



Building for the future

Impact Report
2020/21



We're thrilled to share with you our Impact Report for 2020/21

Who we are



Tuppenny Barn is a local charity that is passionate about offering unique opportunities for all ages to learn about sustainable horticulture, cookery and healthy eating to help foster healthy lifestyles, emotional and mental wellbeing.

We acknowledge the importance of our community relations and have created programmes and projects to help reinforce our education and social and therapeutic links at a time of heightened awareness of increasing mental health issues, anxiety, depression and social isolation, particularly among young people.

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Our year in numbers

74

Number of horticultural therapy sessions between April 2021 and September 2022 benefitting over 23 people.

1,872

Young people attended a Sunflowers session for young carers, school visit, holiday workshop or pre-school visit.

200+

People engaged with our Transforming Tuppenny planning process.

15

Number of grants received in the 2021-22 financial year. (Average grant amount of £5,095).

36%

Increase in volunteer hours over last year from 4,662 to 6,357.

1. 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. We plan to expand our activities in the future through the provision of a community café and standalone site shop.



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.

3. Share



Our mission

We're on a mission to seed, support and share to achieve a sustainable future for all

2. Support

The provision of Social and 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.



Our Values

► We are inclusive

We exist to support our local community, regardless of age, ability, economics, gender, religion, ethnicity or any other factor.

► We are sustainable

Sustainability runs through all our activities; we strive to have the lightest possible impact on our local and wider environment.

► We empower

Through access to our site we support those vulnerable members of our community through increased emotional and physical wellbeing.

► We are caring

We treat everyone with respect and kindness.

► We are positive

We never stop believing in a better future for people and planet.



From our CEO and Founder,
Maggie Haynes

Permission to build a more stable future

The next exciting chapter in the history of Tuppenny Barn is evolving. It will be a transformational development hence the project name, Transforming Tuppenny.

We have eagerly awaited the outcome of our planning application to build a zero-carbon on-site community café and standalone shop. And we have finally heard that the application has been successful.

The new building will represent a major part of our planning for the future in terms of providing financial stability for the Charity. It will enable us to grow as a charity and to increase our work with vulnerable groups and individuals within the community.

We are now committed to the task of proceeding with all that is required to bring this major project to a successful conclusion. That includes raising the profile of Tuppenny Barn in the coming months with the aim of securing the funding required to make a start on the build in 2023.

There is more information on the 'Transforming Tuppenny' project later in this Report.

I am aware that these are challenging times for everyone - individuals, families, businesses and organisations.

In the charitable sector, we are also facing the effects of rising bills and reduced income, as well as increased requests for essential grants and donations that has reduced the money available to successful applicants.



Photo Maggie Haynes (right) with Gardeners' World presenter Arit Anderson.

Here at Tuppenny Barn we have taken steps to help secure our future by concentrating on events and courses that will attract sufficient interest to make money for the Charity.

And it is heartening to report that we have returned to a full series of events, educational visits and therapeutic groups for young adult carers and adults with mild to moderate mental health conditions or limited mobility.

Our commitment to the able and less able within our community is undiminished and we are determined to ensure that help and support is available to the more vulnerable within our area.

One of the highlights of this year was welcoming a BBC film crew to the plots to film a special feature for Gardeners' World on the work we do with our Sunflowers group of young carers, our volunteer activities and our plans for the future.

We are indebted to Arit Anderson, one of the programme's presenters, who took part in a Gardeners' Question Time at the education centre which raised £2,000 for a local charity, Children on the Edge, to help their work with refugees fleeing the war in Ukraine.

Arit was so impressed by our charitable and wellbeing activities that she persuaded the Gardeners' World planners to schedule a programme about us. We understand that it will be aired on BBC1 in 2023.

Our education team has targeted children from disadvantaged areas in order to give them the opportunity to come to Tuppenny Barn and learn about food, its production and benefits.

There has been a marked increase in numbers attending and we have been able to start a programme of regular visits for special needs schools.

Another highlight was the success of our Sunflowers group of young carers for whom we organised two summer workshops in addition to their regular meetings which are now held weekly rather than fortnightly.

