



Kingswood Trust

KingswoodTrust
Discover nature. Learn outdoors.



Nature4All

Evaluation



Final Report
March 2022



Green Recovery Challenge Fund



Department
for Environment
Food & Rural Affairs

The
National Lottery
Heritage Fund



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1 Terms of Reference

1.1 Commission Summary

Kingswood Trust appointed David Waterfall in March 2021 to undertake an independent evaluation of its “*Nature4All*” project, funded through the Green Recovery Challenge Fund.

1.2 Report Purpose

The purpose of this report is to assess existing documentation and engage project stakeholders to gain their views, and to collate the evidence base into a single point of reference that responds to the following evaluation questions:

- Has the project achieved its intended purpose?
- Have any significant changes occurred, and if so what has been the impact?
- What are the lessons learned?
- What is the extent of any legacy?

It is the intention that this report will enable Kingswood Trust and its partners to understand the impact of the project, and to use this insight to help develop and deliver future interventions to have the greatest impact.

1.3 Agreed Methodology

The approach was agreed in advance with Kingswood Trust, and in outline has included:

- Review of background information and operational documentation
- Site visits to observe activities
- Interviews with project beneficiaries and site users
- Support with development of survey questions, and analysis of feedback
- Collation of the research findings into a succinct evaluation report

Ongoing contact has been maintained with Kingswood Trust throughout the commission including taking feedback, discussing emerging findings, and updating on progress.

2 Background

2.1 Kingswood Trust

Kingswood Trust is an independent charity (constituted in 2012, charity number 1149688, and company number 08150065), with close links to Wolverhampton City Council (as landowner). The site is based in Kingswood, Wolverhampton, WV7 3AP and encompasses nine acres of natural resources including woodland, meadow, ponds, adventure areas, wildlife habitats, and two dedicated forest school areas.

The ethos of the Kingswood Trust is that everyone should experience the world outdoors as an essential part of learning and personal development, whatever their age, ability or circumstances. Its mission is to *“provide high quality environmental experiences that support improved outcomes for the children, young people and our local community, helping people connect with nature.”*

Kingswood Trust provides a range of core services, residential and day visits, Forest School programmes, curriculum enhancement activities, community events, training opportunities and volunteer programmes. All ages are encouraged to get involved; from under 5s in the Forest School programme through to the over 65s in Nature Connections.

Prior to the Covid-19 pandemic it supported over 6,000 people each year, with 90% of service users being from Wolverhampton and the wider West Midlands area; covering some of the most deprived areas in the UK and where one in three children live in poverty.

2.2 Nature4All Project

2.2.1 Green Recovery Challenge Fund

The Fund was part of the government’s wider green economic recovery, jobs and skills package in England. It offered two rounds of £40 million each support as a short-term competitive fund to kick-start environmental renewal, restore nature and tackle climate change, while creating and retaining a range of jobs.

The Fund was delivered by the National Lottery Heritage Fund in partnership with Natural England and the Environment Agency, with funding via DEFRA. All projects supported had to contribute to at least one of the following themes:

1. Nature conservation and restoration.
2. Nature-based solutions, particularly focused on climate change mitigation and adaptation such as through tree planting and restoring peatland.
3. Connecting people with nature.

2.2.2 Project Overview

Nature4All focused on connecting people to nature to learn about, develop and preserve the environment, as well as biodiversity and wildlife conservation. The project centred on opening the site for two additional days per week for the general public and creating new

facilities to enable local people to better engage with nature and developing new opportunities for volunteers and local organisations.

Delivered as a Round 1 of the Fund (reference OM-20-01889) it started in December 2020 running to March 2022, with a project award of up to £215,200.

2.2.3 Approved Purposes

The agreed Approved Purposes (referencing the NLHF Permission to Start letter) referred to the sentiments set out in the original application, and hence are taken as contributing toward the following overarching programme goals:

Approved Purposes	
1	A wider range of people will be involved in heritage
2	Heritage will be in better condition
3	People will have developed skills
4	People will have learnt about heritage, leading to change in ideas and actions
5	People will have greater wellbeing
6	Kingswood Trust (as the funded organisation) will be more resilient

Within these broad headings, the specific quantitative targets and qualitative sentiments from the original application are laid out in full in Appendix A. Performance in relation to these is summarised in Appendix B, and considered in detail in the following sections of this report.

2.3 Performance Measurement

To ensure that delivery was achieving the intended targets, and to provide wider insight for Kingswood Trust, an Excel-based evaluation framework was established at the outset. This mapped outputs and outcomes against KPIs and the sources of data required, as well as how evidence would be secured, when and who by.

Internally Kingswood Trust has, through this project funding worked with Lamplight (a well-regarded impact management and database system used extensively within the charitable sector) to develop its own database to collate and record data. Much of the data came from a series of tailored questionnaires that were aimed at key audiences/ users:

1. **Adult Questionnaire (AH1)**; used during new public opening and at events by volunteers and staff. 52 surveys were returned.
2. **Volunteer Questionnaire (VQ2)**; used during the first phase of the project completed independently by volunteers, with some support of staff where English is an additional language. 35 surveys were returned.
3. **Nature Connections Older People Questionnaire (NC1)**; used during general public open days and nature connections activities, including carers. 14 surveys were
4. **Leader Questionnaire (VL)**; used during gardening activities, forest school programmes and forest school days in the woods by teachers or support staff. 30 surveys were returned.

5. **Children Questionnaire (CS1)**; used during the above completed by children with the support of their teachers/Kingswood Staff where needed. 103 surveys were returned.
6. **Family Questionnaire (FF1)**; used during Saturday and Tuesday public opening and events/family activities by staff and volunteers, completed by parents/grandparents. 69 surveys were returned.

The questionnaires were designed to be easy-to-understand and quick to answer, and each used standardised questions where possible to ensure that feedback could be meaningfully compared across audiences and activities. In total, 303 surveys were returned.

Survey feedback was bolstered by a range of 1:1 and 1:group feedback gained from beneficiaries, volunteers, and wider stakeholders.

2.4 Impact of Covid-19

The enduring impact of Covid-19 across most of 2021 and into 2022 had a negative effect on many aspects of project delivery. Key instances included:

- **Launching Group Activity**; the starting times for scheduled group activities were initially delayed due to social distancing rules that impacted on schools in relation to arrangements for transport and acting within safe bubbles. During the warmer months all project activities occurred outdoors so social distancing was less of an issue.
- **Reduced Partner Capacity**; the delivery timings of several planned activities had to be adjusted on a number of occasions due to partner organisations being short staffed and groups/ schools having Covid cases.
- **Social Anxiety**; many older people were reluctant to engage in social activities, and levels of anxiety, fear and uncertainty were high for many of the typical/ expected user groups.
- **Supply Chain Logistics**; flexibility was required with all activities that required external support, such as with contactor work or the supply of materials, as these were impacted on by Covid restrictions, furlough, and sickness.

3 More People Are Involved In Heritage

3.1 Target

The targets for this area of delivery were split between outputs and outcomes:

A Wider Range Of People Will Be Involved In Heritage	
Outputs	• Deliver additional opening days • Hold volunteer days • Deliver Forest School programmes • Hold Nature Connections sessions • Hold Garden Project sessions
Outcomes	• Groups understanding how they benefit from being in nature. • People learning in different contexts with family and friends. • Greater interest in nature and education for sustainability.

Each of these is considered below, grouped where suitable for ease of assessment.

3.2 Additional Opening Days

This output included a target of 120 additional open days, and 3,000 extra visitors.

To quantify “additional”, the typical level of opening across 2018 and 2019 was selected, and the level during the project was compared to that to identify new days, and associated attendance levels. A full list of activity is included within Appendix C, and the project achieved:

Deliver Additional Opening Days		
Public Opening	Additional Days	Additional Visitors
Saturdays	43	1,398
Themed Saturdays	6	720
Tuesdays	48	1,002
Themed Outdoor Community Days	15	1,739
Total	112	4,375

This illustrates that the additional days target was 93% achieved (8 days short of the target), primarily due to the forced closure of the site due to the pandemic, whilst the additional visitors stood at 146% achieved (1,375 extra visitors).

As an illustrative example of activity, the ‘*Wild Walk and Nature Play*’ sessions were delivered between Saturday 27th March and Saturday 3rd July 2021, aimed at families and individuals wanting to reconnect with nature, walk and play. The sessions included a one-mile walk that was set out to enable participants to explore the grounds and to learn about Kingswood’s Heritage, as well as the various plants, animals, and habitats at the site.

*"We have done lots, we've had a fantastic time here.
My daughter has SEND and she loves being here. Thank you."*

Parent, at Additional Opening Day

*"It's a place for fresh air, freedom for the children, it's safe and not expensive.
Great to connect with nature."*

Parent, at Additional Opening Day



Images - Left shows the New Babies (Seedlings) and Toddlers (Saplings) 3-week programme, and Right is a child exploring and collecting.

3.3 Volunteer Days

This output included a target of 40 days of volunteering, and to recruit 24 volunteers.

- **Volunteer Days**

This was accounted for in terms of 'sessions' held, with each session being half a day or longer. A full list of activity is included within Appendix C, and delivery included:

Hold Volunteer Days		
Volunteer Days	Sessions	Days

Friendly Volunteers	98	49
Additional Sat Volunteering	21	10.5
Group Volunteering	11	5.5
Wildlife Wednesdays	13	6.5
Total	143	71.5

This shows that achievement stood at 179% (an extra 31.5 days) of the target level. The Friendly Volunteers proved much more popular than expected, and also some of the younger volunteers were able to engage for longer as they were not in school.

- Volunteer Level**

18 specific volunteers that were engaged in the project were existing volunteers for Kingswood Trust, with the below table showing the level of 'new' volunteers recruited to the project that were not previously with Kingswood Trust:

Recruit Volunteers		
Volunteer Numbers	Status	Age
Friendly Volunteers	17 (17 new)	Aged 14-25
	26 (8 new)	Aged 26-84
Saturday Volunteering Additional to Friendly Volunteers	8 (8 new)	Aged 18+
Group Volunteering	35 (35 new)	Aged 16+
Total of All Volunteers	86 (68 new)	

This shows that achievement stood at 283% (an extra 44 volunteers) of the target level. This was due to the fact that the momentum of project activities and the site's development really engaged people and encouraged them to take part.

As an illustrative example of activity, the 'Bioblitz' event was delivered Sunday 11th to Monday 12th July 2021, which involved a co-ordinated 24-hours of wildlife surveying and nature activities for families and the wider community. 40 people engaged in the event with guest specialists also attended to give talks and presentations, which enabled participants to get hands-on experience in activity such as Pond Dipping, Minibeast Safari, Moth Trapping, Bird Watching, Bat Walk and Talk, Bee Walk and Identification, and Tree Surveying.



David Waterfall

Images - Left shows a volunteer bird ringing, and Right volunteers planting raised beds.



3.4 Forest Schools

This output included a target of 16 programmes, offering 20 days of activity, and attracting 792 attendees (744 children and 48 adults).

A full list of activity is included within Appendix C, and the project achieved the following:

Deliver Forest School Programmes		
Delivery	Total Attendees	Attending
10 Forest School programmes	120	36 Adults 84 Children
128 Forest School Days in the Woods (Groups <=30 children)	3,503	0 Adults 3,503 Children
Total	3,623	36 Adults 3,587 Children

This illustrates mixed performance in terms of the original ambition; the number of programmes is at 63% (6 less than target) while the number of days delivered stands at 640% (108 additional days), with attendance overall at 457% (2,831 additional attendees) but while adult levels were less than anticipated at 75% (12 less than target) the extent of engagement with children was 482% (2,843 additional children). Much of this is because Forest School Programmes were difficult to run during the pandemic due to transport issues and the need for social distancing that reduced the ability to engage family bubbles. Conversely, schools were more able to co-ordinate day-based activity, which enabled the project to work with more children.

As an illustrative example of activity, between Tuesday 12th January and Sunday 20th March 2022 a programme of five Forest Schools was delivered for three local organisations; Low Hill Nursery that engaged in two five-week programmes [as quote below], Little Village that took part in a 4-week programme, and Newbridge Reception that were involved in two three-week programmes.

“Our Nursery school is situated within a deprived area. Many of the parents do not have access to transport and find it hard to participate in outdoor activities as the ones provided at Kingswood. The leaders at Kingswood put on many forest school activities which benefited both the children and their parents. All activities promoted self-confidence and self-esteem, which we find it definitely beneficial to our children as personal social and emotional is an area of development with in this area needs lots of work. The benefits were seeing the children and parents interacting within the outdoor area and seeing the impact it had on both the children and parents. Most of our families do not have an outdoor area where they live and this is a big opportunity for them to experience with their child, and not have to financially worry. Parents are now more willing to engage in outdoor opportunities.”

Teacher



Images - Left is a girl whittling, and Right shows a group den building.



“A mom and son that live in a high rise spent time and time again pond dipping and running wild. This child has a complex personality and this truly calmed and relaxed them with no outbursts at all, which also really helped with mom’s anxiety.”

Volunteer, observing Forest School activity

3.5 Nature Connections

This output included a target of 20 sessions, attracting 400 attendees (including 200 older people/carers).

A full list of activity is included within Appendix C, and delivery included:

Hold Nature Connections Sessions			
Activities	Sessions	Total Attendees	Carers/ Older people (included)
Group Activities Outdoors/ Indoors	13	301	123
Small Family/ Care Groups Outdoors	40	332	110
Total	53	633	233

This shows that the numbers of sessions held achieved 265% (33 additional sessions) and the overall attendance was 158% (233 extra people) with 117% achievement for engaging older people or carers (33 extra people). It should be noted that the small group family Nature Connections activities were designed predominantly for older people, as a pro-active way of getting people back outdoors safely whilst Covid levels were still high and confidence levels low.

As an illustrative example of activity, the Nature Connections Groups activities that were delivered between Monday 31st January and Sunday 20th February 2022 involved a variety of tailored engagement such as indoor activities, memory activities and arts and crafts that were delivered for six groups; Midland Heart Bilston (Wolverhampton) with 14 attendees [as image; using the new paths], Midland Heart Ettingshall (Wolverhampton) with nine guests, Perton Manor Care Home (South Staffordshire) with 14 attendees [as quote], Home Instead (Wombourne) with 14 guests, Home Instead (Telford) with 14 attendees, and the Staffordshire Partnership with 30 guests. In total these six days of activity engaged 95 beneficiaries.



“Our elderly people have really blossomed since coming to Kingswood Trust, this was a turning point for many who hadn’t ventured outdoors in such a long time.”

Perton Manor Care Home

“I’ve been taken out of myself and transported into nature. I feel a wonderful sense of achievement and much more positive - you can’t buy it!”

Attendee at Nature Connections

In addition, as funding was secured from Trusts and Foundations, Nature Connections was continued beyond 31 March 2022.

3.6 Garden Project

This output included a target of 48 sessions, attracting 480 attendees.

A full list of activity is included within Appendix C, and the project achieved the following:

Hold Garden Project Sessions			
Activity	Sessions	Total Attendees	Attending
Gardening Days for Children and Families	12	365	110 Adults 255 Children
Gardening Sessions for Adults	20	48	48 Adults 0 Children
Gardening, Wildlife and Animal Encounter	14	16	16 Adults 0 Children
Total	46	429	174 Adults 255 children

This illustrates that the number of sessions held was 96% (2 sessions less than target) and attendance was 89% (51 people less than target). This was because Gardening is seasonal and weather dependent, and the protracted bad weather reduced both the ability to hold sessions and also attract sufficient levels of interest from potential attendees.

