

Forest of Hearts Vision



Accessible, biodiverse, wildlife rich, sustainable landscapes with off-grid facilities for community groups to enjoy and improve wellbeing

AIMS

Forest of Hearts is a registered charity which aims to create, enhance and enjoy edible landscapes in order to:

- 1.Improve health & wellbeing and reduce isolation
- 2.Build biodiversity and protect the environment
- 3.Enable education, volunteering and employability
- 4.Enable inclusive, accessible outdoor enjoyment
- 5.Support local good causes and charity partners
- 6.Provide places of peace & tranquility
- 7.Create sustainable community assets



Forest of Hearts



Green Space and Forest Garden

1. Wildflower meadow – Field of Life *
2. Damselfly Ponds *
3. **Gazebo**
4. Lawn area for fete, archery etc
5. Parking and turning circle
6. Willow Hedge and logs
7. Native hedge
8. Barn Owl Wood
9. **Forest Garden & labyrinth**
10. Butterfly banks *

Our five acres at CV37 0JA (* with Warks CC Biodiversity Offsetting project)

Forest of Hearts Social Impact Targets

People

Planet

Place

1. Sixty volunteers recorded with 20 being new
2. 500+ visitors a year with 10% with disabilities
3. 1000 volunteer hours annually recorded
4. Two Kickstart placements created
5. Six local self employed people contracted
6. Six people trained in horticulture and/or Coaching for Health
7. Ten companies involved through employee engagement & CSR activities
8. Three case studies demonstrating improvement in wellbeing and/or weight loss
9. Four seasonal events delivered to engage the local community
10. 10,000 people reached through social media

1. Two new wildlife ponds created
2. 12000 square metres of land enhanced
3. One wildflower meadow created
4. 2021 trees planted
5. 100 metres of new hedgerow created
6. 1000 edible plants propagated with 10 drought resistant plant species planted
7. One pair of barn owls nesting
8. Six biodiversity audits carried out to record birds, bats, butterflies and bees
9. Reduction in Nitrogen Dioxide (NO₂) through Living Walls and planting (measure TBA)
10. Carbon Dioxide (CO₂) sequestered

1. Six Gardens of Wellbeing created on hospital sites
2. One new five acre green space created at Pathlow
3. 100 Grid Gardens distributed for people to grow at home
4. Two accessible outdoor Green Therapy facilities created
5. 100 metres of living walls installed
6. 500 linear metres of accessible pathways created
7. One outdoor cooking area created with pizza oven
8. One Off Grid pavilion sited
9. One accessible Compost Toilet
10. One Grey water recycling and one Rainwater harvesting system



Some of our team

Our social impact measures



Mental Health and Wellbeing

Has confidence, emotional balance and is resilient in the face of difficulties

Has sense of purpose, engages in meaningful and fulfilling activity, and has aspirations for the future

Enjoys good support in relation to any mental health problems

Has a positive experience of care & a good understanding of own mental health & emotional well-being



Conservation of the natural environment

Conservation of natural spaces, natural heritage and biodiversity

Improved public awareness and engagement

Improved access to and enjoyment of the natural environment

Reduced personal impact on the environment



Employment, training and education

High quality employment, training and education that meets the needs of employers

Has developed the necessary hard & soft skills and attitude through employment, education or training

Has found a way to address barriers to employment, education or training

Is in suitable employment, education or training and has the on-going support to maintain it

What places are we providing for people?



Eco Studio

- An off grid studio with solar to battery storage, a Changing Room toilet and rainwater harvesting. The studio will be used for classes and workshops for arts, exercise and therapy and will be hired by groups and members of the public for family events.



Green Cabins

- We will have a log cabin powered by solar energy to be used by therapists, coaches and counsellors to provide 1-1 therapy, counselling, coaching and treatments. People who use the Green Cabins will also have access to the outdoor facilities with free onsite parking.



Willow Cope and Hedge

- A cope of willows for coppicing. Coppicing is a way of cutting a tree back with the aim of getting it to regenerate constantly. It is kept in a juvenile state and never grows to its full normal size or shape.



Field of Life

- To enhance the botanical diversity of the grassland so that it meets the definition of Lowland Meadow priority habitat in good condition and attracts garden bumblebees and a wide range of pollinator species.

What are we doing for the environment?



