

The Foxwood

P r o j e c t

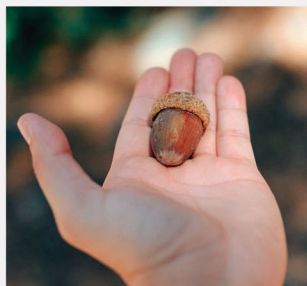


Coming soon

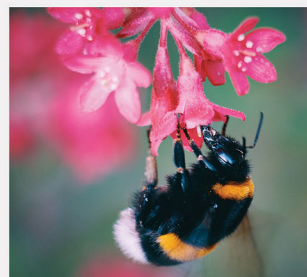


Providing Opportunity

For People | For Nature | For Land



For People



For Nature



For Land

Foxwoodproject.com

The.Foxwood.project@gmail.com

What We Do

We provide staff lead activities designed to help people gain access to all the health and wellbeing benefits gained by spending time outdoors working with plants, animals and each other.

We provide opportunities to learn and develop practical skills in gardening, horticulture, conservation and agriculture. Having a chance to grow things, get stuck in and be part of something productive.



We provide opportunities to learn new practical, creative and social skills through social inclusion and group work.

We try to help people develop any interests and hobbies into talents and skills, geared towards gainful employment and financial independence.



We provide a socially inclusive environment that is fun, safe and friendly.

We provide volunteer opportunities and help people to help themselves and their community.

Why Foxwood Exists

To help fulfill the increasing demand for positive social and environmental change. Our objectives are categorized under Well-being, Skills and Training, Community and Environment.

Well-Being

Mixed anxiety & depression is the most common mental disorder in Britain, with 7.8% of people meeting criteria for diagnosis. 4-10% of people in England will experience depression in their lifetime.

Common mental health problems such as depression and anxiety are distributed according to a gradient of economic disadvantage across society.

The poorer and more disadvantaged are disproportionately affected by common mental health problems and their adverse consequences.

Mixed anxiety and depression has been estimated to cause one fifth of days lost from work in Britain.

One adult in six has a common mental disorder.

It has been proven in many studies that spending time outdoors and engaging with nature can provide big positive changes to people suffering from these issues.

You can find more information at:

www.gov.uk/government/news/connecting-with-nature

<https://www.mentalhealth.org.uk>

Skills and Trainings

Currently 3.8% of people in the UK are unemployed

6.2% of the economically active population aged 16+ in the North East are unemployed, compared to 4.2% nationally. This remains broadly unchanged in the last quarter both locally and nationally. - National Statistics

There is a need for opportunities to provide placements and experience for back to work programmes.

Helping people to help themselves and each other.

Sometimes all it takes is a change of perspective and some new skills for people to find their way.



There are approximately 1,130,000 adults with learning disabilities in the UK. Only 6% are in paid employment.

There is a need for access to training and therapeutic recreation for the remaining 94%.

Adults with learning disabilities are more likely to suffer from social exclusion and are equally (if not more) susceptible to the resulting physical and mental health challenges.

Group work and the opportunity to develop social skills are core functions of The Foxwood Project.

Community

"We have data that suggests people's social networks have got smaller and families are not providing the same level of social context they may have done 50 years ago."-*www.bbc.co.uk*

It is a well documented fact that technological advances and changes in lifestyle have altered the way we think about the places we live. Some of these changes are positive and some are detrimental.

A lack of prosperity and cohesion in the local community can lead to an increase in petty crimes like theft, arson and vandalism. Cultural stagnation and apathy can contribute to further social and economic decline.

For these reasons community engagement is a core focus of The Foxwood Project. In small ways we encourage growth and opportunities to change:

"This used to be a great place" to "This is a great place".

"It's not my problem" to "We can work this out for the future"

"Theres nothing for me to do here" to "I take part in"



Member of
Social **Farms**
& **Gardens**

The Foxwood Project
is part of the Social
Farms and Gardens
Network.

Creative

It is a long established fact that creative activities have a wide range of benefits to people from all walks of life. The foxwood project can provide a variety of creative activity opportunities for service users of all abilities.

