

# CHARITY CHATTER

*Welcome* to the first issue of *Charity Chatter*, a newsletter that keeps our funders, supporters and the general public informed about Tuppenny Barn's activities. Print copies will be mailed to contacts and available in our education centre and a PDF version can be accessed via our website.

## Launch of travel grant

**T**uesday 17 September was an important milestone on the Tuppenny Barn calendar as we launched our travel grant scheme. The initiative, inspired by a similar scheme run by The South Downs National Park, offers schools from across West Sussex and Hampshire subsidies for travel in order to learn about food, healthy eating, cookery and sustainable living.

Schools with 15% of pupils on free school meals will be eligible to claim up to £250 each towards travel expenses thanks to the support of a number of generous local and national funders including: The Sussex Community Foundation, The Ninevah Trust, The Bassil Shippam and Alford Trust, The D'Oyly Carte Charitable Trust, The Southern Co-operative (Southbourne and Westbourne) and the Southleigh Road Co-op.

A total of £7,500 will be available to schools within a 20-mile radius of Tuppenny Barn and will enable up to 900 children from areas of deprivation to attend the programme and support the charity's goal of reaching out to 2,000 children annually by 2021.

Maggie Haynes, Founder and CEO, said: "We're really happy to have launched our travel grant scheme which will enable more children from across West Sussex and Hampshire to access our food education programme.



"We were told the cost of travel was a prohibiting factor for a number of schools and wanted to do something to ensure all children have access to everything we do here at Tuppenny Barn."

Children who visit will have the chance to learn all about food, cookery, growing and sustainable living through access to the 2.4-acre organic outdoor classroom, as well as the sustainably-built Education Centre with its purpose-built kitchen.



*Some of the team enjoying the sunshine outside Tuppenny Barn*

# Nurture in Nature set to blossom

**O**ur Nurture in Nature horticulture therapy project has received a grant of £14,220 from the Postcode Local Trust, a grant-giving charity funded by players of the People's Postcode Lottery, in order to expand the gardening initiative.

The grant will enable Tuppenny Barn to increase numbers of people accessing the scheme and ensure we support as many as possible in our local community suffering with their physical, mental and emotional health.

The project, which has been running since January 2018, has a dedicated but small take-up. This funding enabled the charity to launch a recruitment drive that coincided with World Mental Health Day on 10th October to ensure the initiative was visible to all those in the local community who would benefit from the service.

In addition to the launch event our Horticultural Therapist will undertake community liaison activities with other local charities and groups that have connections with those who might benefit from being involved in the project.

Our Nurture in Nature gardening sessions run every Friday from 1:30pm to 3:30pm and are open to those with physical limitations, medium/low level mental health issues, as well as those experiencing feelings of isolation.

Participants gain a range of benefits from being involved with the group including emotional wellbeing through the benefits of a social activity as well as access to a calming green space, physical improvements/increased mobility and increased horticulture knowledge and growing skills.

## Testimonial

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# Andy

**B**orn in the East End of Glasgow, Andy has lived and worked all over the British Isles. He arrived in Chichester at the end of July 2018 having walked up from Penzance following the South West Coast Path.

Andy met Christine Iverson, the Tuppenny shop manager, at the Four Streets homeless charity and when he mentioned he was looking for volunteering opportunities Christine introduced Andy to Sonia Rasbery, who heads up our gardening therapy project. Andy likes to volunteer if he has some spare time and sitting in a charity shop isn't his thing. In Penzance he had been a respite care volunteer and already had some gardening experience, so we were delighted when Andy committed to six months volunteering for the project, which he subsequently extended to 12 months.

"Being a volunteer opens your eyes to what's happening in the country and in society. The most vulnerable need a gold standard in respect and care, and it reflects on society how we treat our most vulnerable members," Andy explained.

"The group is a safe space. The guys



aren't under pressure to do anything and nobody talks about their problems. Some people try it once and don't come back, which is a shame; it takes three to four sessions to get into it. The social aspect is so important and one session isn't enough.

"In the past year, there have been a lot of things I won't forget. It's been a fantastic experience – I feel I've come out of it with the most of anyone. I've learnt that time is very precious, so make the most of it. I've never had a bad day in my life. Of course, there have been ups and downs but nothing bad. I'm content – and I'd like to think I bring contentment to the group."

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## The place to grow, naturally

**D**uring 2020 we are looking to expand our therapy gardening sessions to support additional numbers of vulnerable people. This will include undertaking a feasibility study and consultation process in order to establish which vulnerable groups might most benefit from a therapy programme at Tuppenny Barn.

We will also develop our relationships with aligned local charities supporting vulnerable groups, in order that additional local people can benefit from the physical and emotional therapeutic benefits of working in a safe and encouraging environment.



# Our year so far:

- 1,078 children have come through the Tuppenny Barn door to learn about growing, cookery, healthy eating, sustainability and wildlife
- 42 Nurture in Nature sessions delivered
- A second Education Officer has been employed following support of The Sussex Community Foundation
- Travel grant scheme launched which will enable up to 900 children living in deprived areas of West Sussex and Hampshire to access Tuppenny Barn
- A total of 66 volunteers helping with everything from gardening and site maintenance to assisting school visits, running events and fundraising



*"I have problems with my anger at school and I flip out. I feel like everyone is crowding in on me [...] But I don't feel like that here, when I am at Tuppenny Barn I feel free. I love being in nature, I would be here every day if I could."*

*"This trip and this journey have meant the world to me. I can escape from a world of stress to a calm and kind place 🙌 ... 🙌. I thank you for the opportunity."*

*"I loved how we got to learn how to grow crops and pick them. We love you Tuppenny Barn!"*

## Get involved

Whether it's volunteering to keep our site maintained, helping with our education programme or aiding fundraising events Tuppenny Barn needs you.

### VOLUNTEER

Find out about our **volunteering opportunities** by contacting:  
**[contact@tuppennybarn.co.uk](mailto:contact@tuppennybarn.co.uk)**

### SUPPORT

You can support Tuppenny Barn through **venue hire**, attending our **events**, joining our **weekly yoga classes** or **donating**. Find out more on our website, or via our social media pages below.