Farm, Moorland Discovery Centre and, Peak District National Park. It further enabled SEM to develop strong working partnership with Fir Vale College which is part of the Hillsborough College to deliver both

Sheffield Environmental Movement (SEM)

Trustees Annual Report 2018

Charity Aims and Objectives

The principal aims and objectives of the charity:

To promote and advance the health and education of Black, Asian, Minority Ethnic People & Refugees (BAMER) within Sheffield and the surrounding areas by facilitating access to and participating in environmental activities.

1). Summary of Activities during the year July 2016/2017

SEM was officially launched in July 2016 having received charitable status on April 7th 2016 as a Charitable Incorporated Organisation (CIO) from the Charity Commission. The organisation was set up to fill a gap in need in environmental service provision for people from BAMER communities. Unfortunately, it was launched at a time when funding to the charitable sector has become so competitive, especially for smaller charities without any existing track record. Hence due to the competitive nature of the funding climate SEM submitted funding applications in the first year and was fortunate to receive small amounts of donations and grant funding to carry out its environmental activities.

a). The Peak District National Park Sustainable Development and Cycling Fund Grant Scheme - enabled SEM undertake extensive research into BAMER Communities to underpin the rationale for setting up the organisation. The fund in addition, enabled SEM to develop its organisational policies, development of a Business Plan 2016 - 2020 guide the organisation, the setting up and design of a website and an email account. The funding was also used to design and produce posters; publicity and marketing materials; business cards; flyers and; three pull up banners. Funding was further used to organise the official launch of the organisation on July 14th 2016 at Sheffield Hallam University by Kate Ashbrook - General Secretary of the Open Spaces Society and Patron of SEM. The launch event was attended by 66 people from diverse ethnic backgrounds and was published in the Sheffield Star Newspaper titled, "Go Green & Get Connected" in July 2016.



Sheffield Environmental Movement

c/o Voluntary Action Sheffield, The Circle, 33 Rockingham Ln., Sheffield S1 4FW 07791614433 info@semcharity.org.uk

TO WHOM IT MAY CONCERN

14th December 2018

Dear Sir/Madam,

Re: Sheffield Environmental Movement (SEM) Trustees Annual Report.

Please find enclosed our Trustee annual report as evidence of the environmental work SEM has done with community groups to promote access and participation in the environment.

We are writing as a Board to thank you for the funding provided which enabled SEM to deliver environmental activities to groups.

Your support has also led to our Projects Co-ordinator, Maxwell Ayamba being awarded the Pride In Sheffield Award for work in the community (see article from the Sheffield Star enclosed with the report).

Once again thanks for your support and we look forward to receiving further support from you.

Yours sincerely,

Jim Lewis

Secretary - Sheffield Environmental Movement (SEM)

Email: info@semcharity.org.uk