As an illustrative example of activity, a dedicated five-week programme of ‘Gardening and Nature Activities’ was designed for the Afro Caribbean Community Initiative and delivered between Wednesday 28th July and Wednesday 25th August 2021. This engaged a group of six adults with mental health needs within the Afro Caribbean Community, helping them to get hands-on experience in a natural environment; as below quote.

“It was an excellent experience for us all to come and explore the site, feed the animals, and take part in gardening activities. We have enjoyed everything and talked fondly about Kingswood Trust and what has been achieved there.”

ACCI



Images - Left is a girl planting seeds, and Right shows family gardening.



“Following the visit the children shared their adventures with their peers back in class and we were able to complete a photographic display of their adventure with quotes and memories which they enjoy referring to and showing to other students. Parent/carers also reported that it was a shared experience which formed a memory bond with their child. Staff were also able to observe interactions within families which has informed practice back in school.”

Teacher

3.7 Benefiting From Being Outdoors

This outcome focused on *“Groups having a better understanding of how they benefit from being outdoors in nature.”*

Evidence to support this was gained from team/ stakeholder engagement, and the following surveys; AH1, VQ2, NC1, VL, and CS1.

When asked why they thought it was important to connect with nature, a variety of responses were gained [as word cloud image]. Broadly these fell into themes of:

- Improved mental health
- Positive emotions
- Remedy to illness
- Physical wellbeing
- Ability to socialise



Specific comments included:

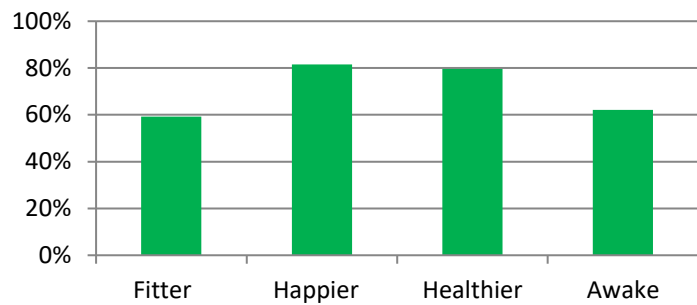
- “Good to do things with others in a stress free place”
- “We all must keep mobile and connect with nature for health and wellbeing”
- “As an antidote to modern activity and hectic pace of life”
- “Get more fresh air and see things you don't often get to see”
- “To be mobile, connect nature and mind”

“We were able to take a group of children (Y1 to Y5) who have varying social, emotional and educational needs, along with a parent/carer, to Kingswood where they spent the day immersed in a very different setting than what they are used to. Many of the children had not been to Kingswood before, and some had never been out of the City before. Parents also rarely have had the chance to be in a natural environment. Whilst there the group took part in a nature walk, bug hunt, tree climbing, exploring, zip wire and met animals that they had never seen except in books and on TV such as sheep and chickens. The children also learnt and extended their skill range in nature identification and were able to name insects, wildlife, trees and plants when they returned to school. All the children and adults had a fantastic time and returned to school excited and relaxed.”

Teacher

In addition, children were asked to consider a series of specific benefits that they may have experienced after being outdoors (such as when learning or playing):

The most frequently reported benefit was that they felt happier (82% of responses), with a close second being that they felt healthier (80%). A freeform answer supplied was that being outdoors also made them feel “refreshed”.



Overall the feedback illustrated overwhelming agreement that visitors recognised and understood a variety of benefits of being outdoors in nature, and as such it is considered that this target was achieved.



Images - Left shows three generations of a local family, and Right shows swinging in a tree.

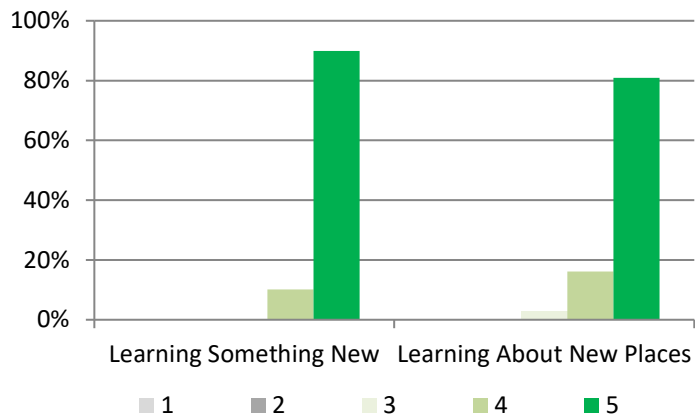
3.8 Learning In Nature

This outcome focused on *“People learning in different contexts eg parks and other green spaces with family and friends.”*

Evidence to support this was gained from team/ stakeholder engagement, and the following questionnaires; AH1, VQ2, NC1, CS1, and FF1.

People were asked to consider the extent to which they agreed (ranked 1 to 5, with 5 being the highest) with statements about learning and being outdoors; whether it helped them to have fun learning something new, and whether it enabled them to learn about new places and have new opportunities beyond where they live:

The vast majority of responses strongly agreed that they had learned something new whilst being outdoors (100% rated as 4 or 5), whilst most also acknowledged they had learned about new places to go to enjoy nature (97% rated as 4 or 5). When asked why they had come to Kingswood Trust in this regard, answers included:



- “Fun events in the outdoors”
- “Look at resources and activities”
- “To get outdoors”
- “To enjoy being out in the countryside”
- “Gets me out of the house doing something fun”

“Lots of our families live in places with no gardens for example, high rise flats, hostels or with parents where gardening is not introduced to them. This has given an amazing opportunity for our children and their families to see the huge benefits from the outdoors. Our families together learnt new skills and more than anything gave them an opportunity to spend valuable time together which is something many families unfortunately do not know how to do. Going to Kingswood was more than a trip for our children and families and was more a holiday with lasting memories that our families will treasure.”

Teacher

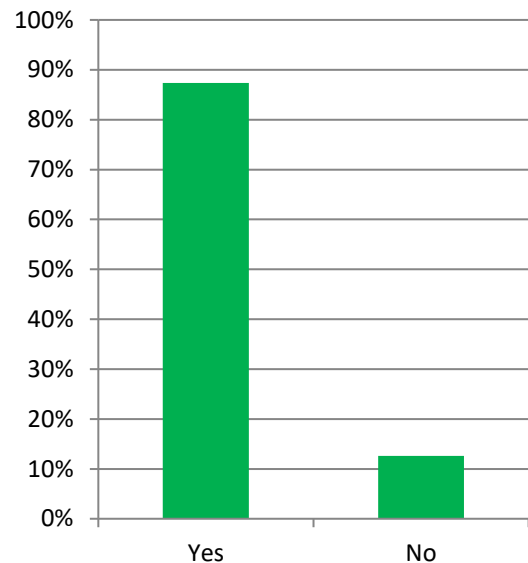
Respondents were asked to indicate which other green spaces or nature-based venues they visited, with frequently mentioned locations being:

- Cannock Chase [cited in the majority of responses]
- Southwest costal walk
- Shugborough Hall
- Weston Park

- Albrighton Moat
- National Trust or English Heritage sites

In addition, children were asked specifically if they liked learning outdoors; with the overwhelming majority (87% of responses) being that they did [as chart]. When asked why this was the case, responses included:

- It's fun [by far the most frequent response]
- Because we have fresh air
- It's good for you
- I love running
- I love to play
- it's good to see things for real
- We get to be in it
- You can see the trees
- You get to do more things



When children were asked if they would like to visit other places like Kingswood Trust, 93% confirmed that they would.

"It's really enjoyable to see the kids having so much enjoyment while learning new things, and you can see the parents also love being here because they appreciate that their children can learn and have fun outside at the same time. Parents tell me it's ideal for them to see their 'kids being kids' in a safe learning environment."

Volunteer



Images - Left is learning weaving, and Right shows family learning about wild camping.

Overall, the feedback illustrated clear acknowledgement of the benefits of learning in different contexts, and as such it is considered that this target was achieved

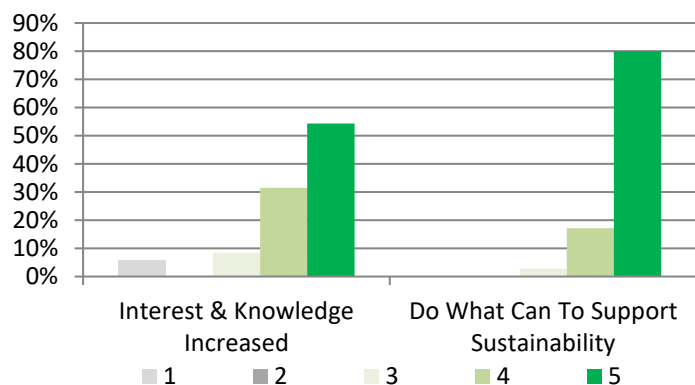
3.9 Education For Nature Sustainability

This outcome focused on “*Greater education for sustainability and interest in nature and a new-found enjoyment in participating in the natural environment.*”

Evidence to support this was gained from team/ stakeholder engagement, and the following questionnaires; AH1, VQ2, NC1, VL, CS1, and FF1.

People were asked to consider the extent to which they agreed (ranked 1 to 5, with 5 being the highest) with statements about sustainability and interest with nature; whether their interest and knowledge about nature had increased during the project, and whether they respected the natural environment and did what they could to support sustainability:

The vast majority of responses agreed that they had increased their interest in nature (86% rated as 4 or 5), and similarly most considered that they would look to support environmental sustainability (97% rated as 4 or 5). When asked why they had come to Kingswood Trust in this regard, answers included:



- “As part of a concern about global warming”
- “Nature enjoyment”
- “To take part in outdoor activities”
- “Working to help children and elderly gain benefit from the environment”

“As an example; one of our families is a single parent of an older child with ADHD and other issues within the family home. After visiting Kingswood Trust they have transformed the garden, growing vegetables and other items. This has connected the child to an elderly neighbour. The child has channelled his frustration into the garden when he feels he needs to calm. This has made the parent’s homelife a better situation. The parent does not drive so visiting anywhere is challenging but they are so grateful for the Nature4All project.”

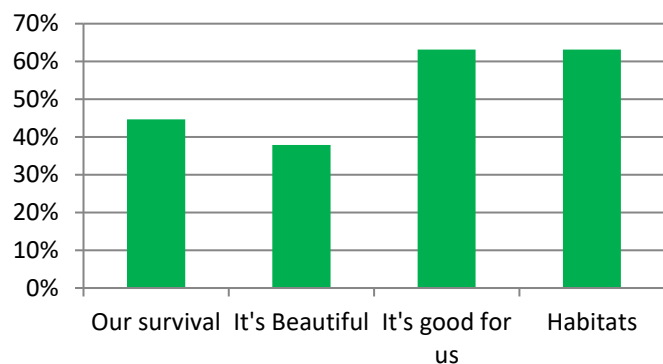
Teacher

In addition, children were asked if they thought it was important to respect/ help nature and look after the environment - all respondents (100%) stated that it was important. When asked why this was the case, responses included:

- “It is not just about you”
- “Because nature is a home for animals”
- “It’s our planet and it helps us too”
- “So people can see flowers”
- “Animals will die if we don’t”

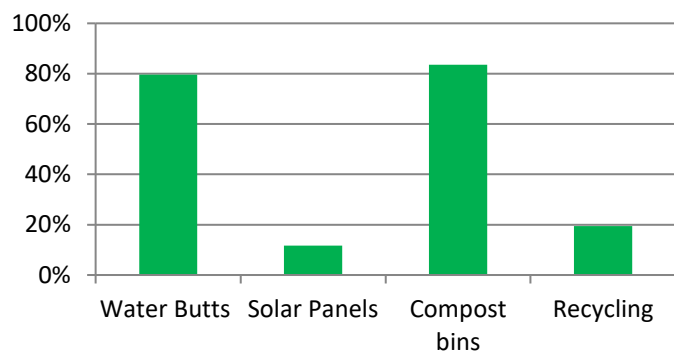
When further questioned as to why it was important to look after nature against set criteria, responses included:

The most frequent responses were both “It’s good for us” and also “Habitats” (each with 63%). Wider responses regarding sustainability included that *“It keeps us alive and nothing dies off”*, and *“Saves us and the animals”*.



Children were also asked to evidence that they understood about approaches to practical sustainability, and if they had seen any during their visit:

The most commonplace responses were “Compost Bins” (83%) and then “Water Butts” (80%). It should be noted that although there are solar panels and recycling points at the site, it may be the case that these are not as obvious to visitors and Kingswood Trust should make more of these features in the future.



Images - Left is improved composting area, and Right shows new water collectors.

“Planting, growing, harvesting, composting, and learning about rainwater collection has helped encourage new skills and to manage the growing areas on the Kingswood Trust site. Sharing knowledge and skills has enabled people to respect the living world, natural places and to take responsibility for actions, including, recycling, re-using and reducing waste.”

Staff member

Overall, the feedback illustrated a greater appreciation of sustainability and a clear interest in nature as well as participating in the natural environment, and as such it is considered that this target was achieved.

3.10 Overall Performance

Achievement of each of the outputs and outcomes is summarised below, and for ease of visual reference a subjective colour-coded rating has been applied:

- **Green**; the target has been fully achieved, or exceeded
- **Grey**; the target has been mostly achieved (above 80% where a target existed)
- **Red**; the target has not been achieved to a reasonable level (less than 80%)

Overall Achievement - A Wider Range Of People Will Be Involved In Heritage		
Outputs & Outcomes	Rating	Evidence
Outputs		
Deliver additional opening days		93% of additional opening days; 8 days short.
		146% of additional visitors achieved; 1,375 extra visitors.
Hold volunteer days		179% of volunteer days; extra 31.5 days.
		283% of volunteers; an extra 44 volunteers.
Deliver Forest School programmes		63% of programmes; 6 less than target.
		640% of activity; 108 additional days held.
		457% of attendance; 2,831 additional attendees.
Hold Nature Connections sessions		265% of sessions; 33 additional sessions.
		117% for engagement; 33 extra older people or carers.
Hold Garden Project sessions		96% of sessions; 2 less than target.
		89% of attendance; 51 people less.
Outcomes		

Groups understanding how they benefit from being in nature.		Clear understanding of the range of benefits experienced.
People learning in different contexts with family and friends.		Variety of activities and impacts gained from learning outside.
Greater interest in nature and education for sustainability.		Feedback shows increased recognition and interest.

4 Heritage Is In Better Condition

4.1 Target

The targets for this area of delivery were split between outputs and outcomes:

Heritage Will Be In Better Condition	
Outputs	• Develop a new Forest School area and gardening resource • Plant new native species • Install new habitats • Manage and improved existing areas
Outcomes	• Environments created will provide new habitats and increase biodiversity. • Diverse fauna and flora will improve enjoyment. • Endangered species will be supported on our site.

Each of these is considered below, grouped where suitable for ease of assessment.

4.2 New Forest School Area

This included a target to develop a new Forest School area and associated new gardening resource.

The planned areas were successfully completed, with locations indicated in the map at Appendix D. In outline this included that gardening activities took place in garden areas and the orchard predominantly, while Forest School took place in the wooded areas of the site. The Forest School Area was cleared and accessible to provide new learning opportunities for groups from April 2021, with the installation of seating and adventure play, with the final completion of the sustainable shelter and planting taking place in February 2022. The garden area, shelter, seating, raised beds and pathways were completed and fully operational in May 2021 with additional elements being added through to the end of the project. This included rainwater collection systems and composting areas as well as the final installation of Solitary Bee nesters in March 2022.