Damselfly Ponds

- To create and manage wildlife ponds to support great crested newts along with a range of other aquatic species including amphibians, invertebrates and plants. To enhance and manage the habitat around the pond to provide suitable terrestrial habitat for newts. To create a habitat for damselfly, dragonfly and hoverfly.



Barn Owl Wood

- Barn Owl Wood will comprise a field margin at the north of the site where we will plant over 1000 trees of native species that will provide blossom throughout the year and fruit and nuts for wildlife and humans.



Forest Garden

- The Forest Garden will consist of over 100 species of edible plants and will be created as a series of fruit tree guilds demonstrating the value of herbs, medicinal plants, fruit bushes, climbing plants and perennial vegetables. Accessible paths will enable visitors to enjoy all areas of the gardens.



Butterfly Bank

The butterfly bank will be a specially designed habitat aimed at attracting butterfly species and that will provide an accessible pathway for people to explore and learn about the environment.

Help us plant 2023 trees



Groups who will benefit



Individuals who will benefit



OUR YEAR IN NUMBERS 2022

FOREST OF HEARTS

192 
Volunteers

2,057
Volunteer
hours 

250 
Hours of
Green Therapy

 535
kg of fruit picked
& donated

3 
Community
programmes run

 76
Linear metres
of living wall
installed

3 
More Barn Owl
chicks

2,021
Trees planted


 5
Gardens
created

12 
Corporate
partners



67,000 
People reached
through social
media

Who are we working with?

- Cov and Warks NHS Partnership Trust IAPT <https://www.covwarkpt.nhs.uk/iapt>
- South Warks NHS Foundation Trust <https://www.swft.nhs.uk/>
- SWFT Charity <https://www.swftcharity.co.uk/>
- SWFT Clinical Services <https://swftclinicalservices.wordpress.com/>
- Welcombe Radio and Radio Warneford
- Parkinson's UK Stratford upon Avon Branch
- Warwickshire County Council – Biodiversity Offsetting project
- Arden Farm Network
- Cranfield University, Coventry University and Warwick University

Risk Register

Risk Description	Severity	Certainty	Value	Mitigation	RAG
1. Installation company unavailable to meet project deadlines	5	2	10	Keep abreast of restrictions and arrange to meet the requirements	A
2. Materials unavailable in quantity needed in time	3	1	3	Place order early and keep some in stock	G
3. Area vandalized or broken on site leading to bad publicity	4	1	4	Regular maintenance and fix problems as they occur	G
4. Team member unavailable to carry out the project	3	2	6	Ensure three consultants to the team are capable of running the project in the timescales and brief ahead of project	G
5. Kit falls over and injures somebody	7	2	14	Ensure all kit is installed to correct specification by skilled operatives and checked by facilities staff	R
6. The project does not run to programme or exceeds cost.	2	2	4	The project will be overseen by a professional project manager.	G
7. People not engaged with the project and therefore it doesn't receive the publicity	6	1	6	Implement a robust social media strategy and post good photos early on into the project.	G
8. Funding not secured. Delay to project. Some components of project could be delayed until finding secured.	4	3	12	Seeking funds from a wide range of funders and have already secured funds for some components.	A

Eco Studio



Barn Owl Wood



A close-up photograph of a damselfly perched on a dry reed stem. The damselfly has a vibrant green body with dark spots and a long, segmented abdomen. Its four large, transparent wings are spread out, showing a delicate network of veins. The background is a soft, out-of-focus green and yellow.

