

THRIVING IN NATURE

YEAR 1 IMPACT REPORT

October 2025 – September 2026



75

ACTIVITY RECORDS

1,137+

ATTENDANCE ENTRIES

86.2%

BENEFICIARY-RECORDED OUTCOME

Thriving in Nature helped local residents connect with green spaces, creativity and each other through monthly workshops, gardening, nature excursions and accessible outdoor movement. Free activities offered adults, children and families practical skills, fresh air and welcoming opportunities to meet others.

Supported by Oxfordshire Community Foundation (OCF)
Reported by Anila Malik – Community Engagement Officer
Evidence: anonymous JotForms completed independently by beneficiaries

75 submitted activity records and at least 1,137 attendance entries were recorded. These are session attendances, not distinct individual beneficiaries. Of 58 dated JotForms with completed indicators, 50 (86.2%) identified improved mental and physical wellbeing as an outcome addressed during the session—not a participant-level wellbeing percentage.



Year 1 at a glance

PROGRAMME STREAM		SESSIONS	ATTENDANCES
Main workshops		12	339+
Additional community garden activities		5	141+
Growing and gardening		31	411
Trips		3	120
Exercise and wellbeing		20	105
Further recorded sessions in final period		4	21+

TOTAL • 75 RECORDED ACTIVITIES • 1,137+ ATTENDANCES





1. Twelve main workshops

The 12 principal workshops generated 339+ attendance entries and combined practical garden skills, shared cultural learning, creative exploration and informal social connection.

18 Oct 2025

Bridge Street Gardens

20

Natural hand/foot scrubs; water and mud-kitchen play

22 Nov 2025

Bridge Street / Castle Quay

13

Herb sachets, natural materials, clay sculptures

13 Dec 2025

Britannia Road

40+

Bug hotels, recycled nature crafts, outdoor play

31 Jan 2026

Britannia Road

25

Wall hangings, fibre work and weaving

28 Feb 2026

Britannia Road

35

Nature collages, mini magazines, sculpture

30 Mar 2026

Bridge Street / Castle Quay

28

Community nature workshop





Workshops / continued

12 WORKSHOPS / 339+ ATTENDANCE ENTRIES

26 Apr 2026

Britannia Road

6

Kokedama moss-ball planting and botanical crafts

18 May 2026

Bridge Street / Castle Quay

39

Botanical artwork, moss and soil crafts, clay play

22 Jun 2026

Bridge Street / Castle Quay

23

Willow weaving and handcrafted baskets

5 Jul 2026

Bridge Street Garden

38

Harvest-inspired dolls, sculptures and play

17 Aug 2026

Bridge Street Garden

15

Artwork using elder branches

23 Aug 2026

Bridge Street Garden

57

Mobiles, elderberry cordial, pebbles and colouring





2. Nature excursions

Three organised nature excursions generated 120 attendance entries, widening access to green spaces and supporting exploration, outdoor play and social connection.

9 Nov 2025 - Wendover Woods

41

Woodland walks, Go Ape, Stick Man trail, forest play, coach travel

26 Apr 2026 - Ryton Pools Country Park

53 (31 adults, 22 children)

Scavenger hunt, walking trails, bird recognition, picnic, park train

13 Jul 2026 - People's Park, Banbury

26 (22 adults, 4 children)

Tree identification, bark rubbings, pine cones, shared food

3 EXCURSIONS • 120 ATTENDANCE ENTRIES

3. Growing, gardening and seasonal learning

31 sessions and 411 attendances. Practical activities included seed sowing, potting-on, raised planters, watering, harvesting, bug hotels, bird feeders, rainwater collection, seed bombs, mini gardens and family gardening.

FOOD GROWN

Tomatoes, parsley, coriander, spinach, carrots, radish, beans, courgettes, broccoli, cabbage, mint, rosemary, oregano and strawberries. Some produce contributed to shared community meals.



4. Outdoor movement and wellbeing

20

SESSIONS

105

ATTENDANCES

Tai Chi, seated and standing yoga, stretching, breathing, balance, mindfulness and walks offered inclusive activities adapted to different abilities.

“It’s good for your wellbeing... community sessions like today deserve more funding... regularly in non-clinical settings. So do fund them!”

5. Participant voices – twelve workshops

A selection of genuine comments from the JotForm participant-feedback records, with one quotation from each of the 12 main workshops. Wording is preserved from the records; the dates identify the relevant sessions.

18 Oct 2025 | Natural hand and foot scrubs

“It was very nice, I really enjoyed making the hand scrub”

22 Nov 2025 | Natural crafts and herb sachets

“I loved the designs Everyone came up with”

13 Dec 2025 | Bug hotels and outdoor play

“I made a house for the bees”

31 Jan 2026 | Nature weaving and wall hangings

“Its so lovely and relaxing and I really enjoyed the weaving in a relaxed environment.”