It is good to know that children feel confident in a safe environment and perhaps will talk about matters that normally they would keep to

themselves. This is a real compliment for the education group who run these sessions.

Our Social and Therapeutic Horticultural (STH) activities have also proved popular and we now run an additional session for adults. Our STH therapists have established a strong connection with local prescribers who refer candidates to us and we have been able to develop and complete City & Guilds certification at levels 1 and 2 involving gardening for vulnerable adults.

A Charity such as ours relies heavily on volunteers with a range of skills that make it possible to carry out our day-to-day activities on the plots or in the education centre.

Their numbers are gradually increasing but we are always keen to find volunteers from the local community who want to help with our work. We have become aware that some people moving to this area want to come to an organisation such as ours where they can get to know like-minded people with an interest in sustainability, the environment and helping out in the community.

I mentioned at the start of my report that raising funds for charities such as ours is becoming more challenging. Our fund raisers have worked hard to maintain income via grants and donations in an arena that is experiencing financial restrictions on such work.

What we have to do is show potential donors that the work we do here is meaningful and, in some cases, can change lives.

In such uncertain times, it is heartening to know that we are making a difference to so many lives and I wish to extend my deepest thanks to everyone who has helped us develop what we regard as a vital asset to the community. We intend to build on this relationship as we head into times of fundamental change for Tuppenny Barn.

The next exciting chapter in the history of Tuppenny Barn is evolving.

It will be a transformational development hence the project name, Transforming Tuppenny.

Delivering our charitable objectives:

Outdoor Learning resumes

Our Education team mobilised quickly to reinstate a programme of school visits following the easing of the pandemic restrictions and there has been an enthusiastic response to their hands-on interactive workshops.

Our aim is to teach children and young people about food education, the natural environment and the importance of sustainable horticulture.

Children engage with where their food comes from, from the fork in the ground to the fork on their plate. They learn about their natural environment, wildlife habitats, growing food and the importance of a varied and healthy diet.

Our workshops are developed to fit with and enrich relevant areas of the school curriculum. All sessions are fully inclusive and can be adapted to fit in with specific areas of study and Key Stage. Our programmes are delivered by qualified and experienced teachers, who have completed their Forest School qualification.

Our educators use the natural environment around them to provide experiential learning opportunities for children including the wildlife pond, natural habitats and our beehives.

They also deliver practical activities which students can use at home and school e.g. growing, cooking, developing wildlife habitats and building bug hotels. The skills they learn at Tuppenny Barn can be used at home and/or at school.

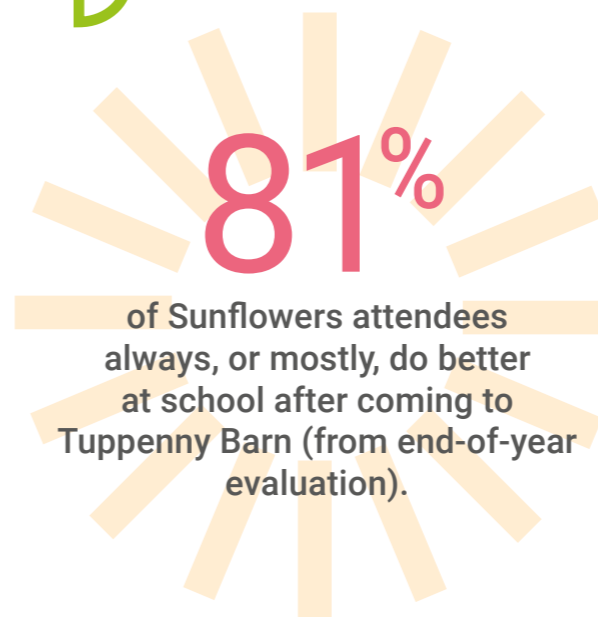
We prioritise engagement with children and schools from economically deprived areas and increase participation of children with Special Educational Needs and Disabilities (SEND).

Our outdoor classroom is fully accessible. We have strong partnerships with SEND schools in the local area who, pre-Covid, made regular visits with their students, many non-verbal and with differing and complex needs, recognising the value of working outdoors with their students. We work with other schools in areas of high deprivation who are passionate about visiting with their students with SEND, recognising the positive impact it has.