Damselfly Ponds



Forest of Hearts

Butterfly Bank





Forest Garden

Field of Life



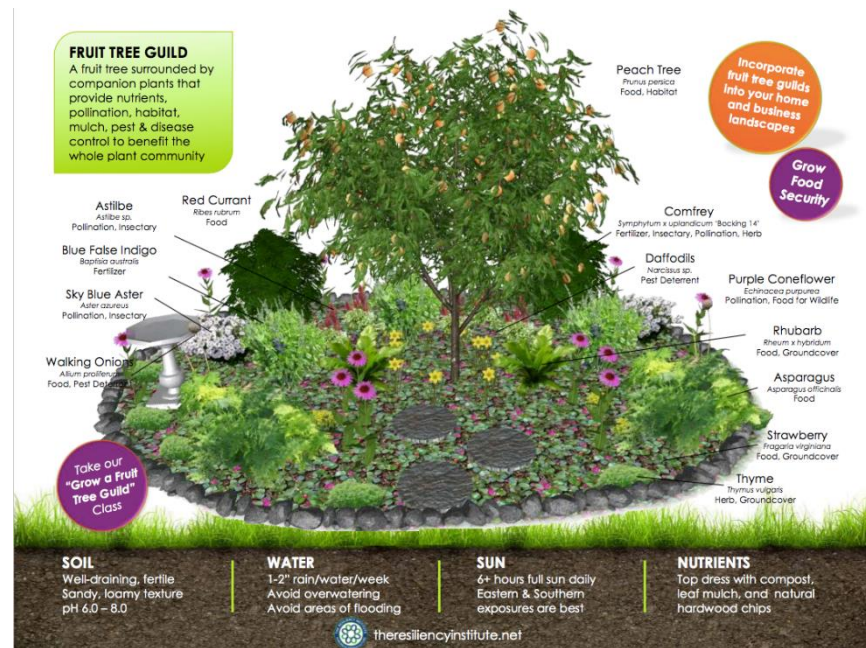
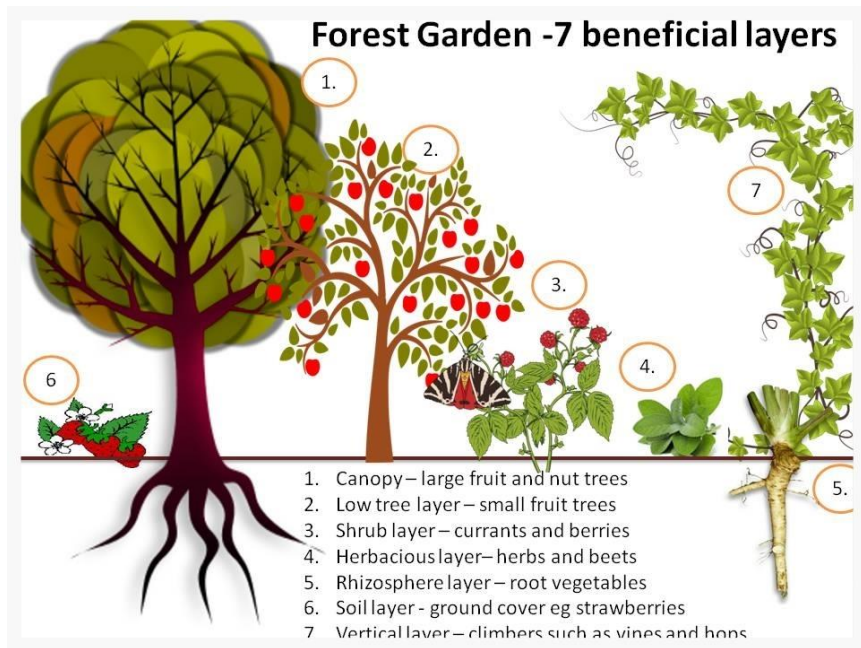
Criteria for Site

1. Edible perennial plants
 2. Dense lush planting areas
 3. Wide open spaces/vistas
 4. Rich in biodiversity
 5. Ponds for wildlife/learning
 6. Fruit tree guild concept
 7. Frame the oak trees
 8. Our plants grown from seed
 9. Easy maintenance
 10. Provides apprentice jobs
 11. Species rich meadow
 12. Quick growing hedges
1. Exclusive use by groups
 2. Fully accessible paths
 3. Raised pathways and bunds
 4. 9 x areas for group activities
 5. Temporary 40ft hex pavilion
 6. Screen off the long barn
 7. Parking screened with hedge
 8. Places to sit and reflect
 9. Labyrinth made of plants
 10. Beautiful butterfly bank
 11. Archery, fete games
 12. Unobtrusive interpretation





