CIC 34
COMPANY NO 12116934

REPORT
2023

Nurture COMMUNITY CIC

COMMUNITY INTEREST COMPANY REPORT



CIC 34 2023 COMMUNITY INTEREST COMPANY REPORT

During 2023, Nurture promoted and/ or delivered over 200 events with the majority being in person. We have seen a significant shift to the people's comfort of attending in-person activities, combined with the move of the CIC to take on a range of grant and corporate social responsibility-funded outreach projects.

During 2023, Nurture deepened its relationships with various multi-generational and abilities organisations and acted as a catalyst for intergenerational, sustainability and environmentally based projects.

We continued to support local charitable organisations that supported vulnerable members of the community, as well as widening our online personal development offering to the businesses in our community,

We continue to deliver with, and through, a range of 32 community-based organisations (we call our community partners). They include Brand Remarkable, The Little Green Frog, The Balance Collective, Fun Club Hub CIO, Omega Outdoor Adventures, Transition Lichfield, The Repair Café, Worship Worth Experiences, Little Sprouts Forest School and others.

The beneficiaries of our projects cover the Lichfield and surrounding areas. They are accessible for all ages and abilities, across genders and the socio-economic spectrum. The focus of the projects in 2023 has expanded the earlier years focusing on families and younger people, whilst this still is most of the work that we do.

This year there has been a theme of accessibility for a range of disabled beneficiaries, plus the creation of an intergenerational approach; ultimately, it's about breaking down barriers for groups that have barriers to access activities, due to ability or awareness. Examples of these include Omega Outdoor Adventure providing Kayaking with local charity "Shining Stars" who provide social events for adults with disabilities and the SEN soft play for Rocklands Primary School.
During this report, we will be highlighting six key projects delivered during the 2023 period.

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The Art of Inclusion – Funded by We Love Lichfield

The Art of Inclusion worked with a cross-section of the local community, multigenerational and mixed abilities, who were supported to create individual craft tapestries. They were encouraged to use elements such as recycled magazines, reused craft items and Makaton signs (such as gentle, open-minded, self-confident, emotional, and intelligent) to create a tapestry square that represented them.

The squares were created by five hundred people, then these were sewed together to create several panels which were hung in the Lichfield Garrick Theatre and remained there until the end of November 2023

This project helped people develop their self-awareness of who they are, as well as generate conversations and connections in new ways.

The facilitators that ran the project encouraged people to share not just who they are, but what they enjoy and what they would like to do more of, and this fed into the research for the community spaces that were listed in the final part of the project. These maps were distributed through the latter stages of the project and during the Fuse Festival over 7-9 July 2023 (which over 15,500 visited) and highlighted twenty community spaces across the WS13 and WS14 area that the community could use to access support and space. The legacy of this project will continue, through the distribution of these maps.

We worked with over five hundred people through the following groups to help them have fun, reduce their stress levels, build a stronger understanding of themselves, and feel part of their community. These groups were multi-generational, multi-faith, mixed ability and mixed ethnicity and nationality: Rocklands School, Fun Club Hub CIO, Ukraine's of Lichfield, One Lichfield, Lichfield Repair Café, The Little Green Frog Café, Five Spire Academy and Pauline Quirk Academy.

On the 22nd of June, the Art of Inclusion was highlighted as part of a showcase, with one of the partners, PQA. There, the drama students (who had taken part in the project) shared the dramatic pieces they had been inspired to create following the aims of The Art of Inclusion, namely drama pieces based on inclusions and different perspectives. As part of this event, the Nurture Co-Founders gave speeches to the 150 attendees, detailing the work of Nurture, the project, and the impact all the community partners have on the local community.

Growing Communities: Funded by GroundWorks, Tesco, and Transition Lichfield
Managed by Nurture CIC, with support from Community Partners (Brand Remarkable, Worship Food and Emma Cooper Artist), the project supported local community groups to grow food crops, which were then used in cooking classes and for educational purposes. Recipe sharing was encouraged with the production of a cookery book and online resource.
The project targeted groups from all generations, bringing isolated communities together to build intergenerational connections and friendships. Sessions were tailored around planting, creating, and cooking. Beginning in June 2023 and concluding in October 2023.

