

# Our Annual Review 2019/20



# The green shoots of regrowth



## Welcome from our CEO, Maggie Haynes

The first signs of regrowth and recovery bring hope and the promise of better times ahead. All around us in the great outdoors are the spring signs of new life bursting from the soil. We have a national road map to ease our way out of the pandemic and locally we are busily preparing for a return to everyday life at Tuppenny Barn.

Plans are in progress for a number of exciting new projects to reinforce our core charitable objectives of educating children about healthy eating; gardening for adults to improve mental health and wellbeing; and offering support and closer links within the local community.

Also, as the restrictions ease we will introduce an events programme for our most popular activities including major fund-raising gatherings such as our annual open day and Christmas market.

During the lockdowns, we felt that, as a charity, it was important for us to try and help those who were finding it difficult to access essential supplies and we introduced schemes to help alleviate food poverty.

But this did not stop us planning for a future where we could strengthen our community links as well as preparing for the return of school visits, horticultural therapy sessions, public events, workshops, conferences, wakes and wedding receptions.

We have announced plans for a community shop and café, a resumption of our Young Carers' project, an expansion of our horticultural therapy

activities and launching a scheme to provide formal horticulture training for adults with learning difficulties or mental health issues.

Throughout what has been a most disruptive year, the one constant has been the help and support we have received from organisations, individuals, community groups, benefactors and funding groups.

Tuppenny Barn owes a huge debt of gratitude to those who have given their time to improve the lives of others at a time when their own family and friends also needed support, comfort and reassurance and I wish to express my heartfelt thanks to everyone who has helped us to continue to make a difference to the lives of so many.



Chichester MP Gillian Keegan (left) visited Tuppenny Barn in September for a tour of our sustainably-built education centre.

## 5,374

Volunteer hours between September 2019 and August 2020.



## 396

Deliveries of food boxes to our Food Hardship Families.



## 313

Pupil visits made possible by our Travel Grant scheme between September 2019 and March 2020.

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## We're on a mission to:

### Seed...

To combine the on-site outdoor classroom facilities of the organic smallholding with our eco-build education centre to teach children about growing food and healthy eating, with the emphasis on organic fruit and vegetables, and living sustainably.



### Support...

The provision of Social & Therapeutic Horticulture projects to improve mental health and wellbeing. We use gardening to bring about positive changes in the lives of people living with disabilities or ill health, or who are isolated, disadvantaged or vulnerable.



### ...and Share

To engage with the local community, offering opportunities to participate in organised activities and volunteering on the one-hectare smallholding and within our education centre. We also collaborate with many local organisations and help the community when the need arises.

## Creating a sustainable future

We are transforming Tuppenny Barn, a registered UK charity, in line with our vision to create a better future for our children by offering unique educational experiences based on healthy eating and living sustainably.

**Our plans for a new site shop and café will create further opportunities to support our local community and enable exciting new experiences for all ages through school visits, workshops and community activities.**

At the heart of our work is the education centre which provides an indoor classroom and a memorable location for meetings, community events, art exhibitions, wedding parties and wakes.

During the pandemic, all our events were cancelled with only the internal site shop and our VegBag scheme providing a regular income. We found new ways to serve our community such as a food parcel scheme that delivered nearly 400 boxes of essential goods to 20 local families who were experiencing hardship during lockdown.

Our exciting Transforming Tuppenny project involving an external shop and café will help secure the future of the charity and ensure that we can develop the vital work of serving our community and engaging with vulnerable groups.



The predicted outcomes include a 10 - 20% increase in school visits, jobs for 12 additional volunteers and three - four additional employees, as well as support and training for 40 individuals who need help.

This creation of jobs and training courses to help people return to work, the use of natural resources and the goal of helping our community prosper are in line with UK and UN sustainable and development goals.

**To find out more about Transforming Tuppenny and to support our Appeal, visit our website.**



### Our values

We are inclusive, sustainable, empowering, caring, and positive.

# Seed

## Reaching out to schools

Plans are being drawn up for the return of regular school visits to Tuppenny Barn. Before the pandemic hit, we were on course to hit a target of 2,000 young visitors by the end of 2020.

