



LOTTERY FUNDED

Lottery Awards for All Funding £9400
Project Closed 31/10/2020

Final Report





LOTTERY FUNDED

Wellbeing *in the* Woods

A black silhouette of a tree with many bare branches, positioned behind the word 'Woods' in the title.

Introduction

This project was delivered as two separate but complimentary projects due to the Covid Pandemic changes.

This funding was originally obtained to provide wellbeing sessions in the Ten Acres woodland in Stirchley for local residents including those in temporary housing, HMOs and homeless. We wanted to create a bridge between local communities and foster understanding and cohesion to combat the alienation of these subgroups.

When lockdown commenced we were no longer able to run bushcraft sessions in the same way, and so funding was reallocated (with permission from the funders) to developing online materials instead to compliment the existing work in Ten Acres and help build a strong volunteer base and local connection.





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Wellbeing in the Woods

The main project Wellbeing in the woods saw a total of 21 weeks of bushcraft sessions in the woods of Ten Acres. These sessions included good food with participants being encouraged to take excess food home with them who were struggling to make ends meet. Sessions usually involved a fire, log seating, cuppas, food and a positive social atmosphere. Participants bonded very well and were able to use the sessions as an 'escape' from their housing situation. Many participants did not feel safe at 'home', especially those in HMO accommodation.

For those interested to learn and develop skills, participants were able to join leaders with a variety of activities including tree work, fire building, spoon carving, rope and twine, outdoor cooking and even how to set up a hammock.

These sessions saw a total of 94 participants logged.





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Wellbeing *in the* Woods

<https://sustainablelifebirmingham.co.uk/index.php/community-projects/wellbeing-in-the-woods/>





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Birmingham





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Case Study

X Joined the group to get out of her accommodation which was causing her considerable stress. She was living in shared accommodation and did not know the other occupants. She struggled to eat well and so was encouraged to take home food regularly to help including fresh fruit and health bars. Her roommates were regularly playing loud music at all hours and antagonising her when she objected. She felt at times fearful. She was meant to be in assisted accommodation and had a designated social worker, however when she raised her concerns the social worker put in a formal complaint against the tenant causing issues and this caused further issues between them.

Eventually we were notified she was sleeping rough in order to avoid going 'home' and we acquired emergency shelter from a local homelessness organisation called SleepPod. This was issued to X while we began the process of opening communications with her social worker to remedy the issue and get her back into the accommodation. We were able to get her back in the accommodation within a few days.





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Wellbeing *in the* Woods



Wellbeing in the Woods ONLINE

When lockdown commenced the remaining funds were reallocated for online resources. We were able to produce the following additional resources:

- >> 6 Informational Videos about Ten Acres
- >> 10 Online activities including wellbeing, learning and family orientated worksheets
- >> 5 Litter picking sessions held monthly in Ten Acres to keep on top of the rise of litter during lockdown
- >> 35 Species confirmed and verified in Ten Acres, photographed and logged online on the ten acres website
- >> 1208 remote volunteer species observations
- >> 21 Volunteer participants assisted with litter picking the area with safe social distancing
- >> A Total of 40 volunteer hours logged

We have built a strong base of 42 volunteers for the Ten Acres site thanks to a combination of wellbeing sessions, litter picks and remote opportunities during covid.

Online resources have greatly improved local resident engagement with the site and in particular the woodland fairies and adventurers maps have proved immensely popular with children looking to explore locally.





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Wellbeing *in the* Woods

ONLINE

www.tenacresconservation.co.uk



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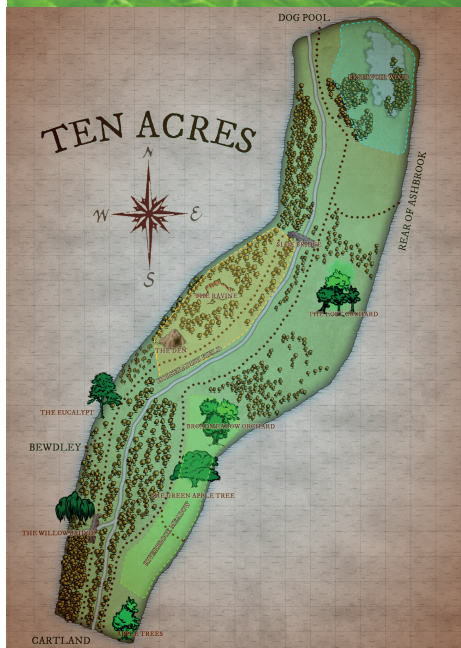




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Wellbeing in the Woods

ONLINE



Willow



The Willow Bridge

Willow trees are great for boggy land and riverbanks. They soak up lots of water every day which helps us to continue to use the pathways in the Ten Acre Woods. This tree overhangs the Bourn as it meets the river Rea.

There's always lots of water here and it can get very muddy. Imagine how muddy it would be without any willow trees!

We think the Willow fairy is very important in these woods, so make sure you say hello next time you pass the great willow tree over Willow Bridge.

How many willow trees can you find in Ten Acre woods?

How many were on the riverbank?

How many were trying to touch the water with their branches?

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Eucalyptus

GREEN AUSTRALIA WOODLAND FERE EUCALYPTUS FAIRY TEN ACRES SILVER INSECTS

P D E U S I Y I S E U E E L
I N E E R G A N E A C C O C
E D S A A S U V E G S I O T
I F N S R C S Y I I L E S O
F I R E L L T Y D A A E Y F
F L D R D L R T N T F U E A
A E I U L A A V A E P C I A
I E L U C T L A L N C A R E
R U T O I T I L D A Y L E T
Y E I D A Y A A O C C Y V W
Y S E S E O E S O R Y P L C
S I N S E C T S W E U T I O
C E L C A A I A G L S L U S C
R I I T F O T S Y P U S E O



The Eucalyptus Tree

There is only one Eucalyptus tree in Ten Acre Woods but it really stands out. It is a beautifully fragrant tree and full of rich oil that attracts bees and other pollinating insects. The leaves have a high level of essential oils which are difficult for most animals to process.

While it is not native to the UK this tree has naturalised in Ten Acres.

The Eucalypt fairy is afraid of fire, as the oil in the Eucalypt tree is highly flammable, so always make sure you keep fires away from her.

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Thank you!