Images - Left is a Forest School shelter, and Right shows Forest School bothy.

“Just want say thank you so much for today. We sold it as a Well Being Day and that’s exactly what our girls got! They loved the new activities and it was lovely to hear laughter and excitement all day! The new forest school area is fantastic. We have some super photos, and I have purchased the Tree Keepers book so will plan some great follow up work.”

Teacher

Given the above evidence, this target was achieved.

4.3 New Native Species

This output included a target of 12 new native species in the new Forest School areas as well as the wider site.

A variety of activity was delivered, including:

- Sowed a meadow mixture from Emorsgate seeds on the north field that included a mix of 18 species (www.wildseed.co.uk/mixtures3).
- Planted plugs of five species in the dry riverbed (foxglove, Knapweed, Pasque flower, Ox Eye Daisy and Yarrow).
- Planted hedgerow plants of six species along Holyhead Woods (Alder, Buckthorn, Holly, Blackthorn, Hawthorn, Dog Rose and Hazel).
- Planted seven species along the woodland edges (Cowslip, Primrose, Dog Violet, Campion, Betony, Selfheal, and Woodruff).
- Planted fruit trees to enhance the orchard, including Sunburst Cherry, Winter Gem Apple, Tickled Pink Apple, Pear Conference and a Mulberry tree.
- Seeds have been sown on the new forest school structure, involving three different plant mixtures to best suit the areas being planted:
 - for the green roof, 28 species of N12 acid soils mix (www.naturescape.co.uk/n12-mixture)
 - for the first bank, 31 species of N11 dry soils mix (www.naturescape.co.uk/n11-mixture)
 - for the second bank, 28 species of N10 woodland mix (www.naturescape.co.uk/n10-mixture).
- Planted 150 trees to create hedgerows at various locations of the site and 6 fruit trees in the Orchard.

A plan showing areas of planting and activity is included at Appendix E. In total, aside from planting of species already on site, the above activity introduces 48 new species to the site equating to 400% achievement (36 extra species), and as such it is considered that this target was achieved.

4.4 New Habitats

This output included a target of 40 new habitats for birds, bees, bats, insects or small mammals.

Activity included:

- **Compost Area;** A large bay compost area installed including three compost bins and two worm cafés.
- **Bees;** eight new bee nesters installed and one window bee nester installed (also involved the repair of four bee nesters) [as image].
- **Birds;** 40 new bird boxes constructed and installed.
- **Bats;** 16 new bat boxes constructed and installed.
- **Insects;** one large pallet mini beast hotel built.
- **Small Mammals;** two new brash fences areas constructed along forest school fence line/ garden areas [as image] and two log piles in forest school area.



Images - Left is a Bee Nester,
Right shows new brash fences.



"The benefits were getting the children outside in a safe environment but giving them the freedom to explore, working together, being creative and experiencing meeting and being able to touch the animals and then talk to each other about their own pets. The ability to see different habitats, for different creatures was amazing. Team work and cooperation has improved and the children have more confidence to talk to each other. The best thing about our involvement with Nature4All was for all of us (staff and children) to be outside and enjoying the trees and nature around us together, particularly as Covid-19 has restricted us doing these kinds of things for a long time!"

Teacher

A plan showing areas of habitat and activity is included at Appendix F. Overall, this totals 188% achievement (35 additional new habitats created), aside from generic repair works undertaken, and as such it is considered that this target was achieved.

4.5 Management and Improvement

This included a target that 30% of the site would be better managed and/ or experience improved planting.

A variety of activity was delivered, including:

- Development of a Management & Maintenance Plan for the entire site, with a clear focus on key areas of new/ improved planting and pathways [as image].
- Orchard Management training completed led by Karen Limbrick (Ground Designs)
- Larger trees managed by tree surgeon Aaron Price (Heartwood Professional Tree Care)
- Significant work to install new security fence, as this area runs along a main road and was unsafe to use prior to this project given several instances of theft on site through this area in the years prior to the project.
- Maintenance of trees through the 2021 and 2022 storms.
- Failing/dead orchard trees removed and replanted.
- Repairs to tree guards and fencing improved to prevent sheep and rabbit damage.
- Removal of turf and mulching around bases.
- Sensitive mowing leaving long grass areas to allow wildlife to thrive.
- Significant areas of bramble, dead wood, invasive plants removed and clearing of rubble/rubbish from the site areas for new forest school area (Holyhead Woods) and area for new gardening resource.
- Planting of ground flora and hedge trees eg snowdrops, fox glove, yellow rattle, primroses, oxeye daisy, and napweed.
- Improved access for people of all ages - paths, surfaces, seating and raised beds
- Two shelters installed 1 x Garden Area Pergola - Gardeners' Rest (10m x 3m) [as image].
- and 1x Forest School Shelter - The Bothy (5m x 4m) with a sedum/living roof and soil banks for wild flowers - enabling better access to woodland areas, all year around and in all weather



Images - Left is new paths improve access to beds, Right shows new Gardeners' Rest Pergola.



While the specific planting and improvement activities cover several distinct areas accounting for delivery across approximately 10% the site, the new Management & Maintenance Plan covers the entire site; as such this target is considered achieved.

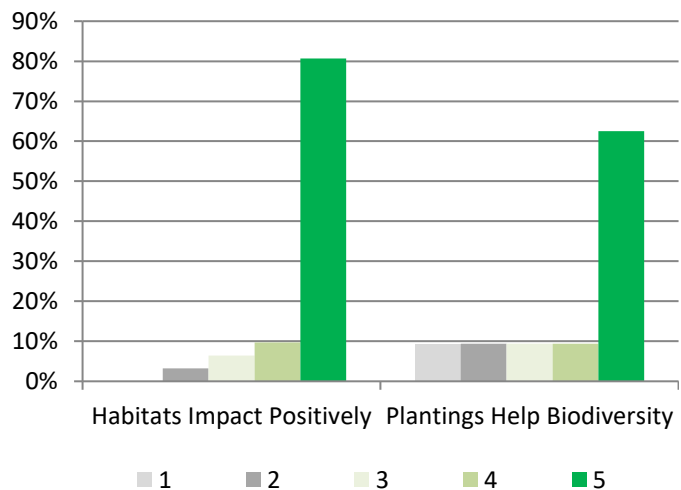
4.6 Environments Increase Biodiversity

This outcome focused on *“Natural environments created will provide new habitats and there will be increased biodiversity on the site.”*

The majority of activity centred on the plantings and habitat creation, as detailed earlier in this section, although some further evidence to support this was gained from team/ stakeholder engagement, and the following questionnaires; VQ2, and NC1.

Volunteers in particular were asked the extent to which they agreed with statements about their contribution (on a 1 to 5 scale, with 5 being the highest) toward nature conservancy; whether the habitats they helped to create were impacting positively on wildlife conservation, and whether the native species and more trees, grasses and wild flowers they planted had improved biodiversity:

This illustrates that the vast majority recognise that habitat creation impacts positively on wildlife ((91% rated as 4 or 5), and that planting supports biodiversity (72% rated as 4 or 5). It should be noted that the lower ratings of 1, 2, and 3 in the responses seem to be from those that had not actually been involved in specific activities that involved planting, which may indicate the question was less relevant to those particular respondents.



Wider comments from across the questionnaires linked to this theme included:

- “Being outdoors, exploring, the whole experience in general”
- “To enjoy being out in the countryside”
- “Walking in the woods”
- “The woodland trail is fantastic and diverse”
- “Helped new trees grow and habitat for insects”



Images - Left is lesser stag beetles, Right shows trailcam with a badger.



Overall the feedback supports the physical planting and habitat creation that occurred, as well as visitor's clear appreciation for the increased biodiversity at the site, and as such it is considered that this target was achieved.

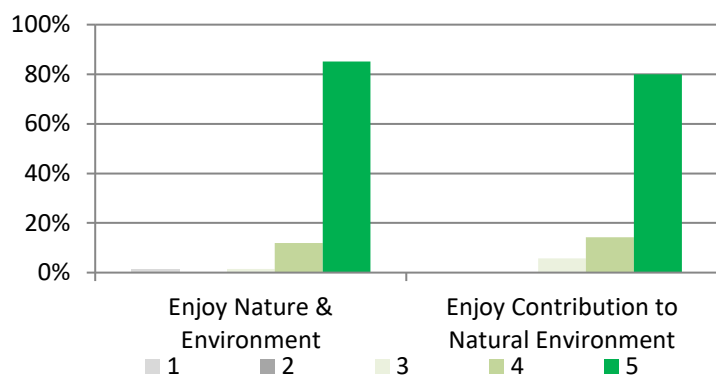
4.7 Fauna And Flora Improves Enjoyment

This outcome focused on “Diverse fauna and flora will improve interest and enjoyment of the natural environment”.

Evidence to support this was gained from team/ stakeholder engagement, and the following questionnaires; VQ2, NC1, VL, CS1, and FF1.

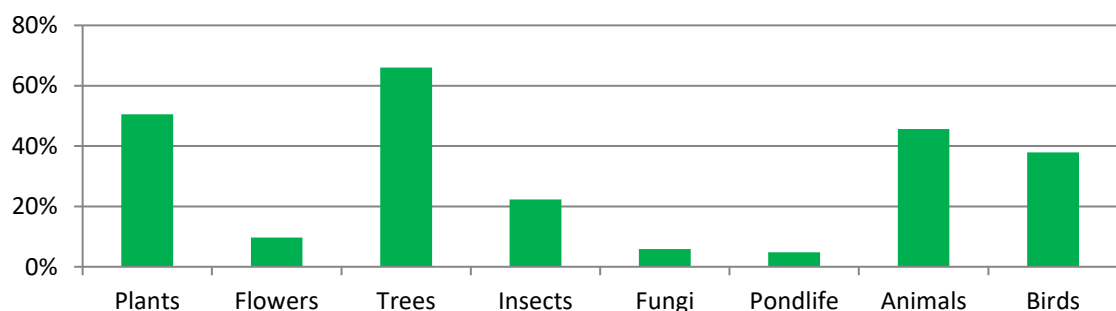
People were asked the extent to which they agreed with statements about their interest/ enjoyment (on a 1 to 5 scale, with 5 being the highest) of nature; whether they enjoyed nature and the environment, and whether they enjoyed observing the developments in the grounds and felt positive about their contribution toward nature and the environment:

This shows that almost all consider that they do enjoy nature (97% rated as 4 or 5), and most also enjoy feel good about how they contribute to the environment (94% rated 4 or 5). When asked to provide any further comments, responses linked to this theme included:



- “Wonderful time walking about in nature”
- “Thoroughly enjoyed planting trees and creating new habitat”
- “Seeing the big and small changes that have been made since I started here”
- “Liked to see what has changed and grown now”
- “Seeing the site develop and hearing the positive comments from visitors”
- “To enjoy being out in the countryside”

In addition, children were asked specifically about what types of fauna and flora they had seen and learnt about during their visit:



The most frequently cited response was ‘trees’ (66% of children), with even the least commonplace answer of ‘pondlife’ still being learned about by some children (5%).



Images - Left is a Goldcrest,
Right shows children with a rabbit.



“The Nature4All project gave the residents something to look forward to. Getting them back outside in the fresh air but with a purpose of learning something new in relation to nature. The joy of hand feeding the animals (especially the lambs and sheep) was an entirely new experience for one of our residents - an 84-year-old. One of the residents has asked for a greenhouse since her visit to Kingswood. All in all, the visits ignited the spark of nature.”

Group Leader

Overall the feedback demonstrates that visitors enjoy the site due to the mix of fauna and flora, and as such it is considered that this target was achieved.

4.8 Endangered Species

This outcome focused on *“Endangered species will be supported by planting on our site”*.

A variety of activity was undertaken, including:

- Transplanting of bog bean (*Menyanthes Trifoliata*) that is rare in many English counties to two new areas of the site.
- Planting 50 Pasque flowers (*Pulsatilla Vulgaris*) that is listed as near threatened on the global IUCN Red List of Threatened Species. According to the Wildlife Trust, Pasque flower is now a very rare plant in the wild, lost from many of its former sites. More than 99% of UK's Pasque Flower are now found on just five sites across the UK.

Given the above evidence, this target was achieved.

4.9 Overall Performance

Achievement of each of the outputs and outcomes is summarised below, and for ease of visual reference a subjective colour-coded rating has been applied:

- **Green**; the target has been fully achieved, or exceeded
- **Grey**; the target has been mostly achieved (above 80% where a target existed)
- **Red**; the target has not been achieved to a reasonable level (less than 80%)

Overall Achievement - Heritage Will Be In Better Condition		
Outputs & Outcomes	Rating	Evidence
Outputs		
Develop a new Forest School area and gardening resource		Forest School created and associated resources developed.
Plant new native species		400% achieved; 36 extra species planted at the site.
Install new habitats		188% achieved; 35 additional new habitats created.
Manage and improved existing areas		100% of the site covered by the Management Plan; additional 70%.
Outcomes		
Environments created will provide new habitats and increase biodiversity.		Multiple examples of planting and resultant increase to biodiversity.
Diverse fauna and flora will improve enjoyment.		Wide feedback showing fauna and flora improves interest in nature.
Endangered species will be supported on our site.		Several examples of planting to support the presence of endangered plants.

5 People Have Developed Skills

5.1 Target

The targets for this area of delivery were split between outputs and outcomes:

People Will Have Developed Skills
Outputs • Retain environmental staff posts. • Create new Volunteer Coordinator post. • Recruit new volunteers, and sustain existing volunteers
Outcomes • Volunteers develop confidence and transferable skills. • More experienced workforce helps Kingswood Trust and the sector develop.

Each of these is considered below, grouped where suitable for ease of assessment.

5.2 Environmental Staff Retained

This output included a target of retaining three full-time environmental posts.

As a result of the project, three environmental staff posts were retained [as image left to right; Environmental Assistant, Forest Leader, and Community Engagement Officer].



These three posts covered:

1. **Community Engagement Officer**; 37 hours per week developing new opportunities with the wider public, leading on the Nature Connections (older people) element of the project, communication and marketing.

“Continued work for the Kingswood Trust has meant being able to support its strategic vision and objectives through brand management, promoting and sustaining new services, securing additional events and social media development.”

Community Engagement Officer

2. **Forest Leader**; 37 hours per week, delivering forest school days/ programmes for children and families and supporting other environmental activities and projects.

“It’s given me chance to mix with people - get my confidence back after Covid lock down - I’ve felt that I have been able to get back into the swing of work in this familiar environment, and I enjoy and feel much better working outdoor in nature.”

Forest Leader

3. **Environmental Assistant;** 37 hours per week planning, delivery and evaluation of children's environmental project activities as well as working with families and the wider community.

"From a personal perspective, having returned to the UK from France in December 2020 during the Covid-19 pandemic, the opportunity to work at the Kingswood Trust has meant that I benefitted from job security at a time when securing employment was difficult, and to continue working with the Kingswood Trust has meant that myself and my family are in a more stable financial position."

Environmental Assistant

As such, the target was fully achieved. In addition, as bookings for activities for schools had increased from April 2022 all of the roles were continued beyond 31 March 2022.

5.3 New Volunteer Coordinator

This output included a target of creating a new full-time Volunteer Coordinator post.