Design inspiration - paths



Design ideas - planting



Damselfly Ponds



Butterfly bank



Labyrinth ideas

Potential Income Opportunities

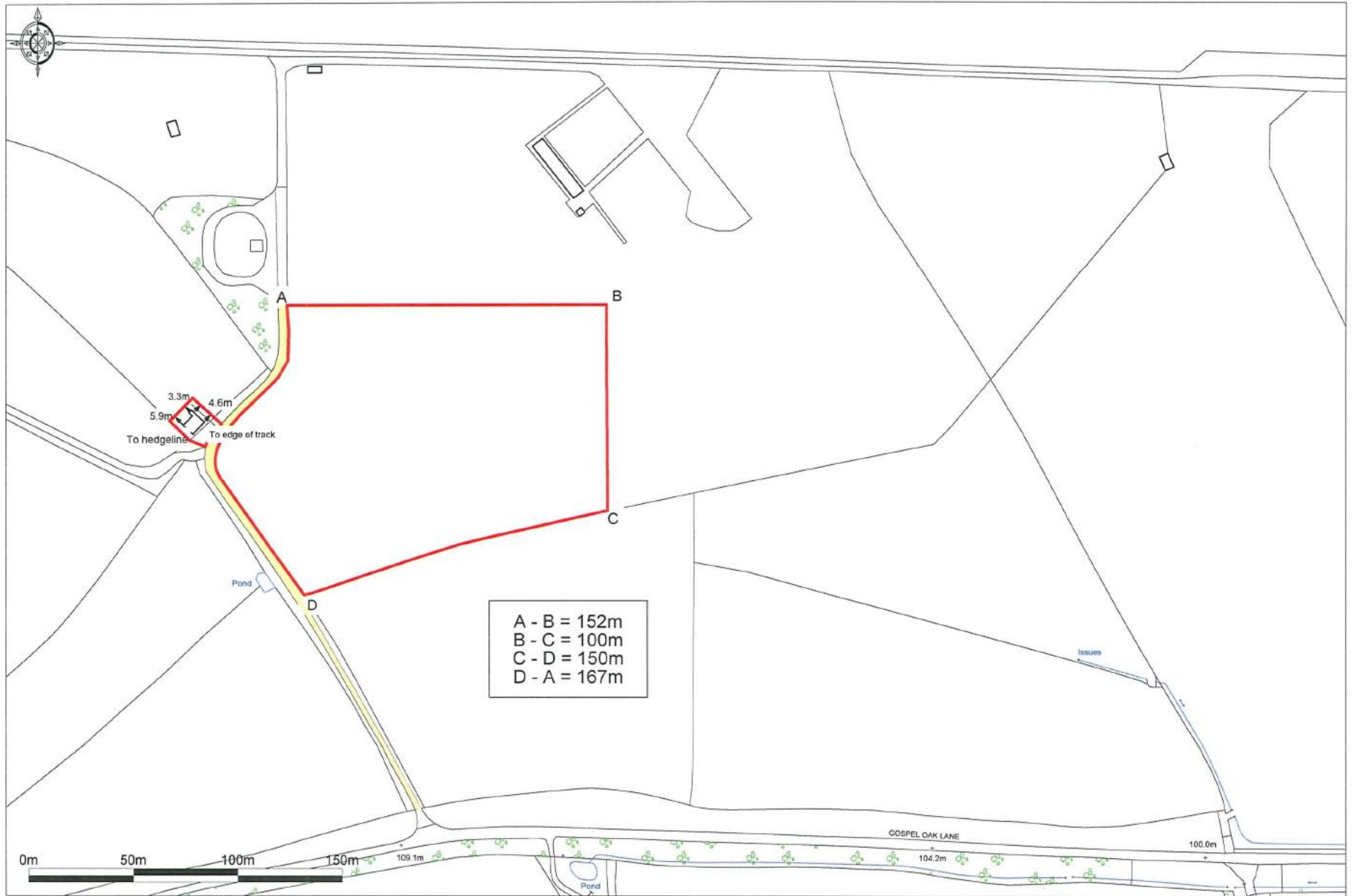
1. Rental of cabins and eco studio
2. Team activities
3. Therapy rooms
4. Office rental/coworking space
5. Outdoor exercise classes
6. Holiday let
7. Camping/glamping
8. Escape Room – The Hive
9. BoxGardens/Living Walls
10. Gardens of Wellbeing

