

Style Acre

Supporting people with learning disabilities



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Mr R Lewis
The Nineveh Charitable Trust
Park Farm
Frittenden Road
Biddenden, Ashford
TN27 8LG

8th October 2019

Dear Mr Lewis

Progress Report from Style Acre

In November 2018, the Nineveh Charitable Trust generously awarded Style Acre £5,000 per annum for two years towards our Gardening Co-ordinator post. Please find enclosed a progress report outlining the work of the Gardening Co-ordinator over the past year.

The outcomes we referred to in our application and our progress towards year two target is shown below.

Outcomes for gardening project	Year 2 target	Year 2 actual
Increase the number of adults with learning disabilities or autism participating in gardening	55 people	84 people
To provide training courses for adults with learning disabilities or autism	10 people	11 people
To support participants to find work or voluntary placements in the community	5 people	7 people

I hope the report gives you an idea of the wide range of projects the post supports, if you would like any further information please let me know. We always welcome visitors at the Wantage Market Garden so if you or any of the Trustees would like to see the garden, please contact me and we'd be delighted to show you around.

Yours sincerely

Sarah Massey
Trust Fundraiser

Gardening Co-ordinator at Style Acre

Progress Report for the Nineveh Charitable Trust

September 2019

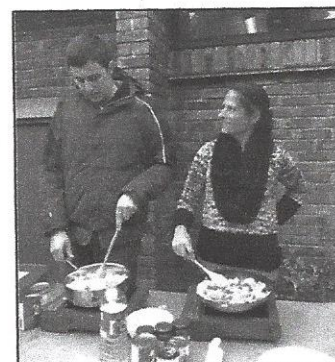
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Our Gardening Co-ordinator, Sarah Griffiths, continues to enable the people we support to enjoy the benefits of gardening, offering more horticultural therapeutic support and increased training and skills development opportunities for adults with learning disabilities and autism. We now have 62 market garden users and of those 40 attend weekly or more frequently. In the past year, Sarah has:

- Organised events at the garden to encourage people to enjoy the garden, these included art days, a Harvest and Halloween Feast, wreath making at Christmas, an open day and plant sale in May and a wellbeing event earlier this month. This photo shows one of the people we support cooking up garden produce onsite for the Harvest and Halloween Feast. The garden groups at our Wallingford and Didcot day hubs attended the event, they picked the produce, cooked it and then ate together at the garden. It was a very enjoyable event that is being repeated next month. The plant sale in May enabled the people we support to run a stall, selling plants and giving gardening advice. They sold over 90 plants which raised some funds for the garden.
- Other forthcoming events include another plant sale in October. We also have a 'Garden Kitchen' event that will see the cooking group from our Didcot hub use the garden and its produce to do some outdoor cooking as part of a catering training course that we are delivering.
- Continued to provide training for people we support so they can work in Style Acre's garden maintenance social enterprise. 7 people are currently undertaking these work placements. Sarah also co-ordinates regular reviews for participants and leads a team of gardeners one day a week. Daniel who gardens with the team said: "I am enjoying working in the community, and really like chatting with the people who live in the houses. I also like working as part of a team. So far I've learnt how to use the lawn mower and I'm looking forward to trying the strimmer and hedge cutting. I want to try it all!"
- Continued to support people to attend sessions at the Wantage Market Garden where attendees grow fruit, vegetables and flowers. An additional group gardening session has been added this summer as new people have wanted to get involved. Sarah is pictured here with Ray who is a regular at the garden. His new skills have led to voluntary gardening work at a local care home. Sarah has seen a huge difference in Ray when he's at the garden. She says "he's able to self-calm easily because he is secure in the space and he is generally relaxed and happy when in the garden. One of the most positive changes we've seen is his ability to communicate his own needs without prompting. It truly gives me goosebumps when he calls out my name to ask something, by pointing, taking me to show me something or verbalising".
- Continued to work in partnership with Sustainable Wantage on joint projects and events at the Wantage Market Garden. Sarah has also attended local events to promote the garden and volunteering, for instance at a health and wellbeing day at Wantage Health Centre.



- Supported gardening at Style Acre houses by implementing 'Project Carrot', which has been enabled with funding from a local company. The project has enabled the purchase of vegetable trugs for our supported living houses. Sarah provided advice on the equipment and materials needed for each house, as well as siting and planting advice to get people started with growing their own vegetables. The vegetable growing has been hugely popular with many of our houses producing their own crops for the first time. The wellbeing event recently held at the garden celebrated produce grown in the trugs through having some vegetable based competitions such as best vegetable cake, longest bean and best herb selection.
- Supported garden users to grow new varieties of vegetables; we try and introduce new plants every year – this year we are growing tree spinach and snow peas.
- Supported garden users to introduce alpiners to the garden and a vertical planter which provides easy access for gardeners.
- Worked with new and existing employee volunteering groups to carry out work on the garden – including Lombard, NatWest, South Oxfordshire District Council and Lloyds.
- Offered personalised solutions to help people benefit from the garden. We support Hannah who now has her own vegetable trug to manage. Hannah is really enjoying her time at the garden, her mum posted the following on our Facebook page under a photo of Hannah (see below):
"My daughter enjoys the garden each week. Hannah loves being outside and at one with nature, she finds it calming and it helps her forget about her epilepsy. Fantastic project, thank you all!"



Our Gardening Co-ordinator enables us to provide support for adults with learning disabilities and autism at our Wantage Market Garden or in their homes. We are able to tailor gardening opportunities to meet the needs of the people we support. The opportunities we provide range from quiet small sessions growing vegetables at Wantage through to larger group gardening activities or training and participation in gardening maintenance work placements. We really appreciate the support of the Nineveh Charitable Trust, our gardening sessions and work placements enable more people we support to participate in gardening. The benefits of this include the chance to relax and be outside, to be healthy through physical activity, to meet new people and increase social interaction, and to develop new skills.

Thank you for supporting this project!