To cope with the increase in school visits, Liz Pendry joined the education team to work with Abi Young, the senior education officer, resulting in an increase in the educational output of the charity as a result of many initiatives being trialled.

In the absence of visits, the team used social media and newsletters to keep in touch with some schools, including a 'Tuppenny Times with Abi' series of short YouTube videos about aspects of the organic enterprise and a regular 'Facetime a Farmer' link with a Year One class in Washingborough.

They also started outreach visits and produced digital education materials for local schools.

At the heart of our education programme is the practical learning experience about the benefits of growing, cooking and eating organic produce and, as the restrictions are eased, we are preparing to welcome new and repeat visitors.

In September 2019 we launched a Travel Grant scheme to provide funding for transport to Tuppenny Barn in order



for schools to arrange visits. Our priority was to reach schools that had more than 10% of their pupils receiving free school meals and were from disadvantaged backgrounds. Several generous funders made this scheme possible and, until the pandemic, a total of 313 pupils had taken advantage of the travel grant. One of the schools to benefit from the grant was Slindon Church of England Primary School who commented:

**"Thank you so much for such a wonderful day with you – our first whole school visit. It was fantastic!"**



Slindon C of E Primary School visit.

We want to encourage schools that support pupils with Special Educational Needs and Disabilities (SEND) to visit us. A school that also benefitted from the travel grant was Fordwater School, based in Chichester, which supports pupils with severe and complex learning difficulties. The pupils visited twice, with a third visit cancelled due to the pandemic. Their form teacher commented:

"We have attended Tuppenny Barn on a couple of occasions. I genuinely believe the experience has not only had a positive effect but built the students' confidence to try new things and build on skills already achieved."

We continue to collaborate with Washingborough Primary Academy School, based in Lincoln, using the iPad and Facetime digital communications to have regular sessions with their Reception Class. The focus has been on healthy eating, organic gardening and sustainability.

Our community project, Park Community High School, has continued with monthly visits of pupils with SEN to experience Tuppenny Barn through all the seasons. One student commented:

**"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."**



Fordwater School visit.

# 1,260

Children's visits to Tuppenny Barn in 2019/20

School and college visits (1,009)  
Workshops (72)  
After-school Explorers (57)  
Tuppenny Tots (122)

## Early starters

We welcome children and young people of all ages in addition to formal school and college visits. School holiday activities for varying age groups are well supported and are normally themed around the seasons.

Our Tuppenny Tots sessions, aimed at pre-school children with a parent or carer in attendance, aim to introduce youngsters to the wonders of nature. We also ran a monthly after-school club when older children can get hands-on experience of gardening and wildlife.



# Support

## Gardening is good for you

Our lively weekly Social & Therapeutic Horticulture sessions, known as 'Nurture in Nature', are practical proof of the link between gardening and the positive effects it has on our wellbeing.

We have expanded our horticultural therapy team to include a second therapist, Duncan Bryant, who also manages the Transforming Tuppenny project. We will be recruiting more volunteers to help him and Sonia Rasbery, the horticultural therapy manager.

Recently we secured funding for a project to deliver horticulture training for clients of Stonepillow, a local homeless charity, and have started work on creating a sensory area outside the STH polytunnel. The team will also be taking on the regeneration of the living wall at the side of the education centre.

**stonepillow**

Helping homeless people

There is growing evidence of the symbiotic relationship between the plant world and our health. Our practical sessions in a dedicated polytunnel and outdoor area have shown us how effective gardening can be for our clients.

[tuppennybarn.co.uk](http://tuppennybarn.co.uk)



A Nurture in Nature session.

They 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. We have also noticed physical improvements including increased mobility, horticulture knowledge and growing skills.

Our regular STH clients have not been able to attend the weekly sessions during lockdown as they are classed as vulnerable but the team kept in regular contact, including a weekly Zoom call for those with the technology.

26

Nurture in Nature sessions delivered between September 2019 and March 2020.

## Care and companionship

When Linda sadly lost her husband to cancer in 2012 her mental health really suffered. Losing her partner and best friend was compounded by the fact that he was also her business partner and together they ran a very successful business.