With a focus on emotional wellbeing, Sunflowers, our young carers project, creates a space for children to think about and to focus on themselves. The programme gives them the opportunity to engage with horticulture, wildlife and cooking and to learn outdoors alongside their peers.

The sessions provide an opportunity for fun experiential learning, away from their pressures and responsibilities at home. They are delivered in our outdoor classroom and include growing, cropping, cooking, art, writing, crafts and mindfulness activities.

We provide a nurturing environment where children can focus on how to support their own emotional wellbeing.



Crucially we provide young carers with a safe space for them, supporting them to consider what makes them happy and gives them enjoyment.

▶ Susan's story

Susan has been part of the Sunflowers group for the last year. She has, on occasions, been very reluctant to leave the car and had to be coaxed out. The school has reported that her attendance has been better on the weeks that she comes to Tuppenny Barn.

Over the past few visits any negative attitudes have very quickly left her and she has come without any reluctance. Recently she was laughing with friends, leading the cooking group and pretending that they were presenting a cooking show. We asked Susan:

Q: What does coming to Tuppenny Barn mean to you?

A: "A nice break from the rush of school life, whilst still learning. Coming here has eased my mind from some of the horrible thoughts that I have experienced this year."

Q: Can you describe Tuppenny Barn in a few words?

A: "Heaven."

Just some of the numbers

- ▶ 34 visits from schools. All schools said that they would like to visit again.
- ▶ Almost all pupils who find learning in the classroom a challenge have found it easier to engage with learning outside.
- ▶ 32 Sunflowers visits
- ▶ 6 Farmer time video calls
- ▶ 12 Holiday workshops

We have been able to offer 12 fully-funded visits to schools for pupils with additional needs. A wide range of young people have benefitted from this and we have focused on a series of three visits so that they feel confident at Tuppenny Barn.

▶ Charlie's story

During the third fully-funded visit from a class of Y4-6 pupils from a Special Educational Needs school, Charlie arrived wearing headphones, refused to speak and hid his face in his lap for the first part of the visit.

When one of the education team said they were going inside to cook muffins, Charlie came alive! He said: "I love cooking" and continued to chat and be fully involved for the whole activity. He even came inside to watch the muffins cook and be taken out of the oven.



Firsts

- ▶ 85 Year 11 pupils visited for a sustainability themed day.
- ▶ In January we led a teacher training event about growing and cooking.

Looking Ahead

- ▶ We have 13 school visits, 14 Sunflower visits and 6 Poppy (a primary school version of the Sunflower Group) visits already planned for 2023.

Delivering our charitable objectives:

Sowing the seeds of security, wellbeing and friendship



Of all the things I tried to help me, this was easily the most helpful.

Ask any gardener about why they garden and it's not long before you hear phrases such as: "It calms me down; Helps put my mind at ease; It's my safe haven".

Without doubt, the manifold benefits of tending plants outdoors in a green space are now well documented and accepted.

Our regular Social and Therapeutic Horticulture sessions have been going from strength to strength since April last year. Following the appointment of Duncan Bryant as the second dedicated horticulture therapist, we were joined by Jane Gleeson after Sonia Rasbery's departure after many years of hard work setting up and developing the project. This enabled us to expand to two sessions a week in January 2022 and so double our capacity. The new morning session is now full with eight clients attending regularly.

Photos Above, sowing seeds can be fun. Left, Kate helps with cropping.

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74

Number of sessions run between April 2021 and September 2022 – directly benefiting over 23 people.

It is satisfying to see how people return each week and start forming friendships and gaining skills and confidence. We are lucky to have three new, enthusiastic and skilled volunteers to join our regular helpers - this helps greatly in allowing us to give clients sufficient attention and care.

Attending the sessions has enabled participants to rejoin and actively participate in the local community. One of our regular clients went on to complete the City and Guilds Level 1 Award in Practical Horticulture that ran at Tuppenny Barn in Spring and has also completed the Level 2 Award.