As a result of the project, a new Volunteer Coordinator post was created at full time for 37 hours per week [as image].

This post was responsible for recruiting and developing volunteering links with partner agencies and beneficiaries, coordinating volunteers and practical outdoor activities, as well as supporting additional public opening times.



"The ability to work with Kingswood Trust has given me the opportunity to challenge myself in the workplace, apply myself in new areas of work and learn new skills. It has provided the opportunity to work with many amazing people from all walks of life which has brought me no end of joy."

"Being able to work through the pandemic was also important to me. This meant that I was able to support my family during a time when many people were struggling - this job security provided not only a steady income but peace of mind for my family."

Volunteer Coordinator

As such, the target was fully achieved. In addition, the role was continued beyond 31 March 2022 at 0.5 FTE as income generated from charges for activities and fundraising from Trusts and Foundations.

5.4 New and Existing Volunteers

This output included a target of recruiting 12 new volunteers aged 16-25 (some with SENDs), sustaining 12 existing volunteers, and supporting 40 days' worth of volunteering.

The project achieved the following:

Recruit New Volunteers, And Sustain Existing Volunteers					
Groups	Status	Ages	Numbers	Sessions	Days
Monday/Tuesday Volunteers	25 new 18 existing	17; Aged 14-25 26; Aged 26-84	43	98	49
Saturday Volunteering	8 new 0 existing	Aged 18+	8	21	10.5
Group Volunteering	35 new 0 existing	Aged 16+	35	11	5.5
Wildlife Wednesdays	0 new 6 existing	Aged 26-84	6	13	6.5
Total			86	143	71.5

- New Volunteers;** this illustrates that 17 new volunteers (Monday and Tuesdays) up to the age of 25 were recruited (three of which had SEND) equating to 142% achievement (five additional new volunteers). It should also be noted that all volunteers from Highflyers and Shropshire Wild Teams have SENDs, accounting for 24 and in general the level of older volunteer numbers grew throughout the pandemic resulting in the fact that the project was able to recruit extra older volunteers although this was not a funded output.

"I've gained lots of skills that link with the University course I'm doing, which enables me to put the theory into practice, such as with habitat creation and biodiversity. Understanding how these can be created and maintained in real life is invaluable knowledge, and will really enhance my studies. I'll also be coming back to Kingswood Trust on a University placement so I can continue to help and learn."

New Volunteer

- Existing Volunteers;** in addition, 18 existing volunteers were sustained resulting in 150% achievement of target (six additional existing volunteers).

“A key part of what makes Kingswood Trust a success is their ability to engage the public. To help make this better, I was involved in creating outdoor shelters. These mean that schools and groups are able to have a dedicated space outside that is sheltered from bad weather, meaning they can learn and experience nature without being stopped by a commonplace barrier - having to go inside when it rains. The shelters were really welcomed by visitors, and I hope will support the development and growth of Kingswood for many years to come.”

Volunteer

- **Volunteer Days;** this was accounted for in terms of ‘sessions’ held with each session being half a day or longer. As such a total of 71.5 days of volunteering were provided (for both new and existing volunteers) being 179% of target (31.5 extra days).



Images - Left is Charter House volunteer day, Right shows volunteers building the new keyhole garden.



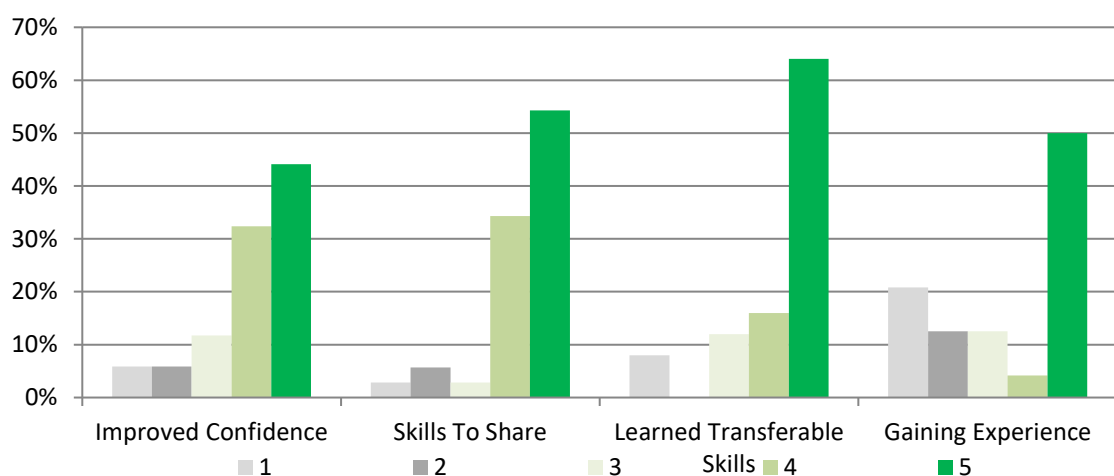
As such, each of the three indicators was exceeded, and as such the target was fully achieved.

5.5 Volunteer Development

This outcome focused on “Volunteers will have developed confidence and transferable skills through work experience to help them move closer to the job market and learning transferable and work-related skills that can help in the future with employment and training.”

Evidence to support this was gained from team/ stakeholder engagement, and the VQ2 questionnaire.

Volunteers were asked the extent to which they agreed with statements about their skills development (on a 1 to 5 scale, with 5 being the highest) of nature; whether their confidence and skills had improved since volunteering, whether they had new knowledge and skills they could share with others, whether they had learned transferrable and work related skills that could help with future employment, and whether volunteering was helping them to learn and gain experience:



This shows that all response categories received the majority of feedback indicating a 4 or a 5; with “Learned Transferable Skills” being the highest rated response (80% of 4s and 5s). Surprisingly the “Gained Experience” category received the lowest overall ratings with a third of respondents only rating this as 1 or 2 - potentially illustrating the fact that many of the volunteers already have a broad skills base and have existing knowledge.

When asked to explain any new skills and knowledge gained during the project, examples of specific comments included:

- “Ability to plan projects for environmental work, and construction skills”
- “Coping with dementia, and working with different people”
- “Different types of trees that can be planted and how to plant them, and difference between stinging and non-stinging nettles”
- “Identification of grasses, improved knowledge of animal husbandry”
- “Organisation and people skills”

“This volunteering links to my future carer pathway; and it’s great to work with people that have a passion for the environment - they are there because they want to be, and that really comes across.”

Volunteer

Wider feedback on skills and experienced gained a variety of responses, as word cloud image:



"Our volunteers have additional needs and they gained so much from the Nature4All project. It built confidence and self-worth, and also reduced anxiety and feelings of social isolation. Our volunteers also developed their social skills in terms of engaging with members of the public. But what was really good was the ability to gain skills in a real-world setting, and this will certainly help them to be better placed in seeking employment or future training."

Quote from the Leader of an external group who volunteered with the project, as below image.



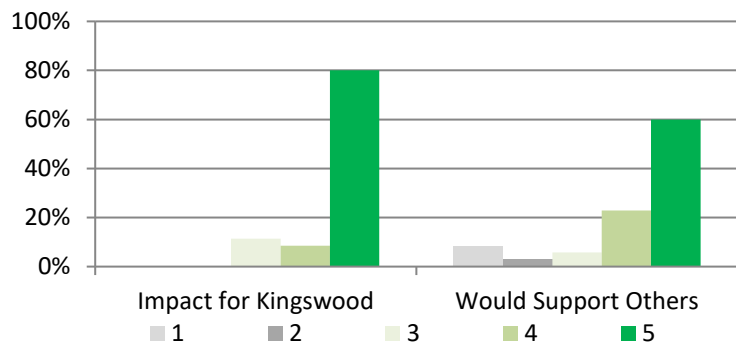
Overall the feedback demonstrates that volunteers have developed confidence and a variety of transferable skills that will help in their future with employment or training, and as such it is considered that this target was achieved.

5.6 Experienced Workforce Develops Kingswood Trust

This outcome focused on “A more competent, skilled and experienced volunteer and staff workforce help the charity develop, and support the wider environmental sector.”

Evidence to support this was gained from team/ stakeholder engagement, and the VQ2 questionnaire. Volunteers were asked the extent to which they agreed with statements about their impact and contributions (on a 1 to 5 scale, with 5 being the highest); whether they felt they were making a positive impact on the work of Kingswood Trust, and whether they would consider supporting another organisation in the environmental sector:

This shows that the vast majority consider their input makes a positive contribution to the charity (89% rated 4 or 5), and most would also consider assisting another nature based organisation (83% rated 4 or 5).



“What worked really well was the fact that the volunteers knew their work was meaningful and was necessary for Kingswood Trust, and as a result they could see school children or older visitors at the site benefiting from the work they had done. This was great for motivation and lifting mood, and as a result several have looked for opportunities to volunteer with other environmental organisations.”

Leader of an external volunteer group

In terms of the staff team within Kingswood Trust, all members of the team felt that their input during the project had helped Kingswood Trust develop.

"I have developed a number of new partnerships with volunteer organisations and individuals new to Kingswood Trust to support Nature4All and projects in the future. My role as working with a diverse range of groups has developed the site significantly, both in terms of new infrastructure and biodiversity - ensuring a lasting legacy for the N4A project. My knowledge and experience of wildlife has helped others to develop new interests and connections with nature. Our volunteers have enthused about our Wildlife Wednesdays as a way to increase their knowledge of nature and share this with the wider community."

Staff member

Overall the feedback demonstrates that the team actively help the charity develop, and are also willing to support the wider environmental sector. As such it is considered that this target was achieved.

5.7 Overall Performance

Achievement of each of the outputs and outcomes is summarised below, and for ease of visual reference a subjective colour-coded rating has been applied:

- **Green**; the target has been fully achieved, or exceeded
- **Grey**; the target has been mostly achieved (above 80% where a target existed)
- **Red**; the target has not been achieved to a reasonable level (less than 80%)

Overall Achievement - People Will Have Developed Skills		
Outputs & Outcomes	Rating	Evidence
Outputs		
Retain environmental staff posts.		Three staff posts have been successfully retained.
Create new Volunteer Coordinator post.		Post has been successfully recruited.
Recruit new volunteers, and sustain existing volunteers		• 142% of volunteers recruited; five additional new volunteers
		• 150% existing volunteers sustained; six additional existing volunteers.
		• 179% days of volunteering; 31.5 extra days.

Outcomes		
Volunteers develop confidence and transferable skills.		Evidence shows volunteers have developed, helping future opportunities.
More experienced workforce helps Kingswood Trust and the sector develop.		Feedback is that team actively help the charity develop, and wider sector.

6 Learning About Heritage Leads To Change

6.1 Target

The targets for this area of delivery were split between outputs and outcomes:

People Will Have Learnt About Heritage, Leading To Change In Ideas And Actions	
Outputs	This output was a duplication of the 'A wider range of people will be involved in heritage' outcome detailed earlier in this report, and so is not repeated in this section.
Outcomes	- Participants will embark on other nature-based activities. - Knowledge of the natural world leads to better choices and more positive actions. - Visitors choose to spend more benefiting from nature.

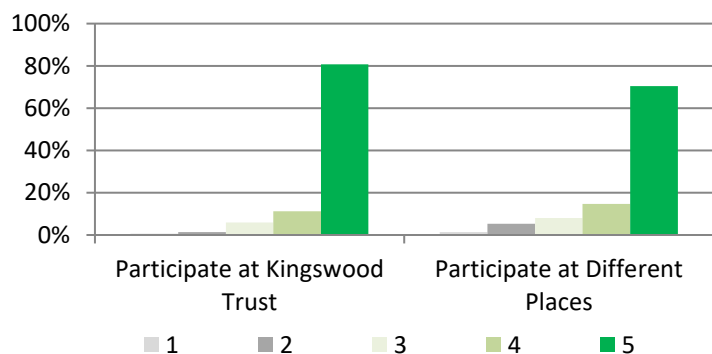
Each of these is considered below, grouped where suitable for ease of assessment.

6.2 Participants Embark On Other Nature Activities

This outcome focused on “*Participants will be willing to embark on other nature-based activities in the future.*”

Evidence to support this was gained from team/ stakeholder engagement, and the following questionnaires: AH1, VQ2, NC1, and FF1. People were asked to consider the extent to which they agreed (ranked 1 to 5, with 5 being the highest) with statements about their willingness to engage in other nature-based activities in the future; either at Kingswood Trust, or at different places:

This shows that the vast majority of visitors would be willing to engage with other nature-based activities in the future - both at Kingswood Trust (92% responded as 4 or 5) or at a different location (85%) - in the future.



“We as volunteers tend to see some families coming back time and again. When we get talking to them, often these will be those families that live in urban or city areas and do not have opportunities to engage with nature or spend time outdoors in nature as a family. We get to see them trying new things as their own confidence and willingness to engage with nature grows over time.”

Volunteer

Given the above, it is considered that this target was achieved.

6.3 Knowledge Leads To Better Choices And Positive Actions

This outcome focused on *“Greater knowledge and respect of the natural world leads to better choices and behaviours to safeguard the environment, resulting in more positive actions relating to sustainability and the environment eg recycling, reducing energy, waste and water consumption.”*

Evidence to support this was gained from team/ stakeholder engagement, and particularly from CS1 and VL questionnaires.

Children were asked to select from a list of specific activities they were going to do to help nature and the environment as a result of their engagement:

The two most frequent responses were equally reported being that they would bin their rubbish as opposed to littering (83% of children’s responses) and they would recycle or compost more (83%).

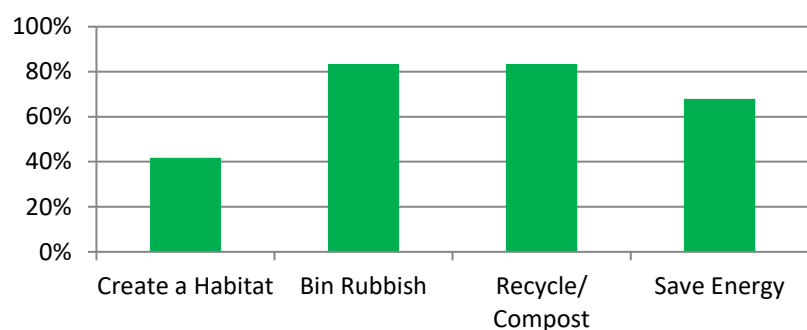
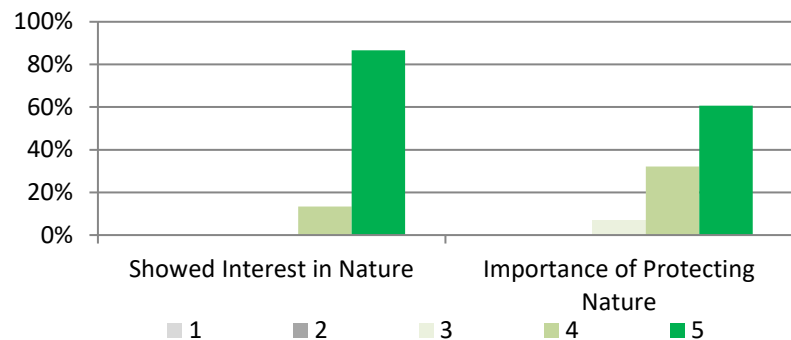


Image - Left boy using rainwater collection butt, Right Wombourne DSG consider growing areas.