"Since losing Dave I have been hit hard by feelings of depression and anxiety and the family have struggled," she said. "I felt like I had been left on my own and coping sometimes seems so hard. It showed how much we relied on each other.

"Feeling very low one day, I drove to Tuppenny Barn. It was amazing. The people I met were so lovely and friendly. It was just what I needed."

Her great interest in her own garden and greenhouse meant she immediately felt at home.

Not only being in a unique, peaceful and friendly gardening haven but also she has been able to help others in the group deal with some of their challenges. Linda commented:

"The amazing thing with the group is that it's not just about gardening, there is so much care and companionship and laughter. The team really encourages one another which is sometimes hard when I am on my own."



# Share

## Where there's a will there's a volunteer!

Volunteers are essential to the running of Tuppenny Barn with each one bringing much-valued skills to enable the charity to achieve its objectives. Fortunately, we have always had a strong selection of supporters who are willing to give their time and expertise to a wide range of tasks.

An increase in volunteer numbers resulted in the need for someone to take on a volunteer managerial role for recruitment and the administration of the scheme. Step forward Julia Hankers, a former lawyer who has extensive experience managing adults and young people who work with disadvantaged young people.

After leaving the legal profession in 2017, Julia returned to the south coast and for the last 18 years has been involved with the Tall Ships Youth Trust working as a volunteer coordinator at the head office in Portsmouth. She set up networks throughout England, Scotland and Wales with the aim of spreading information about the Trust, encouraged fundraising and finding young people who would benefit from going on one of the voyages.



She started her role at Tuppenny Barn in January 2020 and is now the main contact for the volunteer scheme as well as the central communicator to the volunteers.

**“Volunteers are vital to the running of Tuppenny and it is fair to say that without them the Charity could not continue. We have volunteers assisting in all departments – gardening, education, cooking, marketing, assisting in the shop and at events.”**

Interested in volunteering? Please send an email to [julia@tuppennybarn.co.uk](mailto:julia@tuppennybarn.co.uk) to find out more.

Julia Hankers



Jas Singh and Alison Windust

## Cropped & cooked

The reputation of Tuppenny Barn's 'jamming ladies' stretches way beyond the commercial kitchen in the education centre.

There's often something cooking, stewing or being stirred to provide a wide range of products for sale in the site shop. At the heart of this culinary action is a small group of volunteers known affectionately as the 'jamming ladies' and hardly a week goes by without them turning the various fruits grown on site into jams, chutneys, flavoured vinegars, relishes and other preserves.

Such kitchen creativity also led to a partnership between cookery teacher Jasbir 'Jas' Singh and lifelong cook Alison Windust who met in the kitchen at Tuppenny Barn about three years ago and discovered a joint love of cooking and feeding others.

They now cater for events as diverse as corporate team building, yoga retreats, the café, meetings, quiz night suppers, private parties and a variety of summer events at Tuppenny Barn.

## Community Events

With the need to communicate and reach out to the community, it is important that Tuppenny Barn creates opportunities to spread the word, to raise funds and to attract new volunteers.

Community events in the pre-Covid year included:

- A family-themed open day including talks, cream tea tent and PYO soft fruit in collaboration with the National Garden Scheme.
- Bee family afternoon
- Apple family afternoon in our orchard in collaboration with the National Garden Scheme
- A botanical painting workshop in the orchard as part of the Big Draw Festival
- Volunteer hedgerow management days
- Volunteer pond working party days
- Three weekly yoga classes
- Three fundraising pub quiz evenings
- Four Music@the Barn concerts
- Venue over two weekends for Emsworth Arts Trail
- Monthly swap shop clothes rail hosted by Transition Chichester
- Three community choir youth concerts

# 600+

People attended our Christmas Market with artisan craftspeople and local producers.



# Foraging is fun

When she is not busy managing our shop or making the most of seasonal fruits and local ingredients our shop manager Christine Iverson is gaining national recognition as an authority on foraging, folklore and the superstition connected with wild plants.

In October our education centre hosted a launch event for her first book, 'The Hedgerow Apothecary', and over 100 people turned out in support of a popular figure within the Tuppenny team.