There were eight weeks of sessions with a weekly theme: 16 sessions across two groups in total.
Session 1: Design, Sow and Grow Week
Session 2: Allocate Equipment Week
Session 3: Community
Session 4: Plant Week
Session 5: Create Recipes Week.
Session 6: Cooking Week
Session 7: Vegetable Print Week
Session 8: Harvest Festival Celebration!

148 beneficiaries were engaged and supported throughout the project, including staff who were given new skills and activities ideas for their ongoing community support.
This pilot project involved two groups with differing outcomes. The Spires group exceeded expectations by cultivating crops, incorporating them into the menu, and starting a gardening club in late June. The unexpected positive aspect was the level of community involvement, driven by residents' interests and expertise.

The project improved residents' moods and inspired participation in various community initiatives, including the Crop Club. It boosted their confidence and facilitated skills sharing with staff. Other team members, such as the chef and grounds staff, also contributed.
Furthermore, the project uncovered neglected Mexican tomatoes in the garden, and motivated families of residents to join in sessions like vegetable printing. This intergenerational connection enhanced the overall project narrative, addressing residents' self-esteem and mental health while positively impacting the community.

For Fun Club Hub CIO, additional sessions at Beacon Park allowed the leaders to actively engage in community projects. Parents also became involved, highlighting an unexpected intergenerational aspect, as the youths were drawn from the School Years of 7, 8 and 9. They consistently supported the project's direction, including a Saint Foye cleanup at Beacon Park and discussions about finding a community space.

Peapods and herbs were grown for members to take home, and the neglected Saint Foye space was revitalised through collaboration with Lichfield Parks, leading to a volunteer cleanup event. This has continued in 2024 and will be highlighted during that future report.
The Wheel of Life @ The Fuse Festival: Funded by Lichfield Arts

Nurture Community CIC was approached by Lichfield Arts in March 2023 to develop art-based outreach, to encourage people to attend the 2023 Lichfield Arts Fuse Festival, and to gather intelligence on the wider community and to build a profile on what is important to the local and wider community. The intention is that this pilot project would develop links into under-representative communities across the Staffordshire area, gather data to help understand the demographic breakdown of the participants and create feedback and recommendations that will feed into future festival Plans.

The 2023 Lichfield Arts Fuse Festival was held the first week of July 2023, less than four months after confirmation of the project, so we needed to be able to maximise the outreach activities and encourage those participating to attend the event. The data that was collected through the outreach project was visually represented as a land sculpture, which was named "The Wheel of Life", as part of the theme of "You, Me, Us Together".

A streamlined data collection/outcomes was approved, and collected during the outreach sessions, as well as shared on Nurture's social media and emailed directly to certain groups that were unable to match availability. As it was the first year that Fuse had ticketed their free event, elements of the initial outreach data collection brief were included within their data collection elements.

The outreach face-to-face creative activity asked people "What is important to them"? During each session, they would create visual representations of their life, utilising a paper plate and crafting material sourced from the sustainable supplier, Saxon Hill Craft Barn. These plates were available to be created during the weekend, and many people chose to leave them with the Nurture Team, to be displayed as the second art display during the weekend. This low-demand, all-abilities approach supported an informal way of engaging with the groups, talking about what was important in their life, the barriers that they may face and, most importantly, the Lichfield Arts Fuse Festival.

A paper version of the survey was provided to participants, as well as an electronic version was shared as a call to action on Nurture's social media (namely Facebook and Instagram). Once the project was completed (on the 9th of July) the paper outcomes were entered into the online survey system (Survey Monkey)

Lichfield Arts Fuse Festival 2023

During the Fuse Festival of 2023 (7th – 9th July 2023), Nurture Community CIC community partners created a "Free Family Friendly Zone". Over the weekend seven standalone accessible arts, crafts and sports events were run, with six community partners running the events. We also created, alongside our partners, an innovative "Nature Play Zone", using recycled and reusable items to create an all-weather play area for all attendees to enjoy.