To provide further reflection on children's respect for nature, the leaders of various activities were asked to comment on the extent to which they felt the children in their groups had (ranked 1 to 5, with 5 being the highest); showed an interest in nature and enjoyed participating in the environmental activities, and had learnt about wildlife and the importance of respecting and protecting nature:

This shows that leaders completely felt that the children showed an interest in nature (100% rated 4 or 5), and also that most learned about the importance of respecting nature (93% rated 4 or 5).



Overall the feedback demonstrates that visitors, especially children, have gained respect for the natural world and used new knowledge to more positive actions regarding environmental sustainability. As such it is considered that this target was achieved.

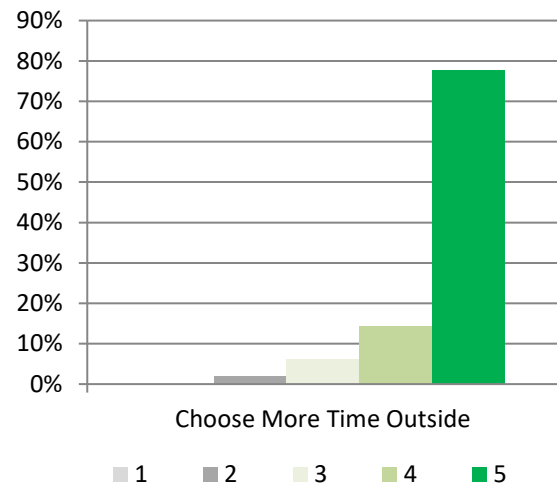
6.4 Visitors Choose More Time Outdoors

This outcome focused on “*Visitors may choose to spend more time outdoors and benefit from nature.*”

Evidence to support this was gained from team/ stakeholder engagement, and the following questionnaires; AH1, VQ2, NC1, VL, CS1, and FF1.

People were asked to consider the extent to which they agreed (ranked 1 to 5, with 5 being the highest) with the statement that as a result of the project they will choose to spend more time outside enjoying nature. This shows that almost all responded with a 4 or 5 rating (92%). To provide further tangible ideas of what Kingswood Trust could offer to support that interest, families were asked what activities they may wish to participate in, with responses including:

- Pond dipping [the most frequent request]
- Making bird boxes
- Nature trail
- Making a den
- Bug hunting
- 'Make something' sessions



"We enjoyed seeing the children pond dipping for newts, a cross generational visit is really good to see as it brings us all closer together."

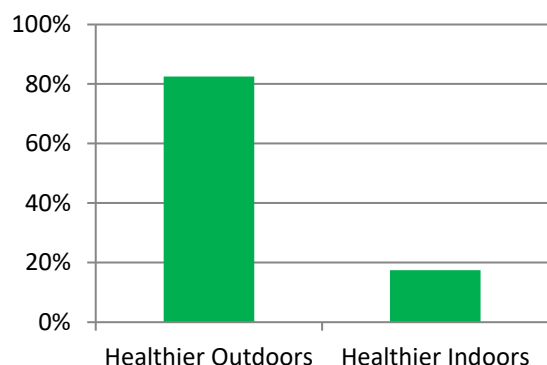
Visitor

To provide further reflection on the importance of children being outside, the leaders of various activities were asked to comment why they felt it was important that children connect with nature and spend time outdoors. A good range of responses were provided [as word cloud]:



Children were asked directly if they thought it was healthier to spend time indoors or outdoors, with the majority (83% of responses) suggesting outdoors. When asked why this was the case, responses in favour of the outside included:

- “Fresh air and nature for you”
- “You can breathe better”
- “Can run around”
- “We need sunshine to make us healthy”
- “The trees are healthy”

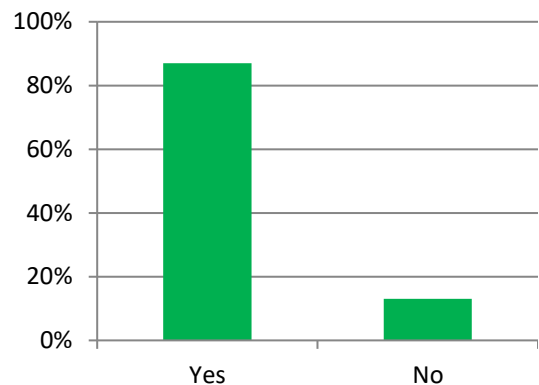


Conversely, those that suggested inside was healthier gave reasons such as:

- “I do sport inside and that’s healthy”
- “There is healthy food”
- “Because it’s cosy”
- “Indoors is warm”
- “We can eat fruit”

To explore these responses further, the children were asked if they would like to spend more time outdoors, with the majority (87%) indicating that they would. Comments in favour of this included:

- “It’s fun to be outside”
- “Healthy for you”
- “I love nature”
- “I like the sunshine”
- “Play in the trees”



The only responses from ‘no’ respondents were that, “I like sleep” and “Too cold”. Specific comments included:

- “To get a better understanding of the outdoors, animals and plants”
- “So they can apply skills they have been taught in the classroom”
- “To learn respect for living things”
- “Our children don’t get this experience in their own time”
- “To learn about the environment and how to look after it”



Image - Left family making bird feeders, Right animal husbandry.



Overall the feedback demonstrates that visitors not only actively choose to spend more time outdoors, but that they appreciate and recognise the benefit they receive from being in nature. As such it is considered that this target was achieved.

6.5 Overall Performance

Achievement of each of the outputs and outcomes is summarised below, and for ease of visual reference a subjective colour-coded rating has been applied:

- **Green**; the target has been fully achieved, or exceeded
- **Grey**; the target has been mostly achieved (above 80% where a target existed)
- **Red**; the target has not been achieved to a reasonable level (less than 80%)

Overall Achievement - People Will Have Learnt About Heritage, Leading To Change In Ideas And Actions		
Outputs & Outcomes	Rating	Evidence
Outputs This output was a duplication of the 'A wider range of people will be involved in heritage' outcome detailed earlier in this report, and so is not repeated in this section.		
Outcomes		
Participants will embark on other nature-based activities.		Evidence shows visitors are willing to engage with other locations/ activities.
Knowledge of the natural world leads to better choices and more positive actions.		Feedback is that visitors have gained respect, and make positive choices.
Visitors choose to spend more benefiting from nature.		Clear preference for spending time outdoors with nature.

7 People Have Greater Wellbeing

7.1 Target

The targets for this area of delivery were split between outputs and outcomes:

People Will Have Greater Wellbeing	
Outputs	This output was a duplication of the 'A wider range of people will be involved in heritage' outcome detailed earlier in this report, and so is not repeated in this section.
Outcomes	- Visitors experience improved physical and mental health. - Volunteers experience positive impact and emotional wellbeing. - Individuals spend less time indoors tied to technology.

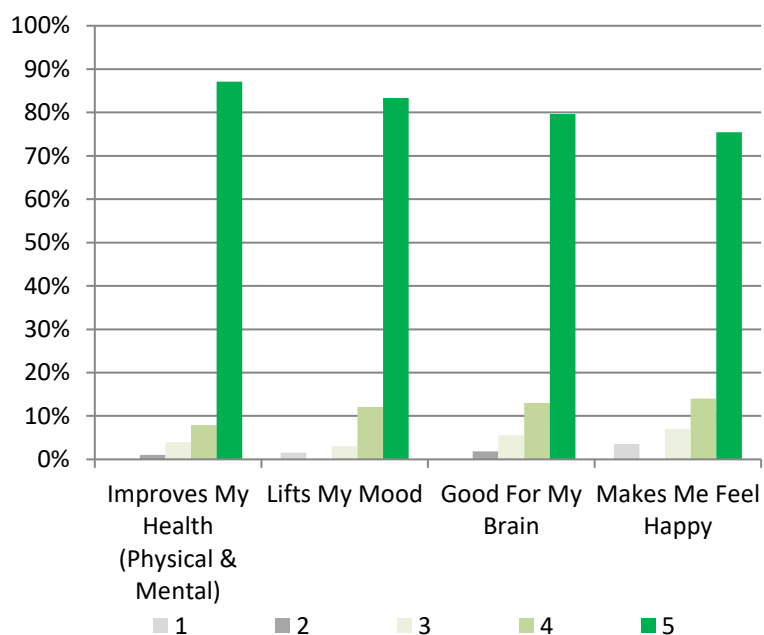
Each of these is considered below, grouped where suitable for ease of assessment.

7.2 Improved Physical And Mental Health

This outcome focused on *“Improved physical and mental health for visitors through new nature connections, experiencing benefits of being outdoors in nature.”*

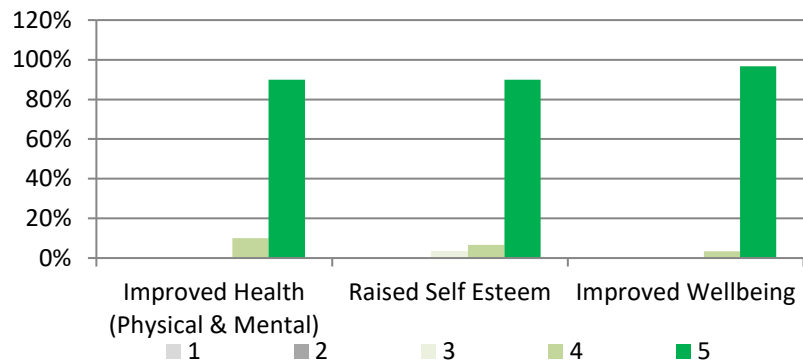
Evidence to support this was gained from team/ stakeholder engagement, and the following questionnaires; AH1, VQ2, NC1, VL, and FF1. People were asked to consider the extent to which they agreed (ranked 1 to 5, with 5 being the highest) with statements regarding the effect of nature/ being outdoors had on them; whether it improved their physical and mental health, whether it lifted their mood and made them feel more motivated, whether being outdoors was good for their brain, and whether they usually felt happy out in nature:

This shows that all response categories received consistent positive feedback, with each receiving over 7% of 4 ratings, and of these the most highly rated overall was “Improves My Health” (95% rated 4 or 5). The only ratings of 1 were received in the “Makes Me Feel Happy” category, with associated responses provided being *“to help with mental health”* and *“it was ok but my back hurts”*.



To provide observation on the wellbeing benefits of nature for children, the leaders of various activities were asked to rank a series of statements; whether being active outdoors in nature contributed towards improved physical and mental health, whether the children were able to work with greater independence that raised self esteem, and whether they participated in physical and practical activities that improved wellbeing:

This illustrates that two of the categories received solely 4 or 5 ratings, whereas “Raised Self Esteem” was close behind (97% rated 4 or 5).



To provide further observation on the actions/ abilities created for children as a result of nature, the leaders of various activities were asked to rank a series of statements; whether they were able to collaborate and cooperate together that encouraging improved communication, whether being active outdoors in nature contributed towards the children being easily motivated when working outdoors, and whether they engaged in practical activities that they will remember for years to come:

This shows that all three responses received solely 4 or 5 ratings; with both “Enhanced Motivation” and also “Created Memories For The Future” receiving 93% rated with 5s.

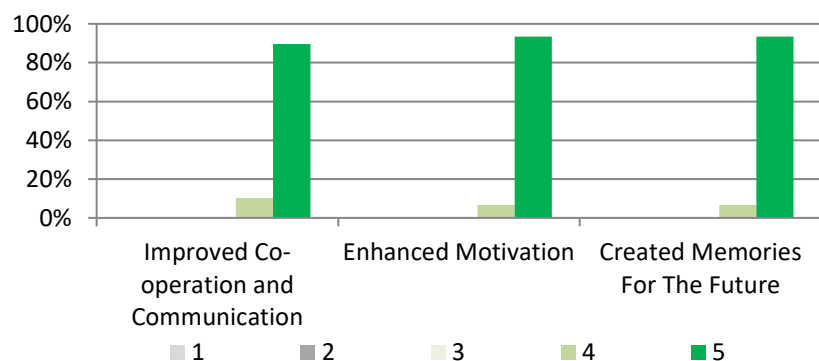


Image - Left family gardening adventure, Right intergenerational family fun.



"It's hard to believe how close we are to Wolverhampton. It feels like a different world. It's so good for the children's health and wellbeing to be here."

Teacher

Overall the feedback demonstrates strong agreement from visitors that being outdoors in nature improves physical and mental health in several ways. As such it is considered that this target was achieved.

7.3 Volunteer Emotional Wellbeing

This outcome focused on “*Better emotional wellbeing for volunteers from being outdoors and experiencing a range of positive impacts and general better health.*”

Evidence to support this was gained from team/ stakeholder engagement, and from the VQ2 questionnaire. To understand the broad benefits for volunteers' wellbeing and enjoyment, they were asked to consider what had been the main impacts of volunteering within the project had been on them. A variety of responses were gained, as word cloud image:



Specific comments included:

- “Having got older and less active, I have felt able to join in a range of activities that are interesting and contribute to the continuation of this wonderful project.”
- “Getting through the tribulations imposed by Covid.”
- “Helping me keep mentally and physically fit”
- “Doing worthwhile activities that mean a lot to me.”
- “Helped my mental health getting out and talking to people.”

To provide further detail on the key facets of wellbeing, volunteers were asked to consider the extent to which they agreed (ranked 1 to 5, with 5 being the highest) with statements regarding the effect of being involved in the project on their wellbeing; whether being outdoors improved their physical and mental health, whether participating in nature based volunteering had a positive impact on their wellbeing during the Covid-19 pandemic, and whether volunteering was a sociable activity that enabled them to make new friends:

This illustrates that the most highly rated response was “Improved Health” (95% rated as 4 or 5). It is interesting to note that the respondent that provided the rating of 2 for “Improved Social Networks” also indicated elsewhere in their survey response that the main impact of volunteering for them had been “new friends”; perhaps indicating an error in completing the return.

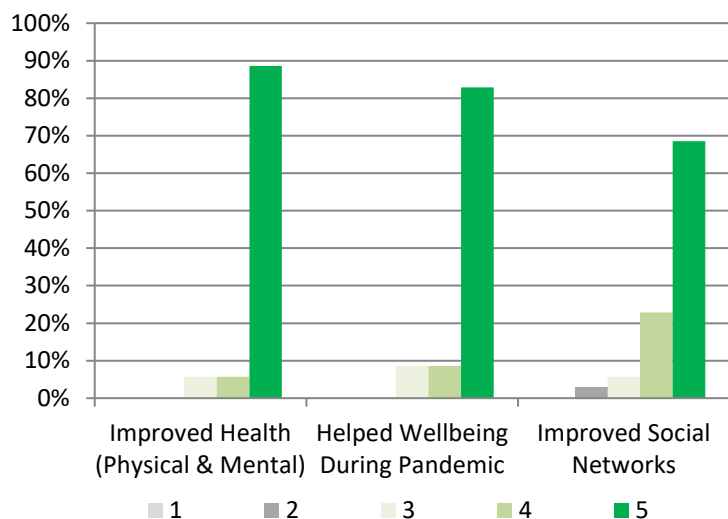


Image - Left volunteer supporting weaving, Right volunteers shapling the willow sculpture



“Working in the natural environment really helped our volunteers switch on. You could see the clear benefits for their mental health, physical wellbeing, and the way they more positively interacted with the world around them. Being at Kingswood Trust really worked for us.”