Current image of the land

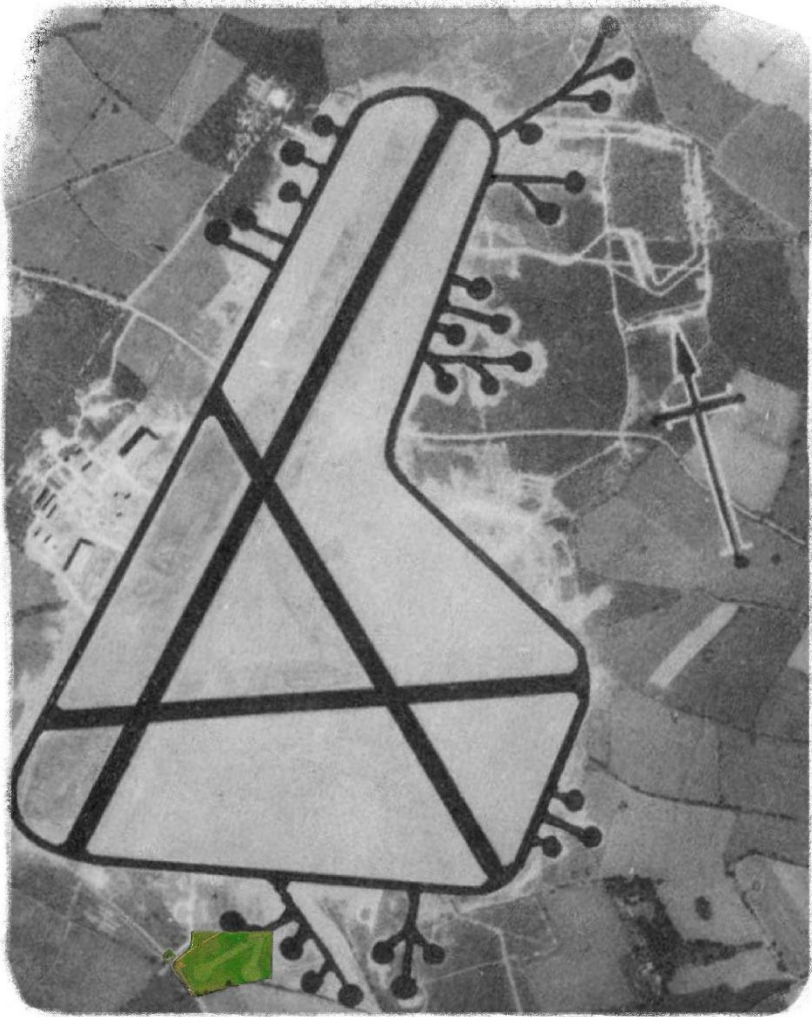


70 m

Land off Gospel Oak Lane, Pathlow, Stratford-upon-Avon.



Ordnance Survey © Crown Copyright 2015. All rights reserved. Licence number 100022432. Plotted Scale - 1:2500



Green Therapy





Walkie Talkie

The Hideaway

Gospel Oak Lane, Pathlow, CV37 0JA



Name

Email

Phone

Tuesdays 2pm – 3.30pm

Starting 5th September 2023

Come along and enjoy weekly sessions of talking and a bit of walking in the lovely countryside - or indoors just talking if it's raining! Fresh air & exercise – it's green therapy!! Carers meet separately at the same location for a cuppa and a chat.

www.forestofhearts.com

We are creating a nature reserve on a 5 acre site near to Stratford on Avon with meadows, ponds, woodland and an orchard. You are welcome to join us there.

