



Annual Review October 2023 - October 2024

We have welcomed to RGWN:

- ❖ BBOWT and Barbara Polonara;
- ❖ Katie Andrews;
- ❖ Elspeth Denchfield;
- ❖ Ali Luke

welcomed to the team:

- ❖ Karine Ferreira as Assistant Treasurer;
- ❖ Rowena Hughes as Company Secretary and Social Media Co-ordinator;
- ❖ Jasmine Siddle as Instagram editor;

Our biggest pluses:

We have:

- ❖ held a **conference**, jointly with Reading Voluntary Action, on Green Pathways to Health
- ❖ produced a high quality **leaflet** for a quick view of the features of members' projects
- ❖ **helped** members secure funding (Household Support Fund; Hexham Road activities)
- ❖ **shared** resources and given mutual support
- ❖ continued to circulate our **newsletter** with the addition of a calendar



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Other achievements:

We have:

- ❖ given **talks** on the physical and mental health benefits of nature to U3A, the Reading Integration Board, and a Primary Care Network
- ❖ **distributed** our leaflets detailing members, and materials on the wellbeing benefits of nature
- ❖ **contributed** to a leaflet circulated via the Community Wellness Outreach programme with details of 6 members' projects
- ❖ started a series of **Spotlights** on our members
- ❖ ramped up our **Facebook** presence
- ❖ obtained free **advice** on finances, social media
- ❖ **contributed** to a national definition of 'green care'
- ❖ Built or maintained **links** with Social Prescribers; RBC (various sections Adult Social Care, Public Health, the Mental Wellbeing Group, the Communities team; the VCSE Network); Beat the Street; John Lewis Partnership development; the Green Care Coalition; Connect Reading

And the disappointments:

- ❖ With the exception of one application (funding for the conference), our funding applications have been unsuccessful
- ❖ We have ideas we have not been able to take forward as yet:
 - Nature Buddies;
 - Nature Connection training;
 - Nature All Around