The aims of these activities are:

- * Promoting well-being
- * Alleviating stress
- * Promoting social interaction
- * Encouraging service users in any hobby or passion that might one day help to support them emotionally and financially.



Activities are adapted and planned to best suit resources, weather and abilities.

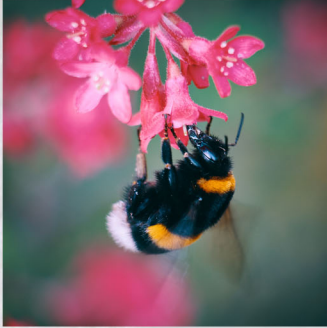
Possible activities include: Willow Weaving, Sculpture , Painting, Scrapbooking, Seasonal and Traditional Crafts.

Foxwood aims to provide the best service we can to each individual. If a service user has an activity that they would like to try we will do what we can to make that happen.

We also encourage opportunities for practicing artists, craftsmen and students to display/further their work.

Environment

There has never been a more important time to work towards a greener, more sustainable future. Country wide we face big challenges to achieve this.



What is biodiversity and why is it important?

Biodiversity is the term used to describe the biological diversity and interconnectedness of all living things, including us. In a nutshell, to sustain healthy lives we need biodiversity and it needs us.

In purely practical terms - without pollinators we would lose many of our favourite foods: tomatoes, peas, apples and strawberries, aside from that, can you imagine our world without birdsong, creepy crawlies or butterflies?

Globally we have suffered an across the board decrease in biodiversity.

Even small changes and projects can add up to big positive results in the future.

The Foxwood project works with environmental best practice at the heart of everything we do.

We aim to provide practical ways to restore and improve habitats and ecosystems.

We teach green practices and collect environmental data.

We encourage people to care and be proactive about their environment.

Produce

The Foxwood Project aims to provide people with a chance to get their hands in the soil, to experience the satisfaction of helping something from seed to produce.



Producing crops is not the main focus of the project, however there will be some produce generated.

Our methods are purely organic and environmentally friendly.

We will produce small amounts of high quality seasonal vegetables which will be donated to the volunteers, local community or other needy causes such as food banks.

In rare circumstances some may be produced and sold for specific fund raising events eg pumpkin festival.

In the future we hope to gain certification by the Soil Association as well as growing Heritage Seed Varieties to help with the National Seed Bank.

Anyone can get involved with The Foxwood Project.

We also accept referrals from multiple groups and organisations.



The Social Prescribing Network (NHS)

Roots to Work and Jobcentre Placements

The Adult Social Care Team (Special needs)

Resettlement Day Release Programs

We try our best to keep our services as accessible as possible to everyone.

Due to the nature of outdoor work however, some activities may be unsuitable for those with very limited mobility. What we can't offer now in terms of accessibility we are working on solutions for the future.

As Foxwood has a high focus on group work and inclusion, it is not always possible to have purely one to one support from staff. However we are very adaptable and will work with ideas to help keep what we do inclusive to the people who need us most. It is usually possible for service users to bring a one to one support worker or family member to provide that extra care if required.

Service Users

Foxwood aims to be beneficial to as diverse a range of people as possible. We welcome prospective volunteers and service users from all walks of life.

S a f e . S e c u r e . F u n

The Foxwood Project is a not for profit organisation run by trained staff and volunteers from the general public. We do our best to maintain the highest standards of provision and are fully insured.

We are here to provide activities in an environment that is accessible, inclusive, safe, welcoming and fun for everyone. All Foxwood staff and volunteers are subject to DBS checks.

Visiting contractors or specialists either work under the supervision of staff (eg at public events) or are also subject to DBS checking.

To help us maintain the highest standards and keep everyone safe, all Staff, Volunteers and Service Users are required to sign a code of conduct and agreed behavior standards.

We are here to help, but sadly, we will not provide services or support to any individuals who breach our code of conduct and pose a risk to the safety and wellbeing of themselves, the group, staff, public, property and equipment.

We are serious about data protection. We only ask for the minimum information necessary for our safeguarding requirements. We store data responsibly and will never pass on details to third parties, without the permission of the individual, or the individuals appointed representative.