In addition to writing about her love of foraging the hedgerows for natural ingredients, Christine has included several recipes based on the fruits and plants to be found in the countryside and had prepared a range of tasty treats for her guests to try and taste.

Christine was soon commissioned to write a second book and "The Garden Apothecary", will be published in June 2021. This new publication will concentrate on the folklore and superstition of the plants in our back gardens and the homemade recipes and remedies that can be created.



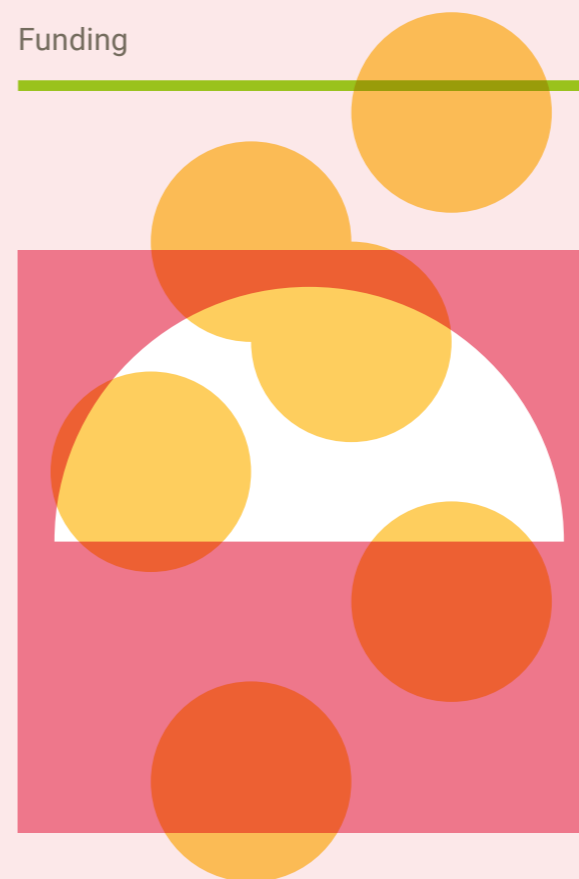
Christine Iverson

"Foraging gives us a tangible connection to the social history of our ancestors with hedgerows providing a vital source of food and medicines for centuries," she said.

"Foraging brings us closer to nature, it is incredibly good for mental and physical health but above all it's great fun! Be warned though - it's also extremely addictive!"



**100+**  
People attended the launch of Christine's first book at Tuppenny Barn.



# Swift change to funding focus

Never has there been a time when the contributions of funders and donors have been so vital. Charities lost their main income streams when the pandemic hit and at Tuppenny Barn our income fell by 80% overnight. As a result, our fundraising priorities changed quickly to focus on meeting the emerging needs of our community at such difficult times.

**We changed our working practices in order to help others in their time of need. We are grateful to our funders who showed flexibility by supporting our new projects and unrestricting many of our donations allowing us to direct funds to where the need was greatest.**

With increasing competition for funding within the charity sector, Tuppenny Barn is deeply grateful for all the funding support it receives, particularly from those listed on the next page.

Before the first lockdown we were able to recruit the services of a professional fundraiser. We learnt quickly what an impact such a move would have on the charity subsequently raising more funds than we had since the charity was formed. Having a skilled fundraiser in post established a system of procedures that opened up new sources of funding and also got us involved in new collaborations with the local community and businesses.

This dedicated resource meant that fundraising during the first quarter of the 2019 financial year gave us a strong footing on which to deliver our strategic target of increasing the number of young people we welcomed to Tuppenny Barn through our school visits.

As we look to the future we have grown our fundraising team which now includes two part-time members of staff focused on our core funding and a campaign manager leading on Transforming Tuppenny.



**300**  
Copies of Charity Chatter distributed.

# A BIG Thank You!

A heartfelt thank you to everyone who made a donation towards our work in the 2019/2020 financial year. We are truly grateful to the trusts, foundations, community and individual donors for their generous contributions.