Our existing community partnerships were key to the successful delivery of this teaching, including working with Aspire Sussex Adult Education Centre which funds the tutor and provides administrative support. Also, Stonepillow, a Chichester-based charity for the homeless, who referred several of the students.

Another client left the group to start work in horticulture and one of the newer clients is also working part time in horticulture since joining. Several others have returned to their former work since starting the STH group.

A typical session involves sowing seeds and planting out crops and flowers, plus plenty of weeding and watering, amongst other tasks in the dedicated polytunnel or the newly-created raised beds. Jobs are varied and clients are given the choice about what to do, often working in small groups that facilitate conversions between participants.

Much of what is grown is used in the shop and VegBags allowing clients to know they are contributing to the charity and to find a sense of meaning and purpose alongside the therapeutic benefits. We also grow seedlings for use by the school groups and education team or help with the general garden tasks such as fruit picking in the orchard.

Photo Horticultural therapists Jane and Duncan prepare to lead another session.

Our main source of referrals are from the social prescribers who enjoy visiting Tuppenny Barn when introducing a new client and who give feedback as to how much they value the STH as a resource.

Each session ends with tea and chat, which is an ideal time for people to get to know each other better, to share stories and discuss any worries or report highlights of their week.



One longer term client recently said over tea, "This is my safe space – I really love coming here" and another, "Of all the things I tried to help me this was easily the most helpful". Yet again, "It's the highlight of my week coming here"

We continue to evaluate our clients' progress to ensure we are giving them what they need and to help us effectively gauge our success. We are looking forward to training two of our current volunteers to allow us to expand our therapeutic offering in the future months.

This is my safe space – I really love coming here.



Our volunteers

The varied life of a volunteer

We are fortunate at Tuppenny Barn to have an energetic team of volunteers who tackle such varied tasks as helping to host school visits, gardening, site maintenance, creating jams and other preserves from the fruits grown on our plots, assisting in our site shop and general office duties.

We rely heavily on those who give up their time to help with routine activities and events on-site and there is always a need for new volunteers with different skills.

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Our 70-strong team enables us to maintain our outdoor classroom and learning resources with the common bond of being committed to our aims and ethos.

The Transforming Tuppenny project will enable us to provide additional volunteer opportunities for adults with learning support needs and a buddy support role for vulnerable adults and young carers.

Photo A merry band of staff and volunteers at their Christmas party in 2021.

Pat's perfect flit

Dealing with a variety of tasks in a busy office wasn't a problem for Pat Overton. As a secretary at the district council offices, she enjoyed the mix of secretarial, switchboard and general duties and, after starting the job on a temporary basis, she completed 29 years in a permanent position.

After retirement she started to look for volunteer opportunities that mixed companionship, variety and the flexibility of working time.

"I like gardening and joined Tuppenny Barn's band of volunteers in January 2019," said Pat, who moved from her native Rochdale to West Sussex after her marriage in 1980.

"I have a butterfly mind and like to flit from one task to the next," she added. "So I wanted to do something that provided a variety of tasks in relaxed surroundings."

I find it really therapeutic and would recommend volunteering to anyone who is interested in helping a good cause in a friendly, interesting environment.

"You can work alone and then come together with others to do larger tasks or to chat during breaks.

"Overall I like spending time with like-minded individuals. There's always someone to talk to if you are feeling a bit low and there is a real feeling of companionship among the volunteers.

"As a volunteer you have to be committed and be flexible but the reward is spending time in convivial surroundings knowing that you are helping a Charity that does such good work in the community."

Photos Top, Volunteer Pat does the ground work. Bottom, Volunteer Chris in the shade of hedge trimmings.



Fundraising

Reaching out to the vulnerable in our area



The focus of our fundraising activity since April 2021 has been on securing funding to support those in our community who are facing disadvantage.

Funding from The National Lottery and Postcode Society Trust enabled us to increase delivery of Social and Therapeutic Horticulture, which uses gardening to improve physical and mental health, to two sessions a week, supporting more people through green therapies.