Leader of an external volunteer group

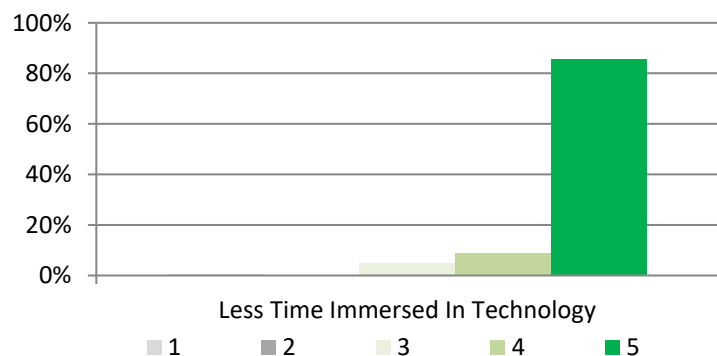
Overall the feedback demonstrates that volunteers recognise that the project has supported a number of areas of wellbeing and health given their volunteering outdoors. As such it is considered that this target was achieved.

7.4 Less Time Tied to Technology

This outcome focused on *“Individuals will spend less time indoors tied to technology and choose a healthier outdoor lifestyle.”*

Evidence to support this was gained from team/ stakeholder engagement, and the following questionnaires; AH1, VQ2, NC1, VL, and FF1.

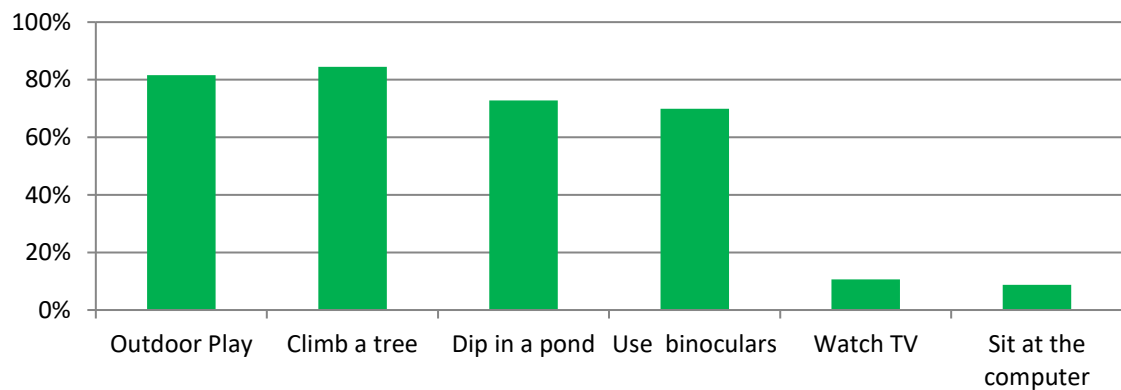
People were asked to consider the extent to which they agreed (ranked 1 to 5, with 5 being the highest) with the sentiment that it was healthier to be active outdoors than sedentary indoors immersed in technology. This shows 86% rated this as a 5.



“Working with families has helped them to understand the benefits of Forest School and nature activities on their children’s health and development and has given them ideas of other things they can do outdoors - simple, low cost and local.”

Staff member

To provide further detail on what children in particular would like to be doing more of in terms of traditional indoor versus outdoor pastimes, they were asked to consider their interest in several activities:



This shows that the most popular response was to “Climb a Tree” (84% of respondents) with “Outdoor Play” closely behind (82%). It is encouraging to note that the traditionally indoor responses of “Watch TV” and “Sit at the Computer” were significantly the lowest scoring responses (11% and 9% of respondents respectively).



Image - Left tree climbing,
Right HighFivers building trellis



“Many of our children are on pupil premium, and most of our families live in flats so do not get the opportunity to spend time outdoors. Our time with Kingswood got people outside, and got them enjoying nature. We have heard that many of those that attended have started to go to the park more or have a walk – and they are building this into their home lives. As a school we are currently refreshing our curriculum at the moment, and being outdoors focuses a lot in this, which has been informed by our time with the Nature4All project.”

Teacher

Overall the feedback demonstrates that visitors appreciate the importance of spending less time indoors tied to technology and the benefits of choosing a healthier outdoor lifestyle; with children especially keen to partake in outdoor activities. As such it is considered that this target was achieved.

7.5 Overall Performance

Achievement of each of the outputs and outcomes is summarised below, and for ease of visual reference a subjective colour-coded rating has been applied:

- **Green**; the target has been fully achieved, or exceeded
- **Grey**; the target has been mostly achieved (above 80% where a target existed)
- **Red**; the target has not been achieved to a reasonable level (less than 80%)

Overall Achievement - People Will Have Greater Wellbeing		
Outputs & Outcomes	Rating	Evidence
Outputs This output was a duplication of the ‘A wider range of people will be involved in heritage’ outcome detailed earlier in this report, and so is not repeated in this section.		
Outcomes		
Visitors experience improved physical and mental health.		Clear agreement from visitors that being in nature improves health.
Volunteers experience positive impact and emotional wellbeing.		Evidence shows a variety of benefits for positive wellbeing.

Individuals spend less time indoors tied to technology.



Strong feedback that visitors appreciate importance of spending time outdoors.

8 Kingswood Trust Will Be More Resilient

8.1 Target

The targets for this area of delivery were split between outputs and outcomes:

Kingswood Trust Will Be More Resilient	
Outputs	Funding will retain environmental staff.
Outcomes	- Enhanced capability for outcomes leads to better placement to attract funding. - Future opportunities for sustainability are enhanced through partnerships. - Evidence and success used as a promotional tool to attract new business.

Each of these is considered below, grouped where suitable for ease of assessment.

8.2 Retention of Staff

This output included a target that funding would retain employment for three environmental staff.

As a result of the funding, the three staff posts have been retained during the project, each full time at 37 hours per week:

- Community Engagement Officer;** developing new opportunities with the wider public, leading on the Nature Connections, communication and marketing.
- Forest Leader;** delivering forest school days/ programmes for children and families and supporting other environmental activities and projects.
- Environmental Assistant;** delivery and evaluation of children's environmental project activities as well as working with families and the wider community.

In addition, as bookings for activities for schools had increased from April 2022 all of the roles were continued beyond 31 March 2022.

Given this, the target has been achieved.

8.3 Enhanced Reputation Supports Funding

This outcome focused on *“Enhanced capability and track record in delivering positive environmental and educational outcomes better places Kingswood Trust to attract future funding to continue delivering environmental/nature projects that are sustainable for the benefit of people and wildlife.”*

In terms of increasing capability, Kingswood Trust secured the Lamplight databased system. The usage of this enabled the recording, monitoring, analysis, and presentation of outcomes data more effectively to service users and trustees, as well as when engaging potential funders and partners.

In addition the learning and advice gained from working with an external consultant during the evaluation approach has increased the capability and ambition within the team to pro-actively seek to demonstrate impact, and to subsequently use that as a tool to secure future support. This included approaches to engaging service users and drawing wider stakeholder feedback, and using the insight gained to shape forward delivery based on meaningful outcomes.

The improved ability to demonstrate outcomes led to Kingswood Trust being approached by three funders regarding interest in submitting applications for funding, being:

1. Severn Trent Community Fund (www.stwater.co.uk/community-fund)
2. Warburtons Community Grants (www.warburtons.co.uk/financial-giving)
3. Co-op Local Community Fund (www.causes.coop.co.uk).

Overall the evidence demonstrates that track record has been enhanced and this has led to clear opportunities to attract funding, as such it may be reasonably considered that the target has been achieved.

8.4 Opportunities Through New Partnerships

This outcome focused on *“Future opportunities and sustainability for Kingswood Trust will be enhanced through development of new partnerships.”*

As a result of the project, Kingswood Trust identified key thematic areas of activity that it wished to develop partnership opportunities within. Due to the learning gained during the project, especially the enhanced reputation as detailed above, approaches to external organisations have been extremely positive in terms of interested partners expressing an eagerness to progress three key thematic areas:

- **Older People’s Support;** 10 interested partners have been engaged in open dialogue. These included Brewood Dementia Support Group, Wombourne Dementia Support Group, We’ll Meet Again [as quote below], Foxland Grange Care Home, Midland Heart - Bilston, Midland Heart Ettingshall, Perton Manor Care Home, Home Instead Telford, Home Instead Wombourne [as quote below], and Staffordshire Partnership.

“It was a wonderful opportunity for those who were able, and those with walking difficulties. To experience the joy of an indoor and outdoor walk around the grounds, seeing the animals, visiting the WW2 bunker. After nearly two years of isolation, loneliness for many vulnerable retired adults, the experience of renewing friendships and making new friends would be special. Also, the experience of crafting, enjoying a meal, making cards, painting bottles for gifts and chatting before a Christmas lunch was very much enjoyed. The lunch was not only delicious, but we enjoyed the company of professional staff, willing volunteers. With better weather around the corner next month; more will be able to take a stroll around the ground using newly installed foot paths, making walking much easier.”

We’ll Meet Again

“There are no words to describe the Beauty of Kingswood Trust. It’s such an amazing place to visit. Everyone who attended Nature Connections have asked me when I will be organising the next one. The staff are amazing and we were all very well looked after from boarding the minibus until the morning was sadly over. Thank you to all the staff and volunteers that work so hard to make the visits so memorable.”

Home Instead

- **Work Placement and Training;** six interested partners have been engaged. These included Shropshire Wild Teams, Rodbaston College [as quote], Harper Adams University, Changing Our Lives, Shaw Trust, and Zebra Access.

“We are really keen to continue working with Kingswood Trust - what a fabulous site to develop environmental learning and practical skills for our young students.”

Rodbaston College

- **Collaborative Delivery:** three interested partners have been engaged. These included Haven Women’s Refuge, Afro Caribbean Community Initiative, and the Refugee and Migrant Centre.

Given this approach, 19 organisations have expressed an interest in forming new partnerships. It is expected that some of these may lead to tangible opportunities in the future, and as such it may be reasonably considered that the target has been achieved.

8.5 Success Used To Attract New Business

This outcome focused on *“The evidence gathered, and Kingswood Trust’s success, will be used as a promotional tool to attract new business and income.”*

The learning and insight gained through project delivery enabled Kingswood Trust to focus more heavily on outcome-focused marketing and communication exercises, which as a result brought more enquiries through the website and social media channels, as well as leading to increased attendance levels at events and activities.

In addition, the project enabled Kingswood Trust to develop a series of user-led case studies and client stories. These will be invaluable in moving forwards to support approaches to funders, investors and wider stakeholders when seeking to secure support. All case-studies are available as stand-alone documents, with an example in Appendix G for reference.

A specific example was at the Celebration Event in mid-March 2022, where key promotional messages were used to showcase the successes and benefits of the project. In addition, the content from this also helped inform a publicity piece used for local media outlets, such as a press release in the Express & Star on Saturday 26th March 2022 (to its full print circulation, plus 15,000 digital adverts on the Express & Star Website).

In addition, the Nature4All business event in November 2021 had details circulated via multiple online channels with support from Simon Archer at Wolverhampton Magazine, which resulted in attendance of 16 people, and the development of a partnership with Wildside Activity Centre (an environmental Charity in Wolverhampton) to run four more events for developing Corporate Social Responsibility partners and activities for staff training and wellbeing in nature.

Following the event, a new relationship was formed with Imre Tolgyesi, the Codsall Community Hub Project Manager, of South Staffordshire Council Business Connector that assisted in developing additional business partnerships in the local area, such as with a nursery that is part of the new Locality Hub in a neighbouring village. There was also enquiries from five new schools, due to the increased levels of publicity that showcased the success of the project.

Given this, the target has been achieved.

8.6 Overall Performance

Achievement of each of the outputs and outcomes is summarised below, and for ease of visual reference a subjective colour-coded rating has been applied:

- **Green**; the target has been fully achieved, or exceeded
- **Grey**; the target has been mostly achieved (above 80% where a target existed)
- **Red**; the target has not been achieved to a reasonable level (less than 80%)

Overall Achievement - Kingswood Trust Will Be More Resilient		
Outputs & Outcomes	Rating	Evidence
Outputs		
Funding will retain environmental staff.		Three staff retained during delivery, and continued beyond the project.
Outcomes		

Enhanced capability for outcomes leads to better placement to attract funding.		Track record has been enhanced which led to opportunities to attract funding.
Future opportunities for sustainability are enhanced through partnerships.		Multiple organisations have expressed an interest in forming new partnerships.
Evidence and success used as a promotional tool to attract new business.		Data used to showcase performance, such as at the Celebration Event.

9 Financial Performance

9.1 Project Income

The project had a total award of up to £215,200, including contingency. This was supported in entirety by the GRCF grant.

9.2 Project Spend

The total project budget may be summarised below:

Project Spend				
Item	£	Original Award	Actual Spend	Variance
Staff		146,531	146,843	-312
Recruitment		400	389	11
Repair and conservation work		3,900	3,871	29
New build work		32,739	31,145	1,594
Digital outputs		450	450	0
Equipment and materials		3,000	2,705	295
Training for staff		800	800	0
Training for volunteers		700	688	12
Travel for staff		450	246	204
Travel for volunteers		2,320	2,376	-56
Expenses for volunteers		6,720	5,169	1,551
Event costs		1,250	1,243	7
Other Expenses		750	585	165
Publicity and promotion		750	446	304
Evaluation		4,200	3775	425
Contingency		10,240	4557	5,683
TOTAL		215,200	205,288	9,912

This shows that the overall budget allowance was not required, with a reduced project spend of £9,912. This is due to the fact that several areas of the budget experienced underspend, predominantly due to efficiencies introduced by the project team and the fact that covid reduced the ability to deliver some activities as originally intended, and also the fact that the full scope of the contingency was not required.

