

## The Giving Community Annual Report April 2023

### The Well-being Tree Cafe

The Well-being Tree Cafe runs on Wednesday Mornings 10.30-12.30 at The Aspire Centre which is part of Wickham House. A small donation is requested to cover the refreshment costs. Regular activities include quizzes, singing, crafts, literature reviews, meditation and relaxation sessions plus outside speakers and occasional trips out. A range of leaflets and local information are also on show, particularly those which offer help with struggling costs and mental health issues.

During school holidays sessions are broadened out to include childrens' activities and games.

We have a stable group of 7 volunteers to call on and typically 4 will be in attendance in any one week. Other attendees are generally of an older age group who often live on their own and are either retired, disabled or not currently employed. Many have come through the doors over the past year with a regular attendance of 12-15 persons in term time and significantly more during school holidays.

We are grateful for a recent grant from The Communities Together Fund which will enable us to make improvements to the space, particularly with more furniture, and to purchase more equipment for family-based activities.

### The Community Allotment is on the Glebe Site.

Initially, the disused site was cleared by the volunteers with help from The Parish Council who removed items that were to be discarded. Together with the volunteers, Men's Shed members helped put together the allotment shed which was donated by a local community member.

The Parish Council have since provided us with the polytunnel and raised beds for which we are very grateful for. More recently, the Allotment received a grant from Field To Fork which will enable the purchase of more equipment, planting seeds and an opportunity to bring wider community together. We are very grateful to the East Suffolk Council for their support. After further work over the winter we are now ready to start spring planting in earnest. The recent Communities Together grant will enable us to purchase seating on the site.

Families are invited to attend on regular Sunday afternoons and for a small fee have a shared entitlement to any future produce and social events.

contact details: [givingcommunity21@gmail.com](mailto:givingcommunity21@gmail.com)  
Vidovic March 31st 2023

Anna O'Neill, Mike Hynes and Dragana