## Trusts, foundations and grants

- Chapman Charitable Trust
- The CLA Charitable Trust
- The Henry Smith Charity
- The D'Oyly Carte Charitable Trust
- The Ernest Kleinwort Foundation
- The Finnis Scott Foundation
- The Foyle Foundation
- The Frognal Trust
- The Gerald Micklem Charitable Trust

- The Ian Askew Charitable Trust
- The Ninevah Charitable Trust
- The Postcode Local Trust
- The Rowan Benthall Charitable Trust
- The Southall Trust
- Sussex Community Foundation
- Government business and support scheme

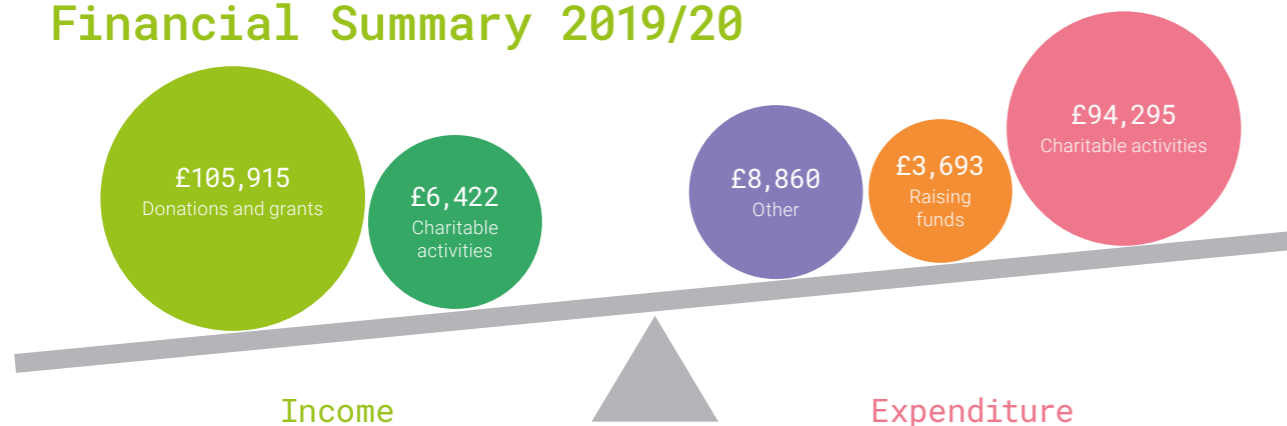
## Individual donors

Our heartfelt thanks are due to all the individual major and regular donors for their generous support during the 2019/2020 financial year. Their generosity means we have been able to play an important role in supporting the local community at such a difficult and challenging time.

## Community donations

- Co-operative Emsworth & Southbourne stores
- Co-operative Food through Local Community Fund scheme
- John Lewis & Waitrose partnership
- Northern Co-operative
- Southbourne Parish Council
- Southern Co-operative Neighbourly scheme

## Financial Summary 2019/20



# Focus on the future

The pandemic has sharply focused the CEO and Board on increasing financial resilience for the charity, but to also build on the work that we do within the community, particularly with those that are considered vulnerable or disadvantaged.



We have expanded our horticultural therapy team to include a second therapist and will be collaborating with a local homeless charity Stonepillow, to deliver horticulture training for five of their clients over a 20-day period in 2021.



The project to create a stand-alone shop and community café outside the education centre using sustainably sourced materials is under way. It will have a social purpose that will facilitate training or work experience for various vulnerable groups including adults with learning difficulties in both the café and shop.

A project group has been set up to manage the delivery of the site shop and café and a launch date is soon to be agreed and fundraising will begin.



The final project that we hope to undertake is providing formal City and Guilds horticulture training for adults with learning difficulties or mental health issues. We have collaborated with Aspire, the Adult Education Providers for West Sussex County Council on this project.

The Charity will still be dependent on external funding, in addition to revenue raised in-house, to achieve its strategic aims outlined in its three-year business plan so will continue to seek funds from trusts and foundations.

**Do get in touch to find out more about our Charity including ways you can support us! Contact details are on the back cover.**



In September 2020 we started a Sunflower Young Carers' project with pupils from the Bourne Community College. These weekly visits span both education and horticultural therapy, providing emotional and wellbeing in addition to environmental learning.





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