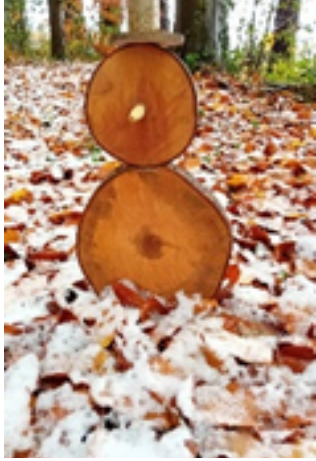




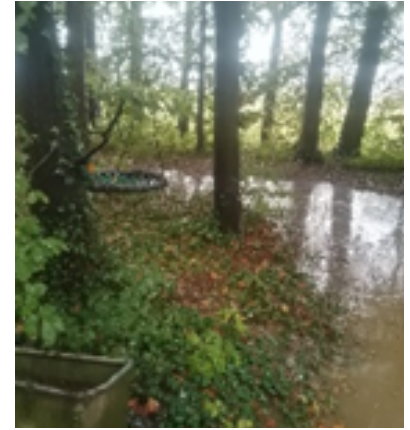
Christmas Newsletter 2024

REFLECTIONS ON THE YEAR



Rain. A lot of it. Even the most stoic amongst us found the mud deeply depressing. That said, we kept going. We've revamped the sites to make them a little more mud resistant and can reflect on another great year for The Cart Shed - new programmes, new faces, new equipment and new friends. Here we celebrate all the positives from the year, and as you'll see, there are plenty of them. Thank you to everyone who has supported us.

Katie Eastaugh CEO



LOOK WHAT WE'VE DONE WITH THE PLACE!

Sapling Site.

At the beginning of the year, we put the finishing touches to the new Young Cart Shed woodland site. It was immediately commandeered for adult groups as the Original Wood site became dangerous as a result of the mud. After two months of improvements and reduced rainfall, Original Wood was reopened and our new Young Cart Shed programme began.

Piping water to the woods

For the last 13 years, the team have had to fill water containers with potable water for use on all the sites. A surprising amount is required each day for cooking, hand washing and drinking. Thanks to a grant from the Rolands Trust, over 800m of water pipe was installed to take drinking water into the woods saving many hours of hard graft lugging water into the woods each month.

Green Gym

Thanks to a grant from the Kildare Trust we have been able to install a range of 'green gym' structures to enable people to regulate their emotions. Sensory overload and proprioception (the awareness of body in space) issues can be overwhelming. There are now opportunities to climb, swing, hang, rock and lie in a different plane. With a contribution from Central Roofing, a further piece of equipment was added.

Tree felling

Ash die back has finally taken its toll on some of the trees surrounding the sites. In early autumn several were felled to ensure sites were kept safe.

Willow

With great enthusiasm and not a lot of knowledge, we planted our own willow bed several years ago, only to discover that willow has a wide variety of attributes, not all of which are good for baskets. A huge effort was made to dig up the old willow and plant again with varieties better suited to our needs. Thank you to everyone involved



Greening up and growing a little more

In November, thanks to grants from Herefordshire Council's Community Infrastructure Grant, The Clive Richards Foundation and other supporters we had solar panels installed on our office roof and have begun work on an extension to our office to give us a meeting room. The team has grown significantly in the last two years and more space is needed!

SOME FRIENDS AND PARTNERS

Young Cart Shed

We were delighted to have been awarded a significant grant from The Police and Crime Commissioner and Herefordshire Council to support vulnerable children and young people to manage their risks more effectively. In October John Campion PCC came to see for himself what we do. He was encouraged to play a game of Catch the Stick and have a go at whittling.



Ferrous Festival comes to the Woods.

As part of the Herefordshire Blacksmithing festival, we worked with Herefordshire College of Arts and their amazing blacksmithing team led by the inspirational Del and tutor Simon Bushell. For two weeks in February and March Simon enabled every participant to learn a few simple skills and create a forged item from the back of his trusty mobile forge. Students from the College worked alongside our participants sharing skills and gaining valuable teaching experience

The Cart Shed receives no funding from the NHS to deliver any of its programmes. We rely on grants and donations from a wide range of private donors, individual's fundraising endeavours, Trust funds and Foundations. A heartfelt thank you to everyone who has supported us in 2024, we couldn't do it without you.

Some of our fundraisers

Former participant **Emily** wanted to support The Cart Shed and her recovery with a climb up Ben Nevis, raising money for us as she went. Intensive training over the summer was followed by success - reaching the summit in September.

Thank you for your support, Emily, and congratulations.

Liam came to visit in the summer. He'd heard about The Cart Shed from his cousin Billy and wanted to raise funds to support us with his 33 For Billy challenge - running and cycling for 33 hours straight, one hour for every year of Billy's life.

"Last October, my cousin Billy tragically took his own life at the age of 33. Billy was full of life, warmth, and humour, but behind that smile was a silent battle that too many people face alone. This is to honour his memory and raise awareness around the severity of mental health."

Liam completed his challenge in October and has raised over £6,100 – an incredible feat, thank you Liam.

As a thank you to our supporters, we ran two open days in May and September, where donors were able to experience what a day at the Cart Shed is like – for those who came it was lovely to see you, for anyone unable to attend we will be hosting another Open Day in 2025.