28 Feb 2026 | Nature collage and sculpture

“Thought provoking nature activity, very relaxing”

30 Mar 2026 | Seeds and creative nature crafts

“I really enjoyed planting the coriander seeds – I’ve learnt something new today.”



Participant voices / continued

26 Apr 2026 | Kokedama and botanical crafts

"I came to have a change of environment and to stop stressful thoughts. My children really enjoyed the crafts and playing."

18 May 2026 | Botanical artwork and clay

"It's really lovely, very social."

22 Jun 2026 | Willow weaving and making

"I came for conversation, creativity and food. Everyone was lovely."

5 Jul 2026 | Harvest-inspired nature making

"I really enjoyed spending time in the garden space today. My biggest challenges are my mental health, the cost of living, depression and feeling insecure. Coming here has helped me relax and feel supported."

17 Aug 2026 | Art with elder and natural materials

"I think it's been a super creative session. I love that we make use of materials that are already in the garden – natural materials."

23 Aug 2026 | Mobiles, elderberry cordial and crafts

"I really enjoyed the flower arranging and making the syrup."

Source: Anonymous JotForms independently completed by beneficiaries. Quotations reflect individual experiences.



6. Wellbeing outcome snapshot

Anonymous JotForms were completed independently by beneficiaries attending garden workshop sessions. The outcome indicators below are drawn from 58 dated forms with completed responses.

86.2%

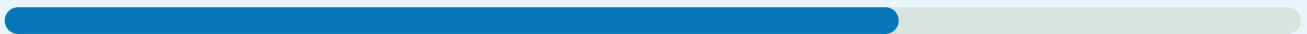
50 of 58 forms

identified improved mental and physical wellbeing as an outcome addressed.

69%

Time outdoors and green-space confidence

40 / 58 completed forms



64%

Mood, stress or physical activity

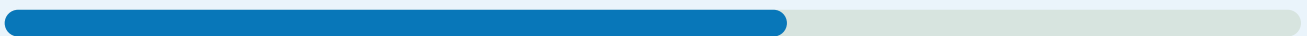
37 / 58 completed forms



60%

Confidence, belonging and connections

35 / 58 completed forms



HOW THE EVIDENCE WAS COLLECTED

All JotForms were completed independently by beneficiaries and recorded anonymously during garden workshop sessions.

The percentages represent the share of 58 completed forms identifying each outcome. They should not be interpreted as verified changes in wellbeing across all individual beneficiaries.

Participant-led, anonymous feedback

Garden workshop wellbeing evidence • Year 1





7. What we promised OCF

Original application commitments and what Year 1 delivered

COMMITMENT

Reach around 350 individuals

YEAR 1 EVIDENCE

75 activity records and 1,137+ attendance entries; individual reach to be confirmed through Year 2 tracking

COMMITMENT

Allotment growing and seasonal gardening

YEAR 1 EVIDENCE

31 gardening/growing sessions across community locations

COMMITMENT

Outdoor exercise, yoga and Tai Chi

YEAR 1 EVIDENCE

20 gentle movement and wellbeing sessions

COMMITMENT

Trips: Wendover Woods, Ryton Pools, Draycote Water

YEAR 1 EVIDENCE

Wendover and Ryton delivered; third trip changed to People's Park

COMMITMENT

Natural crafts and community garden sessions

YEAR 1 EVIDENCE

12 principal workshops plus 5 additional community garden activities

COMMITMENT

Environmental learning and stewardship

YEAR 1 EVIDENCE

Seed sowing, bird feeders, bug hotels, rainwater collection and biodiversity learning

Measurement context: 1,137+ records session attendances, not unique people. The outcome percentages are based on 58 anonymous JotForms independently completed by beneficiaries; they do not represent all unique beneficiaries.



Overall reflection

The programme delivered substantially against the proposed activity areas and responded to community interests. Across the records, themes included wellbeing, social connection, practical learning and accessible nature experiences.

Partnerships and learning

Delivered by Sunrise Multicultural Project with Bridge Street Community Garden, supported by OCF and helped by staff, volunteers, facilitators and local partners. Year 2 will focus on stronger individual wellbeing feedback and maintaining free, culturally welcoming access.

Looking ahead to Year 2

We will build on popular gardening and creative workshops, continue combining nature and gentle exercise, strengthen individual participant feedback and track unique beneficiaries while keeping activities inclusive.



GROWING TOGETHER / LEARNING IN NATURE / BUILDING CONNECTIONS



Year 1 in Pictures

people, nature, community – lighting up lives

Original unaltered programme photography. Each image appears once only. Images are embedded directly from Sunrise's uploaded originals; they have not been recreated, retouched or enhanced with AI.



Growing confidence



Creative exploration



Nature-inspired making



Botanical creativity



Making together



Natural materials

These real moments show the joy of using natural materials, working together and discovering green spaces. Our thanks go to OCF, Bridge Street Community Garden, facilitators, volunteers and everyone who made the first year possible.

Photo integrity: Original camera images have been placed in the document with proportional scaling only; no people, facial features or backgrounds have been generated.