We received funding from a number of trusts and foundations including the Gerald Micklem Charitable Trust, Ninevah Charitable Trust and the Ian Askew Charitable Trust which gave us the opportunity to offer fully-funded school visits to special schools and for children with special educational needs and disabilities, or those who face an economic barrier to participation. The children learnt about seasonal eating, made apple juice and apple bird feeders. When asked how they were feeling about the visit one child said that they were 'excited to be learning outside'.

We were delighted that we were able to involve our beneficiaries in our stewardship programme

allowing them to get involved directly in thanking our donors. Our Sunflowers Wellbeing Group made wildflower seed paper which we sent out to donors to say thank you for their contribution and support of our work.

We feel grateful to have a team of loyal supporters, and trusts and foundations who recognise the valuable work happening at Tuppenny Barn and who are choosing to provide repeat funding over a number of years to support our programmes.

We had a fantastic response to the Green Match Fund campaign organised through the BIG Give campaign in April 2022. It provided matched funding for donations made through this campaign - raising £5,000 in one week through community donations.

As well as supporting delivery of our projects we have received funding for the maintenance and upkeep of our organic smallholding and outdoor classroom ensuring it is fully accessible and a welcoming space for our beneficiaries.

We have upgraded our irrigation system, recovered our polytunnel, upgraded our accessible toilet and painted the external walls of our education centre. Weeks later a party of volunteers repainted the internal walls.

We have recently received funding from the Farming in Protected Landscapes Fund through Chichester Harbour Conservancy for our Education and Growing: Food for All Seasons project. This will fund electric lighting for our polytunnel meaning we can continue to use this space for programme delivery, events and growing all through the winter months. We will also be installing two much-needed new growing, propagation and potting sheds.

Photos Top, Sunflowers group session for the young carers from Bourne Community College. Left, Horticultural therapy can be blooming fun.

A BIG thank you!

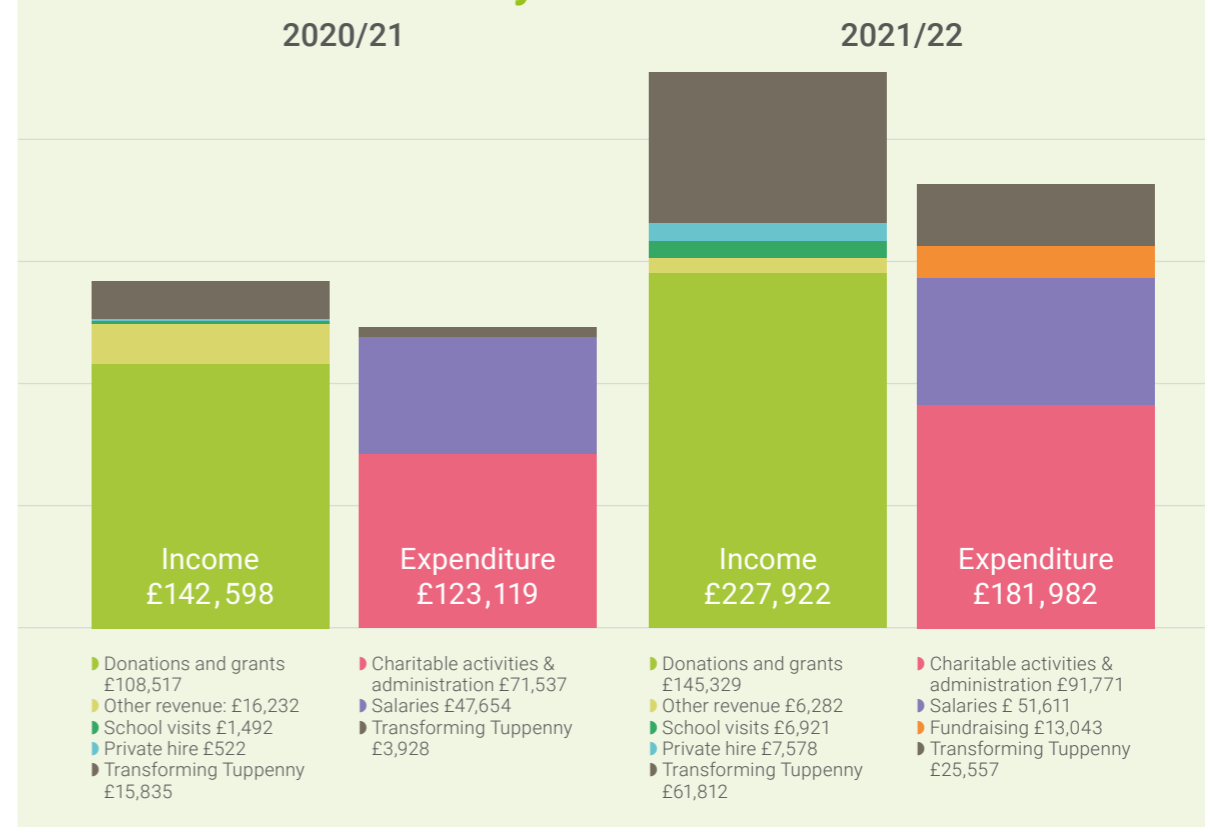
Without the support of the generous donors named on this page we would not be able to provide the educational, therapeutic and community services and support on which we place great importance.