SUPPORTING THE CART SHED

Adopting The Cart Shed as your Charity of the Year

If you would you like to adopt The Cart Shed as your charity for 2025 or 2026, please get in touch for the ways you might be able to help us. info@thecartshed.co.uk corporate and individual sponsorship opportunities of any size.

KindLink

If you would like to support The Cart Shed, you can make a donation via our KindLink page: www.kindlink.com/fundraising/The-Cart-Shed-Charity/support-the-cart-shed or set up your own fundraising page on the platform

Spring Plant Fair

Wednesday 30th April 2025

10.30am – 4pm Garnons, Hereford HR4 7JX

For plant lovers, garden enthusiasts and lovers of parkland trees – see our website for more information.

We have held our annual Plant Fair at Broxwood Court since its inception in 2019 and are grateful to Mike and Anne Allan and Richard Snead-Cox for their tremendous generosity as hosts. This year was as successful as ever and we look forward to next year at Garnons. As always, we are hugely grateful for the team of volunteers who make this happen

Golf Day

Thursday 26th June 2025

Kington Golf Club

Come and join us for a team challenge, food and a chance to support us as well.

The Cart Shed Canter

On the 1st December we welcomed members of Croft Ambrey Running Club to the woods to take part in the second Cart Shed Canter, which, due to the season was nicknamed the Elf Run. Around 40 runners took up the (almost) 10K challenge before enjoying a Cart Shed lunch of soup and sausages - we hope to make this a regular event.

My Plot Thickens

Look out for talks on his gardening year, a no holds barred account of the joy and pain of growing, given by Phil Morris one of our amazing volunteers. To raise money for TCS -coming to a village hall near you!

EVENTS



MENTAL HEALTH AND NEURODIVERGENCE

Those of you who follow our social media posts will have seen a lot of activity around neurodivergence this year. As a charity, we have realised a high proportion of our participants are neurodivergent; by which we mean have ADHD or Autistic or both. Whilst we remain a mental health charity, we are mindful that we need to shape and develop our programmes to meet the needs of those who seek our support. In the last year we have added Spoon making for autistic people, Being ADHD and Different not Less a six-week course for parents/carers of autistic children to our programming. We have also increased our Young Cart Shed provision reflecting the increasing need for services to support young people who are or who are awaiting a diagnosis of autism or ADHD.

Neurodivergence is a health inequality; those who are Autistic/ADHD are at increased risk of suicide, reduced life expectancy and are particularly vulnerable to exploitation and coercion. Learning how to manage these risks well, how to ask for and achieve adaptations in school, in the workplace and at home, can be life changing.

From a parent on 'Different not Less'
"I'm 46, my daughter is 9. We've had no helpful or genuine support since we were both diagnosed fourish years ago despite reaching out. Any engagement with NHS or authorities has honestly made things worse. The Cart Shed has been the single most helpful thing for us... We have understanding, non-judgemental people to talk to who really care... that's what really stands out... Every family with neurodivergent children needs access to services like this".



TEAM NEWS

Some hellos ... and goodbyes

In June, **David Hunt** took over as Chair from **Patrick Wrixon** who has been Chair since the inception of the charity.

After six years managing our finances, **Graham Manning** retired, he'd overseen many changes in his time with us and saw the charity double in size. **Abby Kershaw** replaced Graham as Finance Administrator in June and has proved to be a great addition to the team.

Rachel O'Donnell one of our amazing Occupational Therapists has recently stepped down after a prolonged period of illness. We are delighted she will maintain her contact with us as a volunteer from 2025. **Annabel Maitland** and **Shelly Cook** have been covering for **Jazz Bearman** (maternity leave) and Rachel.

Alex Fitzpatrick joined us in January as Business Development Manager. Alex's role encompasses marketing, events, fundraising and helping business development ideas come to fruition.

Richard Griffiths has taken over the helm in the office. His calm, efficient, friendly style keeps the office well run and a joy to work in.

Matt Ritchie joined us in October to help with site maintenance. With three woodland sites and one horticultural site, there's a lot to keep on top of!

... and finally, in May baby **Amelia** arrived. Congratulations to Jazz (occupational therapist) and Pat. We look forward to Jazz returning in the summer of 2025.

And Finally.....

A chance to hear from one of our participants on her experience

'Things that usually made me happy didn't have an impact so I knew I was slipping down hill – it (TCS) caught me before I fell completely.

Another point 2 weeks ago could have become a crisis but I felt really supported here, in a safe place. It made me focus on how to sort it for myself and put my thoughts in order. I could have stopped work and studying but I didn't.

My family have noticed, it's brought humour at home. It's something I'm doing on my own and not with them! The fusion of people, place and activities is somehow a golden triangle. And the soup - it's made of love.'



Contact us:

The Cart Shed Charity, Norton Canon, Hereford HR4 8QT
01544 313231

info@thecartshed.co.uk

or visit our website www.thecartshed.co.uk

Charity reg 1167802

**CHOOSE US
AS YOUR
LOCAL CAUSE**

Co-op Members can support us
through the Local Community Fund
membership.coop.co.uk/causes

