

ROOT-AND-BRANCH OUT CIC IMPACT REPORT




2021/2022

NURTURING COMMUNITY THROUGH NATURE






It's that time of year when we have been looking back at the positives of our work. We have learnt a great deal and are ready to focus on our business sustainability for the long term. Our organisation is growing, and more and more people are seeing the benefits of investing their time in the great outdoors, connecting with nature and people. We appreciate the many people behind the scenes supporting and encouraging us and our organisation's journey, and for that, we are truly grateful.

Our Objectives

-  *To support children and young people to flourish through connection with nature.*
-  *To equip families across Rutland to make sustainable healthy choices in order to meet the challenge of rising costs in a climate conscious way.*
-  *To create a Shared Garden oasis of peace, beauty and productivity for therapeutic benefits.*

Our Work

- Responds to the needs of the community through,*
-  *Outdoor Nature Education*
 -  *Growing Together*
 -  *Sustainable Food*

Our Vision

Nurture the needs of community through nature connection, food and healthy relationships within a culture of sustainability.

Alex:07929 989 432 Claire:07811 424 430 Clare:07971 959 039

Business address: Freedom Farm, Belton-in-Rutland LE15 9JS

rootandbranchout@gmail.com

www.rootandbranchout.co.uk

 /rootandbranchout

 @branch_root

 /rootandbranchout



FOREST SCHOOL ASSOCIATION

RECOGNISED

Forest School Provider

www.forestschoolassociation.org



OUTDOOR NATURE EDUCATION

Forest School

We were delighted to receive our 'Recognised Forest School Provider' status from the Forest School Association in March 2022.

Forest School and time spent outdoors in nature has been found to have a substantial impact on mental, physical and social health. Following the Forest School principles, we offer long-term process of frequent and regular sessions in a woodland or natural environment for optimum impact.

This year we have worked with a total of 453 Rutland Primary School Children, 52 Early Years Children, 28 Home Educated Children and 7 Children in specialist groups.



13
Groups
per week

TOTAL
540
Children

WORKING WITH
10
of the 24 Rutland
Primary Schools

"It usually takes the children six weeks to get into Forest School. Then they really start playing, having ideas and are not afraid to try them out."

- teacher

"I miss Forest School."

- pupil

"My little boy loves it, there is so much to explore and it's so nice to spend a morning outside."

- parent



OUTDOOR NATURE EDUCATION ...continued

With an influx of Home Educating families, we responded by forming another group, and will be looking to create a third group as numbers increase.

We have also provided several short-term or single event activities that are 'Forest School Inspired' for Rotaract Family Support and Visions Children's Centre. These sessions encourage the connection with nature and help with getting comfortable being outside.

We teamed up with Vision Children's Centre to provide Forest School to parents and toddlers in the County.

"My child enjoyed every session and looks forward to coming."

- parent

"We really believe the opportunities and experiences provided to our families during these sessions provide them with so much learning and are something we just can't offer ourselves." - Visions Children's Centre

Forest School Training

We are working with Huathe again this year to provide local Forest School Training. This year we have our third cohort, with 12 trainees.

Mycelium

Last year we launched Mycelium networking group for all Forest School leaders and trainees in Rutland. This year we held five connection and skill building meetings, with a total of 25 participants.

'Out Do' Schools Project

This supports schools to make the best use of their outdoor space for learning. We have delivered 13 school grounds reviews and reports this year.



GROWING TOGETHER

Growers Row Shared Garden

*Since opening in March 2021, we have had a steady flow of volunteers through all the seasons, reaching out across a broad range of demographics. This year we have had **363** volunteer visits and welcomed many more for meetings, events and garden tours.*

*In one year we have harvested **178kg** of produce, some going home with volunteers and visitors. Any surplus is taken to the Rutland Community Fridges to benefit the wider community.*

Growers Row hosts events, such as Strength in Nature for adults seeking to improve wellbeing, 'Crafternoon', sustainable craft sessions for children, Potato and Hedge Planting with children and Botanical Walks open to the public.

Through Send A Cow's Garden Together garden twinning initiative we are twinned with a garden in Kenya.



TOTAL
178kg
Produce

363
Volunteer
Visits (Adults)

281
Children Visits

"I leave all my troubles at the gate when I arrive, and leave here feeling so good."

"This place is an oasis!"

"I arrived here thinking it was about gardening, but it's more than that, it's about people care too."



Woodland Management

Our woodland management work continues at Rutland Farm Park and now includes new areas at the Rutland Showground.



SUSTAINABLE FOOD

Community Fridge

The Rutland Community Fridges continue to go from strength to strength. In the last year we have saved around 7 tonnes of “good food” from supermarkets, which takes the total to 13 tonnes since opening the project last year.

This year we have had 4 part-time employed staff, helped by 21 volunteers. There have been 637 visits within our diverse community, taking the total number of visits up to 2,248.

We opened again this year on Christmas Eve, saving 40 turkey crowns and 10 turkeys, along with kilos of vegetables from local market sellers.

Oakham Community Fridge moved in April, from Mill Street to Oakham Station where Change Agents UK have provided us an amazing space.

Surplus produce from Growers Row, Oakham Castle garden and private allotments are also distributed through the Community Fridge.

We saved more than just food landfill, this year we have also saved plants dying on supermarket shelves. These have been revived and planted at Growers Row. Approximately half a tonne of plants saved in one year.

“This helps me put food on the table.”

“Chatting to people in the line is the highlight of my week now. Everyone’s so lovely.”

13

tonnes

TOTAL SAVED
FROM LANDFILL

TOTAL

2248

visits

Community Engagement Events

Oct 2021

Lantern Making for the Magical Lantern Walk

Dec 2021

Oakham town Christmas Street Market stall sponsored by Connie Taylor Ceramics

Feb 2022

Seed Swap event at Oakham Castle

Jun 2022

Hosting the Horticultural Tent at the Jubilee Rutland County Show



Our Growing Team

In April 2022 Tessa Oram joined the team as a Sustainable Business Developer. This takes the number of people in full or part-time employment up to 13 and 5 trainees.

Future Plans

Magical Lantern Walk is moving under the Root-and-Branch Out umbrella in 2022.

Wild Workshops has plans to expand outdoor workshops for adults. Friends of Root-and-Branch Out launch to enable people to support our projects and organisation with one-off and frequent donations. Developing company infrastructure for our growing CIC.

Media and Collaborations

Rutland Pride Magazine, three page feature
Rutland Living Magazine
Rutland and Stamford Sound Radio

Thanks

Huge THANKS to our Funders and Supporters!

Windmill House	Leicester and Rutland Community Foundation	
Resilient Rutland	Rutland County Council	
COOP	David Cock Foundation	
Severn Trent Water	Rutland Agricultural Society	
Active Rutland	Visions Childrens Centre	Huathe
OLICAT Schools	FairShare	Neighbourly