Our sincere thanks go out to everyone who made a donation over the past two years. We are truly grateful for the support received from trusts, foundations, the community and individuals.

Grant funders from 1st May 2020 until 1st May 2022

| | | |
|---------------------------------|-----------------------------------|-------------------------------------|
| Arnold Clark Community Fund | Hampshire County Council | The Ian Askew Charitable Trust |
| Baily Thomas Charitable Trust | Henry Smith Charity | The Lennox Hannay Charitable Trust |
| Chichester District Council | Isla Foundation | The National Lottery Community Fund |
| Chapman Charitable Trust | Lavant Valley Art Society | The Ninevah Charitable Trust |
| Charities Aid Foundation | Neighbourly Community Fund | Waitrose Chichester |
| Chichester District Council | Postcode Society Trust | Westbourne Parish Council |
| Cleopatra Trust | South Downs National Park | |
| Co-op Local Community Fund | Southbourne Parish Council | |
| Emsworth Residents' Association | Southern Co-operative | |
| Friarsgate Trust | Sussex Community Foundation | |
| Gerald Micklem Charitable Trust | The Big Give | |
| Green Hall Foundation | The D'Oyly Carte Charitable Trust | |

Financial summary



Our Capital Appeal:

Full steam ahead for groundbreaking build



Transforming Tuppenny



I am fully supportive of the planning application for the community café at Tuppenny Barn. For me, it is already a place which has a strong sense of community, under Maggie Haynes' leadership, including outreach to vulnerable people, young carers and the homeless.

I am particularly supportive of engaging people with additional needs as part of the workforce, as this part of the population tragically lacks employment opportunities.

Tracie Bangert, Parish and District Councillor and Tuppenny Barn trustee.

Over
200
people engaged
with the planning process

Our next eco-milestone in the development of Tuppenny Barn and the services it provides is the Transforming Tuppenny project which will deliver a new shop and community café as well as a covered classroom, indoor study and training facility.

And the good news is that, after submitting a planning application in May 2022, we received permission to proceed with the build.

The zero-carbon building will provide the extra space, capacity and facilities we need to deliver all the programmes necessary to meet the increasing need from our communities.

The project will create up to six part-time roles and opportunities for 12 new volunteers as well as providing work experience and accredited training for vulnerable and disadvantaged individuals.

It will be a beautiful building and we are working closely with Grain, a bespoke, ethical architectural practice that specialises in the use of natural, low-carbon materials, to create another green build (our education centre with its straw bale walls, air-source heat pump and cedar tiled roof was the first). The new build will be created with different materials, some of which are cutting edge like the use of PV (photovoltaic) glass which converts light into energy for the external covered areas.

In addition to increasing our activity space by 50%, including volunteering and training activities, the new building will be a major component in increasing the financial resilience we need for the future sustainability of the Charity.

Throughout the planning process we have engaged with 200 people including staff, volunteers, service users, education providers, homeless charities, NHS social prescribers, the Soil Association and local parish and district councils.

