



Sally Hutchinson
Dr M F James
Trustees
The Nineveh Trust
Park Farm, Frittenden Road
Biddenden, Ashford
Kent, TN27 8LG



The “Grow and Eat” Project

Dear Ms Hutchinson, Dr James and Trustees,

We are writing to thank you for your grant of £3,000 to ensure that young people and adults with learning and physical disabilities are supported to “Grow and Eat”, have better and healthier food, learn new skills, and appreciate and develop their surroundings, making them a more eco friendly environment. They will be able to fulfill their potential, learn life & work skills and have access to every opportunity they deserve.

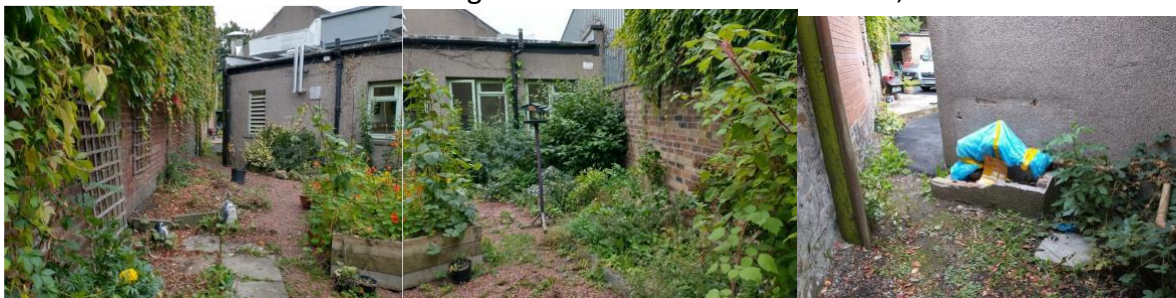
The “Grow and Eat” Project



Our Gorgie Workshops site in Edinburgh has really benefitted from your generous grant, and we can now make more use of the space all year round, and provide better opportunities for Members to learn and develop new skills. We have bought all of the special tools we needed, and have built raised beds, and tried to be as wildlife friendly as possible to encourage Member’s interests in birds animals and nature. We turned concrete space, into growing space, and this has been used by 75 members and Staff, who report that they feel more connected to nature working outside. They say that they experience a greater feeling of well-being from being more able to take a break outside, surrounded by plants and birds, and that they enjoy it -whatever the weather that good old Scotland throws at us!

How did we spend the £3,000?

Our outside space, was derelict and over grown with tall weeds, which as you can see was quite sparse and empty even after we had cleared it and begun our transformation from this;

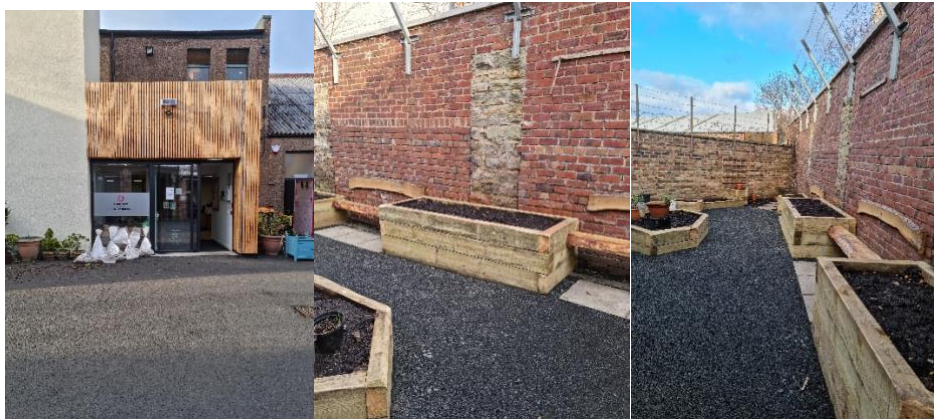


To this early stage work and then on to begin building our haven;



2

To this lovely, sheltered space that you can see below, and now all we need now is for the sensory and fruit and vegetable plants to arrive (delayed from COVID), and some good Scottish sunshine of course!



3

Our NEW driveway makes it a much safer entrance for Members with disability and using walking aids.

We spent the funds in accordance with the £3,000 budget on;

Seeds, Plants, Tools, Benches, Gardening Equipment and Towards the driveway resurfacing.

Your funds enabled us all to work together to;

- ✓ To create a warm welcome to new Members, their families, and visitors
- ✓ To teach our Members Self-sufficiency skills
- ✓ To create an eco-friendly environment, and attract NEW Volunteers!
- ✓ To re-surface our driveway and provide outdoor seating for Members with limited mobility
- ✓ To bring some much needed green to our urban setting
- ✓ To create raised beds and plant flowers, and grow things to eat
- ✓ To improve Members mental health and wellbeing – helping everyone feel good
- ✓ To create a small Sensory Garden with exciting smells - taste – and touch experiences!

Why did we want to do this?

The physical benefits of working in a garden are not just about the calories burnt, and the fitness achieved, but about improving strength, things of particular importance to our Members as they have had few other opportunities to engage in, due to the many COVID restrictions. They are also aging and with the passage of time are faced with a number of physical challenges exacerbated by their mental health and learning disability problems, and gardening really helps build stamina in us all, and is a great social activity which helps to build confidence, self-esteem and establish new skills.

All of our garden spaces are now being used to their full extent now!



We asked Members Staff and Families recently how they felt about Garvald, and this image of an apple below was produced from the most used words, and language in their replies, and we feel this helps to show how much your funding has helped to make things better for everyone at Garvald;



Please do not hesitate to contact me if you would like more details. And if you would like to come and visit us when it is safe to do so, please let me know, we would love to meet you, and show you round!

Kind regards,

Mike Casey CEO

Fundraiser

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