

Selly Oak
NNS

“ Live
Laugh
Love “

NNS Fund £5000

Project Closed 05/01/21

Final Report

Sustainable Life
Birmingham



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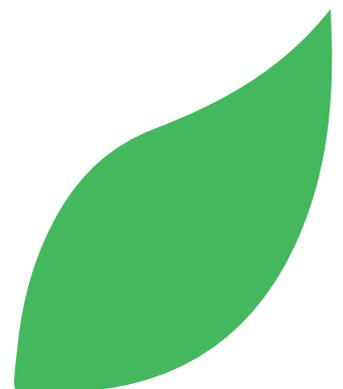
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Introduction

We received funding from the Selly Oak NNS fund in early 2020 to provide volunteering activities and improve participation on the Ten Acres site with a focus on elderly men and promoting a healthy lifestyle.

Because we then entered into lockdown, some of these funds were reallocated to immediate covid needs in our local area.

This fund was therefore in two parts. The covid response projects and the originally planned volunteering in Ten Acres sessions.



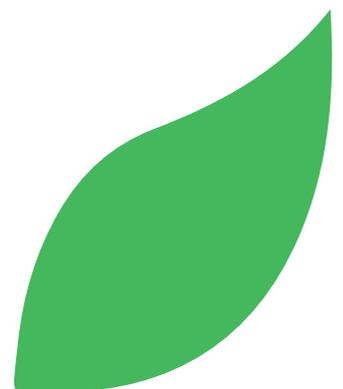
Covid Response

The selly oak NNS fund allowed us to purchase over 20L of hand sanitiser and distribute it for free across Stirchley and surrounding areas. We provided sanitiser to:

- * 5L provided to Ashtree Pharmacy
- * 5L Provided to Spring to Life/Mother Gardens/Fruit & Nut Village Stirchley
- * 9L provided to various local families and keyworkers
- * 1L given to the Creative Coffee hub for their key worker weekly prize
- * 5L Given to Bournville Clean Kilo
- * 1L given to Kensington Hotel for new mum refugees

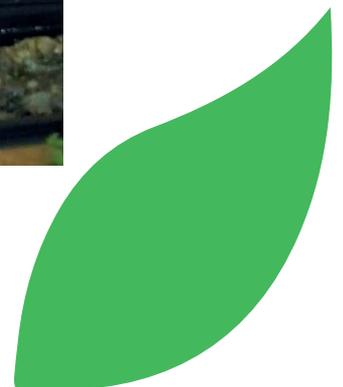
We were also able to buy an additional 20 washable masks for our team of volunteers on the Ten Acres site in a bright orange colour to avoid accidentally losing them in the woodland.

Knowing that outdoor activity would be vital to mental health after lockdown we prepared for volunteering as soon as possible and set up signage on site to encourage local residents to get involved. We also dropped off leaflets to all the surrounding roads of Ten Acres and bought in special sanitising spray for equipment on site.





Finally we were able to hire local cook Mohini Howard from Adventures with Food to create highly customised ready meals for our most vulnerable families. In particular for Case Study A who was a local resident suffering from post-covid neurological symptoms that inhibited their ability to safely cook. They were unable to eat most foods due to a variety of intolerances, allergies and additional texture issues caused by the illness. The ready meals therefore provided a set of safe and quick and easy meals they could eat on their worst days when otherwise nutrition and calorie intake would have been dangerously low.



Ten Acres Volunteering Sessions

After the immediate Covid project work was completed we had enough funding leftover to still provide 15 volunteering sessions (weekly on every Friday) at Ten Acres and make some hot and healthy food for participants too. We had a total of 60 volunteers who engaged in this project directly and continued to work with us during additional sessions and events in the area.

These volunteers included young and old alike sharing knowledge and discussing the weeks affairs in a safe place. Many included those who were retired, or recently redundant due to the pandemic and struggling with isolation.



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The work completed by the volunteers opened up the woodland space significantly and this in turn allowed many more people to access the site on their daily walks and take advantage of the outdoors in their local vicinity during lockdown. Even now, as we are in the middle of the third lockdown with volunteering temporarily suspended, many local residents are actively visiting and engaging with the site in particular dog walkers, discovering the woodland path for the first time.

Here is just some of the feedback we collected on the NNS app (names removed).

[redacted], what have you got out of being here today?

Happiness level 100

Very beautiful, really good access improvements to path.

[redacted], what have you got out of being here today?

Happiness level 100

Amazing and wonderful site, just what I believe in strongly. great ethos and synergy between people and environment.

[redacted], what have you got out of being here today?

Happiness level 86

a very welcoming place for people to explore nature. an inspirational area with lots of little spaces.

[redacted], what have you got out of being here today?

Happiness level 85

on a lovely day like today it's a great walk

[redacted], what have you got out of being here today?

Happiness level 85

Nice to be outdoors and a sense of achievement in transforming a space.

[redacted], what have you got out of being here today?

Happiness level 70

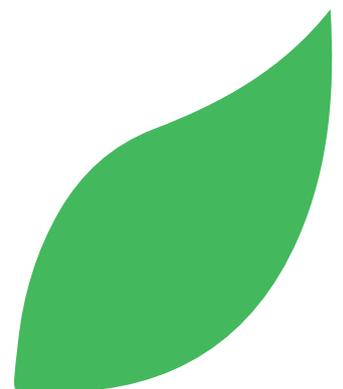
Learned and improved skills with billhook and got exercise. had a healthy lunch and met new people.



Due to Covid restriction we were not allowed to have more than 6 participants at any given session. For this reason we split the day into two separate sessions to enable us to have more people attending and participating. We had a significant waiting list for these sessions and all equipment and PPE had to be completely sterilised inbetween sessions and washed at the end of each day.

In our 15 sessions (30 half day sessions), we saw a total of 63 attendees. Many of our group were regular attendees coming back every week as part of their routine during the pandemic.

Between them, these volunteers clocked up 165 hours of volunteering work on our Friday NNS sessions.



Thank you!

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