10 Lessons Learned

10.1 Key Learning

Key points of note gained from delivering the project included:

- **The Positive Impact of Nature;** although Kingswood Trust has a track record of engaging people in outdoor activities, delivery of the project afforded a deeper recognition of the benefits of connecting people with nature - for both physical and mental wellbeing. For example as a staff member commented, *"We've seen the depths to which nature can change and improve people's daily lives, and the benefits of intergenerational opportunities."*
- **Staff Learning and Development;** several of the staff reported that working with different groups, from young to old, had provided them with the confidence to do new things - both personally and professionally. For example as a staff member commented, *"I have supported the community and helped them during the sessions with their own emotional wellbeing, and I'm learning all the time about myself too."*
- **Involving Older People;** older people are historically not a large audience for Kingswood Trust in terms of service delivery, however Nature Connections has developed strong links and interest. The activities offered intergenerational opportunities to meet others though walking and chatting together and stopping to say hello to other groups on site such as a local school. As part of their visit, they were also given a free drink and cake so they could sit together for discussion and reflection. As a result, the project has enabled Kingswood Trust to craft specific activities that target the needs of older people.
- **Value of Volunteering;** while Kingswood Trust has a strong and successful relationship with volunteers, the project allowed this to be expanded and linked to more areas of management and improvement than previously. For example as a staff member commented, *"I have learnt that the value of volunteering is integral to the development and the maintenance of the site and that they provide an essential part of our ongoing sustainability."*
- **Unintended Volunteer-Led Activity;** opening up through the additional Tuesdays led to a local childminder asking to deliver specific activity in a voluntary capacity. This led to the development of the Owlets sessions, which were for babies and children (walking to four years old) that delivered nature inspired themed sessions for parents and children. This did not require any project funding or wider resources to deliver, but these 14 sessions were a direct yet unintended benefit of the project.
- **Understanding Visitor Needs;** delivery of the project - especially during a global pandemic -enabled a deep understanding of the needs of different service users and Kingswood Trust's ability to adapt plans and activities/sessions to suit their needs in order to achieve the best possible outcomes. For example as a staff member commented, *"working with groups from disadvantaged backgrounds has highlighted the importance for re-connection with nature to support positive mental health and well-being, and helped us to understand how to best deliver this for them."*

10.2 Legacy

Aspects that held the potential to endure beyond the funding included:

- **Leading By Example;** the project allowed Kingswood Trust to create new ways to reduce its impact on the environment, such as installing water butts for water collection for watering the raised beds. This provided visitors with hands-on experience and new skills, which has inspired them in moving forwards to take responsibility for matters affecting climate change in their everyday lives.
- **Future Bookings and Sustainability;** the retention of the Environmental Assistant and Forest Leader posts enabled the continuation of residential activities, without which they would have ceased completely. This led to ongoing work with schools that led to Kingswood Trust being fully booked for residential visits into mid-2022. Had the charity not been able to continue, it is highly likely that schools would have gone elsewhere and in terms of residential stays Kingswood Trust would have permanently lost them for good. This also assisted with relationship building, alongside income generation and hence forward sustainability.
- **Expansion of Events;** the learning gained will mean that events continue to expand to bring in new audiences, and especially the provision of health and wellbeing programmes to cover gaps in provision as a result of the pandemic. For example as a staff member commented, "I expect there to be an increased focus on intergenerational work, and support to specific groups particularly those with mental health needs.
- **Species Database;** the heightened interest in nature and surveying amongst the staff, volunteers and wider community will continue. This will be enhanced due to the ability to maintain records on the new database. The team has developed the skills and relationships to record most species on site, and this new capability will be carried forward. For example as a staff member commented, *"We will keep the recording going, and ideally even expand onto areas where we are still lacking expertise."*
- **Centre of Excellence;** the evidence base gained during the project and the track record and reputation gained will move Kingswood Trust further toward its ambition of becoming a centre of excellence for Special Education Needs and Dementia Friendly Support.
- **Forest School Inspiration;** the Forest School area will continue to evolve as more people use the environments, and ongoing maintenance will respond to this in the future. Whilst the areas are working well as a result of the project, a key legacy is that because visitors like to see things continue to develop and change, Kingswood Trust is able to listen to their feedback and improve the site to enhance the offer.

Appendices

- A - Approved Purposes, with Outputs and Outcomes
- B - Overall Performance
- C - Events and Activity Listing
- D - Site Map (New Developments)
- E - Site Map (Native Species)
- F - Site Map (Habitats)
- G - Case Study Example, Residential Experience

Appendix A - Approved Purposes, with Outputs and Outcomes

A Wider Range Of People Will Be Involved In Heritage	
Outputs	• Deliver additional opening days • Hold volunteer days • Deliver Forest School programmes • Hold Nature Connections sessions • Hold Garden Project sessions
Outcomes	• Groups understanding how they benefit from being in nature. • People learning in different contexts with family and friends. • Greater interest in nature and education for sustainability.
Heritage Will Be In Better Condition	
Outputs	• Develop a new Forest School area and gardening resource • Plant new native species • Install new habitats • Manage and improved existing areas
Outcomes	• Environments created will provide new habitats and increase biodiversity. • Diverse fauna and flora will improve enjoyment. • Endangered species will be supported on our site
People Will Have Developed Skills	
Outputs	• Retain environmental staff posts. • Create new Volunteer Coordinator post. • Recruit new volunteers, and sustain existing volunteers
Outcomes	• Volunteers develop confidence and transferable skills. • More experienced workforce helps Kingswood Trust and the sector develop.
People Will Have Learnt About Heritage, Leading To Change In Ideas And Actions	
Outputs	This output was a duplication of the 'A wider range of people will be involved in heritage' outcome detailed earlier in this report.
Outcomes	• Participants will embark on other nature-based activities. • Knowledge of the natural world leads to better choices and more positive actions. • Visitors choose to spend more benefiting from nature.
People Will Have Greater Wellbeing	
Outputs	This output was a duplication of the 'A wider range of people will be involved in heritage' outcome detailed earlier in this report.
Outcomes	• Visitors experience improved physical and mental health. • Volunteers experience positive impact and emotional wellbeing. • Individuals spend less time indoors tied to technology.
Kingswood Trust Will Be More Resilient	
Outputs	• Funding will retain environmental staff.
Outcomes	• Enhanced reputation for outcomes leads to better placement to attract funding. • Future opportunities for sustainability are enhanced through partnerships. • Evidence and success used as a promotional tool to attract new business.

Appendix B - Overall Performance

Achievement of each of the Approved Purposes (covering the outputs and outcomes) is summarised below, and for ease of visual reference a subjective colour-coded rating has been applied:

- **Green**; the target has been fully achieved, or exceeded
- **Grey**; the target has been mostly achieved (above 80% where a target existed)
- **Red**; the target has not been achieved to a reasonable level (less than 80%)

Overall Achievement - A Wider Range Of People Will Be Involved In Heritage		
Outputs & Outcomes	Rating	Evidence
Outputs		
Deliver additional opening days		93% of additional opening days; 8 days short.
		146% of additional visitors achieved; 1,375 extra visitors.
Hold volunteer days		179% of volunteer days; extra 31.5 days.
		283% of volunteers; an extra 44 volunteers.
Deliver Forest School programmes		63% of programmes; 6 less than target.
		640% of activity; 108 additional days held.
		457% of attendance; 2,831 additional attendees.
Hold Nature Connections sessions		265% of sessions; 33 additional sessions.
		117% for engagement; 33 extra older people or carers.
Hold Garden Project sessions		96% of sessions; 2 less than target.
		89% of attendance; 51 people less.
Outcomes		
Groups understanding how they benefit from being in nature.		Clear understanding of the range of benefits experienced.
People learning in different contexts with family and friends.		Variety of activities and impacts gained from learning outside.
Greater interest in nature and education for sustainability.		Feedback shows increased recognition and interest.
Overall Achievement - Heritage Will Be In Better Condition		
Outputs & Outcomes	Rating	Evidence
Outputs		
Develop a new Forest School area and gardening resource		Forest School created and associated resources developed.
Plant new native species		400% achieved; 36 extra species planted at the site.
Install new habitats		188% achieved; 35 additional new habitats created.

Manage and improved existing areas		100% of the site covered by the Management Plan; additional 70%.
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Outcomes		
Environments created will provide new habitats and increase biodiversity.		Multiple examples of planting and resultant increase to biodiversity.
Diverse fauna and flora will improve enjoyment.		Wide feedback showing fauna and flora improves interest in nature.
Endangered species will be supported on our site.		Several examples of planting to support the presence of endangered plants.

Overall Achievement - People Will Have Developed Skills

Outputs & Outcomes	Rating	Evidence
Outputs		
Retain environmental staff posts.		Three staff posts have been successfully retained.
Create new Volunteer Coordinator post.		Post has been successfully recruited.
Recruit new volunteers, and sustain existing volunteers		142% of volunteers recruited; five additional new volunteers 150% existing volunteers sustained; six additional existing volunteers. 179% days of volunteering; 31.5 extra days.
Outcomes		
Volunteers develop confidence and transferable skills.		Evidence shows volunteers have developed, helping future opportunities.
More experienced workforce helps Kingswood Trust and the sector develop.		Feedback is that team actively help the charity develop, and wider sector.

Overall Achievement - People Will Have Learnt About Heritage, Leading To Change In Ideas And Actions

Outputs & Outcomes	Rating	Evidence
Outputs		
This output was a duplication of the 'A wider range of people will be involved in heritage' outcome detailed earlier in this report, and so is not repeated in this section.		
Outcomes		
Participants will embark on other nature-based activities.		Evidence shows visitors are willing to engage with other locations/ activities.
Knowledge of the natural world leads to better choices and more positive actions.		Feedback is that visitors have gained respect, and make positive choices.
Visitors choose to spend more benefiting from nature.		Clear preference for spending time outdoors with nature.

Overall Achievement - People Will Have Greater Wellbeing

Outputs & Outcomes	Rating	Evidence
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Outputs		
This output was a duplication of the 'A wider range of people will be involved in heritage' outcome detailed earlier in this report, and so is not repeated in this section.		
Outcomes		
Visitors experience improved physical and mental health.		Clear agreement from visitors that being in nature improves health.
Volunteers experience positive impact and emotional wellbeing.		Evidence shows a variety of benefits for positive wellbeing.
Individuals spend less time indoors tied to technology.		Strong feedback that visitors appreciate importance of spending time outdoors.
Overall Achievement - Kingswood Trust Will Be More Resilient		
Outputs & Outcomes	Rating	Evidence
Outputs		
Funding will retain environmental staff.		Three staff retained during delivery, and continued beyond the project.
Outcomes		
Enhanced capability for outcomes leads to better placement to attract funding.		Track record has been enhanced which led to opportunities to attract funding.
Future opportunities for sustainability are enhanced through partnerships.		Multiple organisations have expressed an interest in forming new partnerships.
Evidence and success used as a promotional tool to attract new business.		Data used to showcase performance, such as at the Celebration Event.

Appendix C - Events and Activity Listing

Date	Activity	Additional Open Days	Volunteer Days	Forest School	Nature Connections	Garden Project	Project Management
18 December 2020	Project Begins - Friends Steering Group Meeting						Yes
Monday 4 January - Tuesday 6 July 2021	Project Volunteer Sessions commence on Mondays and Tuesdays (38 Sessions) Please refer to Volunteer Record for list of activities		Yes				
Saturday 22 March - Saturday 3 July	Extra Saturday Fortnightly Volunteering Commences (6 sessions) Please refer to Volunteer Record for List of Activities and Hours		Yes				
Monday 8 March 2021	Friends Steering Group Meeting - Zoom						Yes
Tuesday 9 March - Tuesday 6 July 2021	Park and Play Days begin on Tuesdays for Families mainly with preschool children and home schoolers to use nature spaces. (17 days)	Yes					
Monday 15 March 2021 - Monday 24 May	Nature Hunters Sessions on Mondays for children aged 3-5 years based on stories set in nature - hands on nature investigation sessions. (7 sessions)	Yes		Yes			
Tuesday March 16 - Tuesday 18 May 2021	New Babies (Seedlings) and Toddlers (Saplings) 3-week programmes commence on Tuesday mornings. Outdoor Nature Sensory sessions (4 programmes)	Yes		Yes			
Saturday 27 March - Saturday 3 July 2021	Wild Walk and Nature Play Commences on Saturdays for families and individuals wanting to reconnect with nature, walk and play. 1 mile walk set up to explore the grounds and to learn about Kingswood's Heritage. (16 days)	Yes					
Friday 2 April a Monday 5 April 2021	Easter Hunt and Rabbits in the woods trail - Family Bank Holiday Event (2 days)	Yes					
Saturday 10 April 2021 - 3 July Tuesday 13 April - Tuesday 6 July 2021	Nature Connections commences for individual family bubbles. An opportunity for older people 65+ and those with dementia to attend for a walk in the grounds, meet and feed the animals and meet others outdoors	Yes			Yes		

	with tea and cake. No indoor activities. (12 Sessions) We also offered this on Tuesdays from April. (13 sessions)						
Wednesday 21 April - Friday 9 July 2021 -	First Forest School days and childrens programmes recommence - no family groups due to transport and Covid (27 Forest School Days)			Yes			
Monday 26 April 2021	Evaluation Framework Training - David Waterfall Consultant on Site at Kingswood Trust - 7 staff attended and 6 volunteers (1day)						Yes
Tuesday 4 May 2021 - Friday 9 July	Day Visits - Forest School days in the woods recommence for children (41 groups)			Yes			
Tuesday 11 May 2021	Friends Steering Group Meeting - Outdoors						Yes
Monday 31 May 2021	Volunteer Open Afternoon - To raise the profile of the project and to encourage new recruits.		Yes				
Monday 31 May - Wednesday 2 June 2021	Family Fun Days - Pond Dipping, Minibeast Safari and Orienteering in the woods. (3 Days)	Yes					
Monday 7 June 2021	Lamplight Data Base Journey and Training Begins - Max Gordon - Database Consultant						Yes
Wednesday 16 June - Wednesday 7 July 2021	New Wildlife Wednesday Sessions begin to focus on Kingswood Trusts Wildlife - identifying species of flora and Fauna for volunteers and other interested adults. (4 sessions)		Yes				
Tuesday 22 June 2021	Friends Steering Group Meeting						Yes
Wb 5 July 2021 11 - 12 July 2021	Species Surveying Week and Bioblitz - 24 hours of wildlife surveying and nature activities for families and the wider community 40 people engaged Specialists invited x 6 Pond Dipping, Minibeast Safari, Moth Trapping , Bird Watch and Walk, Bat Walk and Talk, Bee Walk and ID, Tree Surveys.	Yes	Yes				
Friday 9 July-6 August 2021	Highflyers Gardening Sessions - Buckets and Boots- Adults with Learning difficulties - 2 groups am and pm 4 weeks (16 people) 8 half day sessions					Yes	

8 July - 18 October 2021	Gardening Days for Children and Children with Parents. 12 Days 272 children + 93 Parents					Yes	
7, 8 a 9 July 2021	Nature Connections Groups activities including Indoor Activities, memory activities and Crafts Brewood Dementia Support Group 32 Wombourne Dementia Support Group 28 Sunrise Care Home 24				Yes		
Saturday 10 July - 4 December 2021 Tuesday 13 July - 7 December 2021	Saturday and Tuesday Morning Nature Connections continued for individual families. An opportunity for older people 65+ and those with dementia to attend for a walk in the grounds, meet and feed the animals and meet others outdoors with tea and cake. Saturdays = (19 Sessions) Tuesdays - (18 sessions)	Yes			Yes		
Saturday 10 July - Saturday 11 December 2021	Wild Walk and Nature Play Commences on Saturdays for families and individuals wanting to reconnect with nature, walk and play. 1 mile walk set up to explore the grounds and to learn about Kingswood's Heritage. (17 days)	Yes					
Monday 12 July - Monday 20 December 2021	Project Volunteer Sessions continued Mondays and Tuesdays (45 Sessions) Please refer to Volunteer Record for list of activities		Yes				
Tuesday 5 July -	Shropshire Wild Teams Volunteering - Number of Sessions 8 (5 - 8 people)		Yes			Yes	
Tuesday 13 July - Tuesday 14 December 2021	Park and Play Days begin on Tuesdays for Families mainly with preschool children and home schoolers to use nature spaces. (22 days)	Yes					
Monday 13 July - Wednesday 8 December 2021	Day Visits - days in the woods recommence for children (21 groups) 642 children aged 3-11			Yes			
14 July - 12	Lamplight Activities and Online Training for Database						Yes
Wednesday 14 July - Wednesday 25 August 2021	Wildlife Wednesday Sessions continue to focus on Kingswood Trusts Wildlife - identifying species of flora and Fauna for volunteers and other interested adults. (7 sessions) 10 participants		Yes				