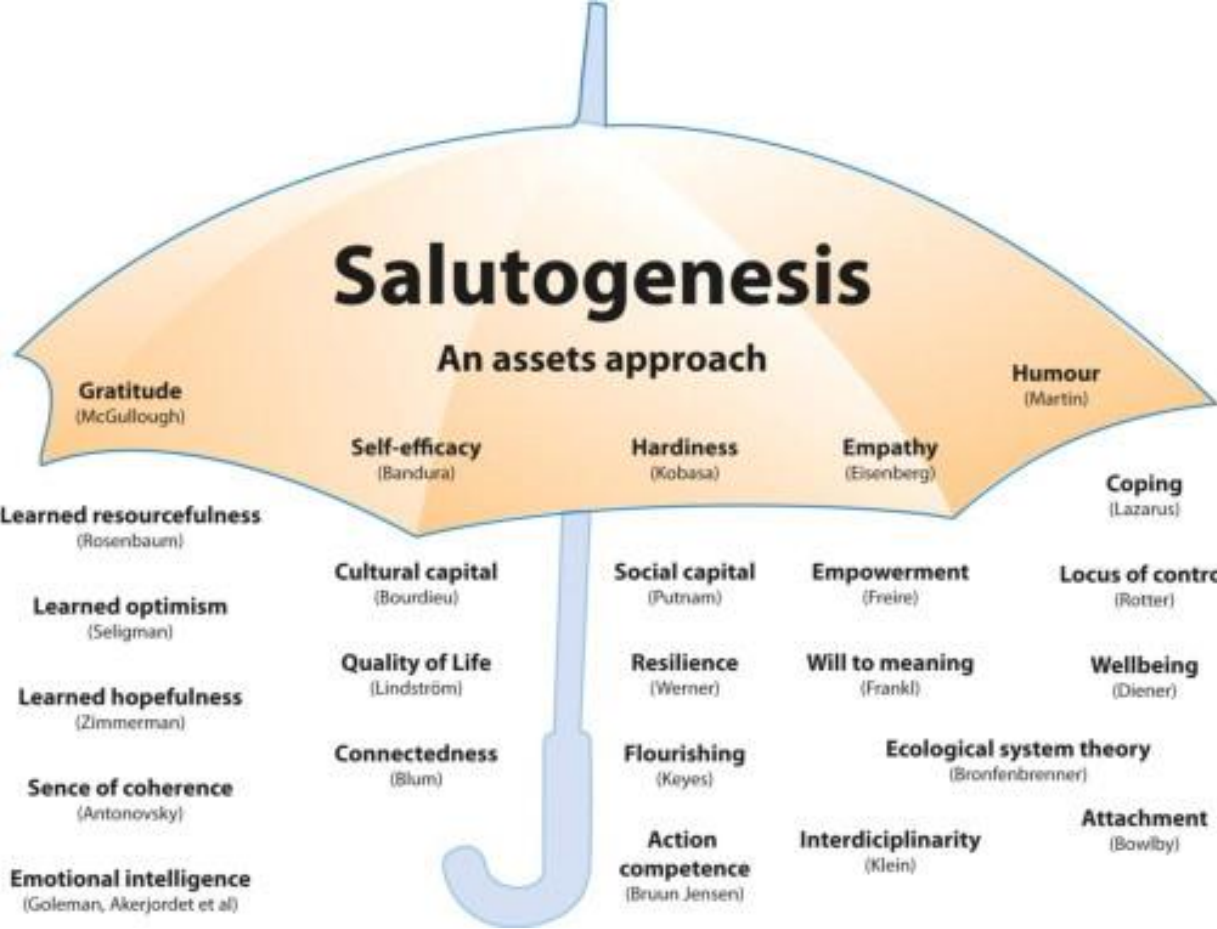
Your aims for the programme

Carer's aims for the programme



Forest of Hearts, Gospel Oak Lane, Pathlow, CV37 0JA, www.forestofhearts.com

Contact Luca l.falcomer-dawson@live.co.uk or call Carole on 07774 424404 for more info.



INTEGRATED CARE



South Warwickshire
NHS Foundation Trust

STRATEGIC PRINCIPLES

PARTNERSHIPS

QUALITY IMPROVEMENT

INTEGRATION

Helping People Live Healthier for Longer

'Home First' Mind Set

Technology Enabled

Engaged, Passionate & Capable Workforce

Efficient & Financially Resilient

Well Led

Innovative

SUSTAINABILITY

WORKFORCE AND LEADERSHIP



- Care Homes
- Clinical Commissioning Groups
- Coventry and Warwickshire NHS Partnership Trust
- Coventry City Council
- District/Parish Councils
- George Eliot NHS Trust
- Mary Ann Evans Hospice
- Myton Hospice
- Primary Care (including GPs/Federations/Alliances/Pharmacies)
- Shakespeare Hospice
- Solihull Partners
- University Hospitals Coventry and Warwickshire NHS Trust
- Voluntary Action Coventry
- Warwickshire County Council
- Warwickshire Community and Voluntary Action
- Warwickshire Fire and Rescue Service
- West Midlands Ambulance Service NHS Foundation Trust
- Wye Valley NHS Trust

* Please note there are a number of other charities and volunteering organisations that are key partners for the Trust strategy