



OUTREACH BASE 2026

FRIENDS OF THE CARE PROJECT

An outline of
FOTCP plans for
the conversion of
two donated
containers into a
base for FOTCP
adult outreach
service

Janine Darling

Request for Support

Friends of The Care Project have generously been donated two shipping containers by the PLH Foundation. This donation has come at an ideal time, as we are planning an extension to our Development Centre. The extension will allow us to introduce an additional level of schooling for children aged 10+, known as *Middle School*, while also creating a permanent base for our Adult Outreach Service, which is currently operating from a gazebo that is in urgent need of renovation.

The donated containers have become a valuable and exciting asset to our plans. Our intention is to adapt the two containers into a dedicated base for up to 10 adults with autism and/or mental health diagnoses. This space will provide a safe and supportive environment where adults can work, learn new skills, and socialise together, helping to build confidence, independence, and a strong sense of community.

To make this project a reality, we are seeking support through donations of materials, equipment, and funding to help us fully adapt and equip the containers and outdoor spaces. Support from the community, local businesses, and organisations will play a vital role in bringing this project to life.

Project Summary

The two shipping containers will be adapted into a combined base, classroom, and fully fitted kitchen, with bathroom facilities.

Alongside the indoor facilities, the project will establish an allotment and food-growing area. Fruit and vegetables grown on site will be used within programmes and sold locally to help support the charity's ongoing running costs, improving sustainability while providing meaningful skills development opportunities for participants.

Need for the Project

The current gazebo structure, which has held many fond memories, is coming to the end of its life as the number of people we support continues to grow. This limits:

- Practical life-skills and cooking sessions
- Opportunities for healthy living activities
- Stable, dignified support for adults with additional needs

Adults attending the Adult Outreach Service often experience learning disabilities, mental health challenges, and social isolation. A permanent base with both indoor and outdoor learning spaces is essential to support independence, wellbeing, and inclusion.

Project Aims and Objectives

Overall Aim

To create a permanent, accessible outreach base that supports skill development, healthy living, social inclusion, and long-term sustainability.

Key Objectives

- Convert two donated shipping containers into a safe, insulated facility
- Install windows, flooring, and suitable furniture
- Create a base and classroom space for learning and support
- Install a fully fitted kitchen for cooking and healthy living programmes
- Develop an allotment area for growing fruit and vegetables
- Use produce grown on site to support activities and generate income
- Install decking to provide safe and accessible outdoor areas

Project Description

Container 1 – Base & Classroom

This space will include:

- Windows to improve natural light and comfort
- Insulated walls, suitable flooring, heating, and lighting
- Tables, chairs, and storage furniture
- Flexible layout for group sessions and one-to-one support
- Bathroom and handwashing facilities

Container 2 – Kitchen & Skills Area

This container will house a practical learning kitchen, including:

- Accessible kitchen units and worktops
- Windows to improve natural light and comfort
- Cooking appliances suitable for group use
- Flooring appropriate for food preparation and hygiene standards
- Space for nutrition education and shared meals
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Outdoor Space – Allotment, Decking & Income Generation

The outdoor area will be developed to support wellbeing, learning, and sustainability:

- Creation of an allotment to grow fruit and vegetables
- Purchase of garden tools and equipment
- Installation of decking for safe, level access and outdoor seating
- Opportunities for participants to learn food growing, teamwork, and basic enterprise skills
- Sale of surplus produce to the local community to help contribute to the charity's outgoing costs

Items We Are Seeking Support or Donations For

We would be extremely grateful for donations of new or good-quality items, materials, or financial support towards the following:

Building & Fit-Out

- Windows and doors suitable for shipping containers
- Flooring (vinyl, laminate, or non-slip flooring)
- Insulation materials
- Lighting, heaters, and electrical fittings
- Decking boards and timber
- Fixings, screws, and building supplies

Furniture & Equipment

- Tables and chairs
- Storage units and cupboards
- Shelving
- Whiteboards and noticeboards

Kitchen Equipment

- Kitchen units and worktops
- Cooker, hob, oven, and extractor fan
- Fridge and freezer
- Small kitchen appliances (kettle, microwave, food processors)

- Cookware and utensils

Allotment & Outdoor Area

- Garden tools (spades, forks, trowels, rakes)
- Raised beds or timber for beds
- Compost, soil, and planters
- Watering equipment
- Seeds and young plants

Enterprise & Community Engagement

- Gazebo for a pop-up shop to sell produce
- Tables and display equipment for market days
- Storage crates and packaging for produce

Expected Outcomes

- Improved independent living, cooking, and gardening skills
- Increased confidence, responsibility, and sense of purpose
- Better physical and mental wellbeing
- Reduced social isolation
- Small but meaningful income generation to support charity running costs
- A sustainable, long-term outreach base

Sustainability

The combination of adapted containers, practical skills training, and small-scale income generation through food growing will create a sustainable model that supports both participants and the long-term future of the charity.

Thank You for Your Support

We would like to extend our sincere thanks to everyone who takes the time to support this project. Whether through donations of materials, equipment, funding, time, or expertise, every contribution—no matter how big or small—will make a real difference. Your support will help us create a safe, welcoming space where adults with autism and mental health needs can learn, grow, and feel part of a community. We are incredibly grateful for any support received and for helping us turn this vision into a reality.