A sustainable build

- ▶ Photovoltaic glass converts light into energy
- ▶ Green roof with diverse native planting to encourages birds, bees and other wildlife
- ▶ Use of low-carbon building materials including local timber and wood fibre insulation
- ▶ The materials used for the building can be composted when eventually dismantled

Image, left Architect's impression of new building (right) adjacent to Tuppenny Barn Education Centre.

We have also involved the families of school children, people who live in the neighbourhood, local businesses, people with access needs, suppliers and Board members. Their feedback informed and developed our ideas and ensured our project was relevant and reflective of our local community

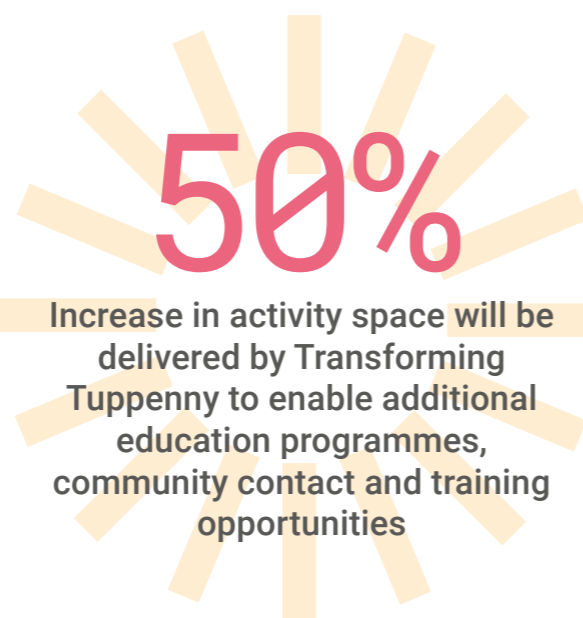
Duncan Bryant, project manager for the Transforming Tuppenny project, said:

As we navigated the pandemic, we saw increasing demand for visits to Tuppenny Barn, our green space and the outdoor learning opportunities we provide. It is vital we are able to respond to this demand by increasing our capacity to deliver more food education programmes, outdoor learning opportunities and green therapies.

"Now that we have planning permission, the huge task of obtaining grants and donations towards the cost begins. We had a number of applications prepared for when we obtained planning permission and work has already started to raise the funds required for a start to be made in 2023.

"It has been a real team effort to get this project passed by the planning authority and our thanks are due to Tuppenny staff, Grain, the designers of such a wonderful building, and the various consultants who have given their advice.

"In addition to our own fundraisers, we are pleased to now have The Fundraisers, a team of consultants led by Julie Eason, who have raised millions over the years for other charities, on board to help drive our campaign."



Key Facts

- ▶ **Increase and diversify numbers of individuals who can benefit:** We are already in discussions with new local charities and veteran groups that we hope to partner with in 2023.
- ▶ **Enable more educational visits to take place in the education centre, increasing school visits by up to 20%.**
- ▶ **Create jobs and volunteering opportunities:** six new roles created and 12 new volunteers.
- ▶ **Offer work experience/accredited training:** For vulnerable/disadvantaged individuals to help get into the workplace
- ▶ **Provide a permanent venue:** Selling the organic produce grown by employees, volunteers and local community along with organic zero-waste food items on four days a week.
- ▶ **By 2025/26 we will see a 10% increase in private hire, a 30% increase in sales/events and a 186% increase in shoppers.**

Supporting our Appeal:

Our campaign target for Transforming Tuppenny is £550,000 which will be split into two areas. A Corporate Fund of £500,000 for major funders (trusts, foundations and grant givers) and a Community Fund of £50,000 for community funders (local companies, councils, clubs and individuals).

We will be arranging several fund-raising events with the progress of both funds publicised on our website, www.tuppennybarn.co.uk

We have engaged the services of the Fundraisers, a team of specialist consultants who help the not-for-profit and charitable sectors raise funds, to spearhead our fund-raising efforts as well as our own fund raisers who play such an invaluable role in obtaining financial support for our main activities.

We are also planning several fund-raising events for our local community and more information will be released over the coming weeks.

£550K

Fund-raising target.





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