Saturday 17 July - Saturday 18 December 21	Extra Saturday Fortnightly Volunteering Continued (11 sessions) 5 Gardening Sessions Please refer to Volunteer Record for List of Activities and hours		Yes			Yes	
28 July - 25 August 2021	5 Week Programme of Gardening and Nature Activities ACCI (Afro Caribbean Community Initiative) Adults with mental Health Needs within the Afro Caribbean Community. Group of 6					Yes	
28/29/30 July 2021	Forest School and Nature Holiday Club 3 Days 48 children 5-13yrs			Yes			
Tuesday 9 November - Tuesday 14 December 2021	Nature Hunters Sessions on Mondays for children aged 3-5 years based on stories, shape, colour and seasons set in nature - hands on nature investigation sessions. (6 sessions) 6 families	Yes		Yes			
Monday 9 August 2021	Nature Connections Groups activities including Indoor Activities, memory activities and Crafts Sunrise Care Home Perton Residents 30				Yes		
Thursday 12 August 2021	Nature Activities with Give Us a Break Parent Group - Families with children with SENDs 3-25 years (28 people)						
24 August - 8 December 2021	5 Forest Families Programmes (5 x 3 and 4 Week programmes) 29 families participating 60 people from Little Village, Lowhill, Ashmore Park, Phoenix Nurseries			Yes			
1 September 2021	Staff Training - Developing Growing Areas and Gardening and wildlife for children and the wider community - At Weston Park						Yes
Saturday 4 - Suay 5 September 2021	Wild Camping Overnight Event - 24 families engaged	Yes					
Tuesday 7 September - Tuesday 7 December	New Bird Ringing Fortnightly Sessions for volunteers and other interested community (8 sessions) 20 people		Yes				
Wednesday 8 September - Wednesday 15 December 2021	New Owlets Sessions for babies and children walking to 4 years - nature inspired themed sessions for parents and children. 16 children plus parents/carers						

	(14 Sessions)						
Tuesday 7 September 2021	Nature Connections - Foxland Grange Care Home - 29 people				Yes		
Wednesday 29 - Thursday 30 September 2021	Evaluation Consultant David Waterfall 2-day residential Visit to talk to beneficiaries, partners, volunteers and staff and observation of activities. Case Study and Questionnaires and Evaluation Framework.						Yes
Wednesday 29 September 2021	Volunteer and Staff Fish and Chip Supper and Project Feedback and next steps meeting.						Yes
Wednesday 29 September 2021	Nature Connections and cognitive therapy session with lunch. Brewood Dementia Support Group 40 participants				Yes		
Friday 8 October 2021	Planning and Meetings regarding Update of Website in relation to GRCF, Blogs, photos and Content for Landing Page						Yes
Saturday 9 October 2021	Family Community Event - Little Rotter's Mushroom March - Fungi Foray 12 families/ Community	Yes					
Wednesday 13 October 2021	Presentation and Lunch and Networking for GRCF Nature4All - Project Partners, Volunteers and Supporters Event - Sharing Progress and getting Feedback						Yes
Friday 22 a Saturday 23 October 2021	Family Event - Pumpkin Parade	Yes					
Monday 25- Wednesday 27 October 2021	Family Woodland Adventures - Harry Potter Party Half Term Fun Outdoors for families	Yes					
Friday 12 November 2021	Project Dissemination and Centre/Site Walk - Local Businesses and Partners Event 16 attendees						Yes
Monday 15 November 2021	Tree Pruning and Orchard Management Day -Volunteer and Staff Training led by Karen Limbrick (12 participants)		Yes				
Wednesday 17 November 2021	Sharing our work in the local community and finding out how we can help - meeting new partners - Codsall COOP stand and surveys						Yes
Saturday 20 November 2021	Family Event - Lantern Festival and Camp Fire Cooking -	Yes					

Wednesday 1 December	Corporate Volunteering - Charter Court Financial Services - 6 people		Yes				
8 December 2021	Nature Connections Group Visit Brewood Dementia Support Group Nature Walk, Crafts and Refreshments (31 people)				Yes		
16 December 2021	Alone @Christmas Campaign Nature Connections Day (Nature Walk, Meet the Pets and Nature Crafts with Christmas Lunch. We'll Meet Again Group age 70+ Staffordshire (33 people)				Yes		
Wednesday 5 January - Wednesday 2 March 2022	Owlets Sessions for babies and children walking to 4 years - nature inspired themed sessions for parents and children. 16 children plus parents/carers, (8 Sessions)						
Monday 10 January - Tuesday 1 March 2022	Project Volunteer Sessions recommence on Mondays and Tuesdays (15 Sessions) Please refer to Volunteer Record for list of activities and hours		Yes				
Tuesday 11 January - Tuesday 1 March 22	Bird Ringing Fortnightly Sessions continue for volunteers and other interested community (4 sessions) 20 people		Yes				
Tuesday 12 January- 20 March 22	Forest School Programmes (5 programmes) Low hill Nursery 5-week programme x 2 Little Village 4-week programme Newbridge Reception 2 x 3-week programme			Yes			
Thursday 13 January - Friday 11 March 2022	Forest School Days in the Woods recommence for children (39 activity days) 848 children aged 3-11			Yes			
Saturday 15 Jan -Saturday 26 February 2022	Extra Saturday Fortnightly Volunteering Commences (4 sessions) Please refer to Volunteer Record for List of Activities and hours		Yes				
Tuesday 15 February- Tuesday 1 March 2022	Park and Play Days recommence on Tuesdays for Families mainly with preschool children and home schoolers to use nature spaces. (2 days)	Yes					
Saturday 15 Jan -Saturday 26 February 2022	Forest Family Fun on Saturdays 8 Sessions for families and individuals wanting to reconnect with nature, walk and play. Themed activities such	Yes					

	as woodland crafts, campfire cooking, natural art, orienteering and woodland trails. (4 days)						
Saturday 29 January	Big Garden Bird Watch - Community Activity (10 attendees)	Yes	Yes				
Monday 31 January - 20 February 2022	Nature Connections Groups activities including Indoor Activities, memory activities and Crafts 1. Midland Heart Bilston, Wolverhampton = 14 2. Midland Heart Ettingshall, Wolverhampton = 9 3. Perton Manor, South Staffs = 14 4. Home Instead, Wombourne, South Staffs = 14 5. Home Instead, Telford = 14 6. Staffordshire Partnership = 30 6 Days = 95 beneficiaries				Yes		
Monday 31 January- Friday 4 March 2022	Lamplight Step 2 - Training re Database 4 sessions						Yes
Tuesday 1 February	Volunteers and Staff Training - Incorporating ICT/QR Codes for Tree Trail and information for visitors/interpretation Boards (12 attendees)		Yes				Yes
Friday 4 February 2022	Highflyers Gardening Sessions - Buckets and Boots - Adults with Learning difficulties 2 groups am and pm 4 weeks (16 people) 8 half day sessions					Yes	
Friday 11 February	Solitary Bee Talk by Ron Rock/Staffordshire Wildlife Trust - Local community volunteers (16 people}		Yes				
Monday - Wednesday 21/22/23 February 2022	Half Term Family Fun - Wild Cooking and Nature Crafts For local Families 21 st cancelled - High winds 56 families	Yes					
Tuesday 1 March 2022	Volunteer Training - Green Wood Working Day Peter Wood 13 participants (3 staff+ 10 volunteers}		Yes				
Wednesday 16 March 2022	Project Celebration Day - Afternoon tea, feedback opportunity and		Yes				Yes

	dissemination -Partners, beneficiaries and volunteers - Not yet taken place						
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Appendix D - Site Map (New Developments)



Appendix E - Site Map (Native Species)

New Planting—Nature4All



Appendix F - Site Map (Habitats)

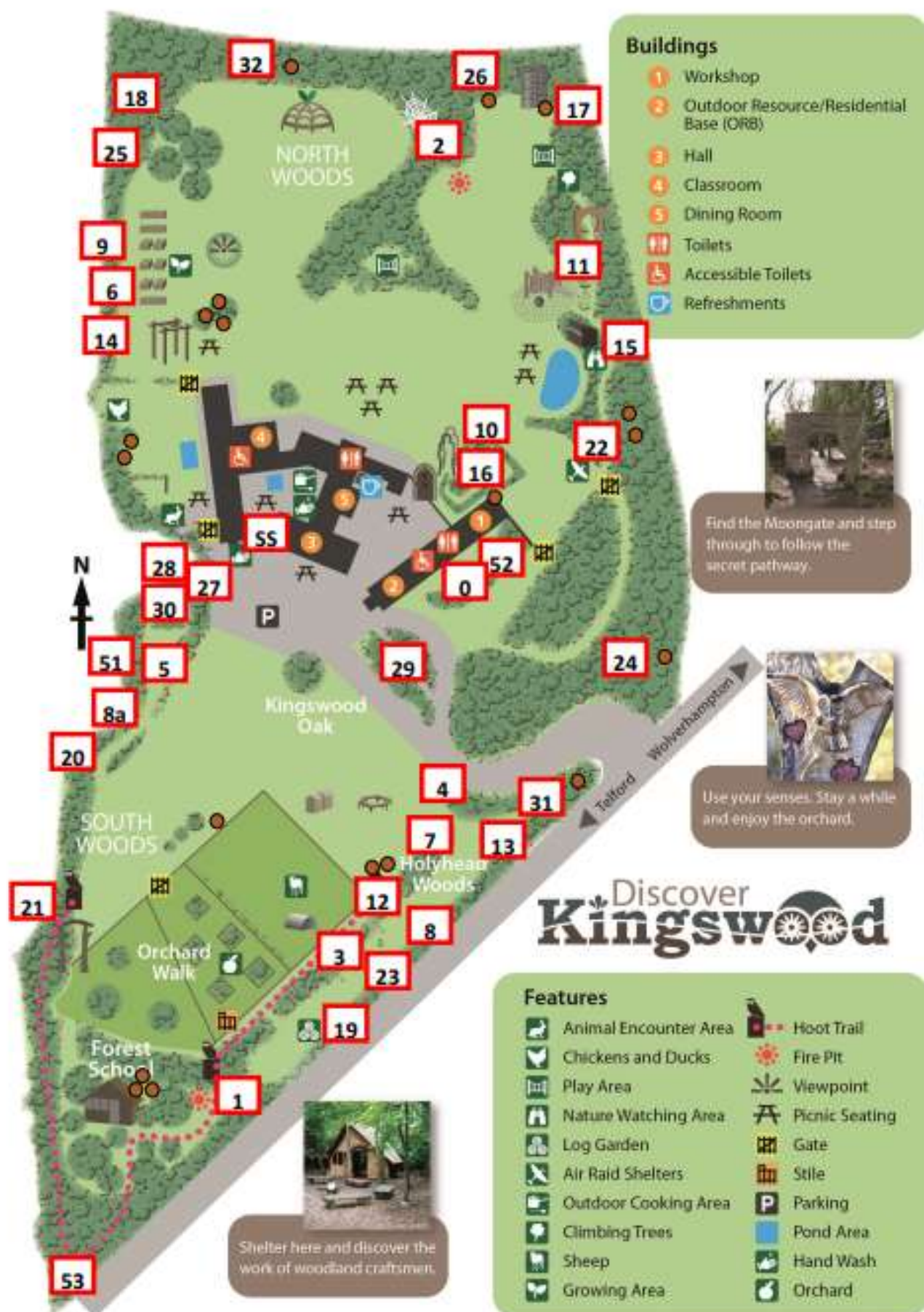
Bird and Bat Boxes —Nature4All



Bird Boxes



Bat Boxes



Appendix G - Case Study Example, Residential Experience

Evaluations and Feedback:

A parent whose daughter was staying at Kingswood Trust with her school, told us, *"I remember staying at Kingswood when I was little...great memories of the visit, the animals, searching for insects and playing in the woods."*

The contact with plants and animals through nature-based activities can have a positive impact on memory, and direct interaction with nature during childhood can help to develop positive attitudes towards the natural world which can last through to adulthood.

100% of children agreed that the outdoor environment is the best place to learn about nature.

All children felt that it is healthier to spend time outdoors with 33.3% stating this is because fresh air and exercise is good for you and makes you feel happier.

Everyone agreed that it is important to respect/help nature and look after the environment. Reasons for this included; caring for plants by watering them and caring for living things, having an awareness of climate change and what they can do to help—recycling, re-using and stop destroying trees to protect wildlife and the planet.



Potential barriers to accessing nature:



These were reported as:

- Too much screen time or time on electronic devices in households
- Cost of travel or no transport
- Lack of motivation within families
- Low self-esteem or confidence, especially after the impact of Covid-19
- The weather.



Kingswood Trust
Discover nature. Learn outdoors.



The Residential Experience Nature4All



Wolverhampton Primary Schools
Sept 2021-Jan 2022

Information about the groups:

Children from Wolverhampton city schools visited the Kingswood Trust for a one or two night residential stay, with up to 40 children, aged 6-8 years from each school participating. The visit gave children the opportunity to re-connect with nature after such a difficult two years and the impact of Covid-19, as well as benefit from learning outside the classroom. Children were able to develop positive relationships through collaborative activities as well as develop new life skills, confidence and independence away from home. Year 2 Teacher, Mrs Garbett, told us that her school is located in the Bushbury area of Wolverhampton (inner-city) and many of the families do not access nature for various reasons, including: the cost of transport or having no car to visit places. There are some local parks, but from a discussion with the children, it appears that most stay indoors with the tv on and other technology. Many children are from disadvantaged backgrounds and are eligible for pupil premium—the cost would be an issue for visits. ***"We try to do a lot of activities in all year groups around the outdoors as not many children seem to do outdoor activities with their families."*** A Year 2 teacher at a Catholic Primary Academy based in Fordhouses, echoed the same message; ***"Green spaces and parks are in walking distance for children around the school (even though it is a built up area), obviously in today's society this is not a natural choice for most and many children have too much screen time with the families lacking the motivation to go out."***

What the children engaged in:

During the residential experience, the children engaged in a variety of outdoor activities, including, woodland art/sculptures and den/shelter building, as well as off site nature and local history walks. Some groups also enjoyed a campfire—toasting food and whittling green wood using tools. The children benefitted from the interaction with the animals at Kingswood—being able to groom, feed and learn about animal care had a positive emotional and social impact. Trust activities, such as the blindfold trail, encouraged communication with each other in different ways, and the woodland adventure areas supported physical and cognitive development.



Practical life skills included: laying tables, sweeping, clearing away after meal times, making their own beds and personal care—washing and brushing teeth. This taught children to take responsibility for themselves, the environment and each other. The children grew in confidence, improved their concentration and coordination—all helping them to become more independent, especially away from their families.

What did children and adults say?

"I don't make my bed at home but I'll have a go now!"

"I've never been outside for this long before! It's good!"

Children

"I feel like I've got lots of energy."

"I liked the blindfold trail...I had to really listen and use my hands."



"It has brought some children out of their shells and given them a chance to do things that they have never done before."

Adults

"So interesting to see the group who normally struggle in the classroom environment thrive at this activity and enjoying problem solving." (Referring to orienteering activity).

"The residential has been a fabulous experience for children, with many of them never staying away from home before."

What was the impact?

Staff at Bushbury Hill Primary School, told us that the residential experience had a positive impact. The activities helped build children's self esteem and confidence, whilst encouraging team work and independence. Another teacher from an inner-city school stated that, ***"It has been great to see the children out of the formality of the classroom...exploring and being children."***

"The children have really enjoyed the outdoor nature of the visit and activities. It has enabled them to develop team building skills and experience new skills and activities they would not normally have the chance to participate in."

These opportunities for children to explore and connect with nature provide many rich and varied learning experiences.

Residentials give children much more time to focus on learning.

"It is interesting to see the interests of the children...what they have enjoyed doing outside the classroom." - Teacher