Thanks to BLAST - Autism Support Together & Burntwood Council, Nurture was able to create and staff a "Recharge Sensory Tent" for Fuse guests who needed some sensory downtime during the day. The importance of a resource like this was clear when the kit and processes were borrowed to be used in the Burntwood Wakes Festival, which was on the 22nd of July 2023.
It was essential to continue to be agile in the delivery of our events, due to the needs of the beneficiaries. An example of this was for the Tea Party outing that had been arranged with one of our partners, a Residential Home when illness within the home meant the residents couldn't visit the site. So, we bought the Tea Party to them! We then replaced the event with a stone decorating activity, utilising the growing community resources, and ensuring the onsite participants still had a fun project to take part in.

Over the week we were supported by 24 volunteers who helped manage events, signpost to nurture's online events and engage with the local community.
Over 300 people took direct part in the events, both "walk up" and bookable, and the open-use activities were open to the 16,000 attendees to the Fuse over the weekend!

Community Christmas: Funded by Barratt Homes and David Wilson Homes
As part of the Corporate Social Responsibility Strategy of these House Builders, Nurture was contacted to develop some impactful community-focused projects. It was agreed that they would support the Christmas activities, namely a community art project to decorate the charity Christmas tree (to be displayed at Lichfield Cathedral between 27th November 2023 and 2nd January 2024 and to support the Christmas gift collection, for the children and teenagers (ages 0 to 19 years) within local women's refuges.

150 Christmas decorations were created during six events across the local community. To protect those vulnerable people within the groups a section of private events was created (The Spires Residential Care Home, Rocklands {SEN} School Fun Club Hub CIO, and Rainbows), as well as public access (Repair Cafes, One Lichfield). During the activities, we asked the participants to take some reflection time and share their wishes for 2024 as part of their decoration creation. Nurture was also supported by volunteers during this activity, including 4 from the corporate team to help decorate the tree.

Furthermore, they sponsored the gift collection, held between the 1st and 14th of December at the Lichfield Garrick Theatre. Over 350 gifts were collected and sponsored for residents within Refuges across the area, The allocation and distribution of these gifts was organised through one of our community partners, The Buddy Bag Foundation, due to their link with Domestic Violence Support Services and Refuges.

Accessible Soft play: SEN Sessions with Rocklands School and Little Green Frog Café
In the latter part of Nurture's 2022 fundraising, we allocated finances to develop accessible SEN sessions.The capacity was boosted during the summer of 2023, due to the Tesco Book Fundraiser during June. After speaking with the local community, it was clear that there were barriers to accessing soft play for those who have physical, communication and sensory needs. By bringing together a local specialist school, and our community partner The Little Green Frog Café, these sessions were brought to life! 3 private sessions were run in total across 2023, providing 90 spaces. The final session was rolled into 2024 and will be detailed in that report.

- **Monthly Virtual coffee catch ups with Career Coach Clara Wilcox from The Balance Collective**
- **Monthly Arts Jam, and Mini Arts Jam, from Primrose Cottage Arts; supporting wellbeing through creativity**
- **Expert information sessions including Victoria Maus: The Peaceful Parenting Coach**
- **Creative "Lego Love" – inspiring Lego creations whilst raising money for The Buddy Bag Foundation**
- **Community Café – featuring and signposting a range of charities that can support the community**
- **Online Networking to support the wellbeing of local business owners**

Leading a project, with Shining Stars, to run the Annual "Santa Dash" in Lichfield. Due to the new outbreak of Omicron, it was decided by the group to postpone until 2022, at a time that the risk was lower. At the time of writing, we are looking forward to running this in December 2022. We also took the decision to move some of our larger in person activities back online.

Our stakeholders include:

Community Partners: These are a range of local business, community groups and organisations who look to support the local community. We consult with through regular 1:1 meetings, understanding their needs, their business/delivery goals, and understand how our events and promotional support can engage the community. This included:

• Support to increase ticket sales
• Idea creation / Proof of Concept Support
• Promotion of their activities through our social media channels
• Provision of space to run their events/workshops from

Beneficiaries: Our beneficiaries are children and adults across the Staffordshire area. They include schools, youth groups and community groups. We consult with them through 1:1 conversation as well as our annual online survey. In 2021 we questioned their thoughts around their needs post lockdown, and what they felt they needed to feel comfortable re-socialising.

From the feedback from the above we have:

1. Created more structured opportunities for volunteer opportunities (the impact of which will be seen in the 2022 report)
1. Kept some of our events online

Nurture

Proudly supported by:









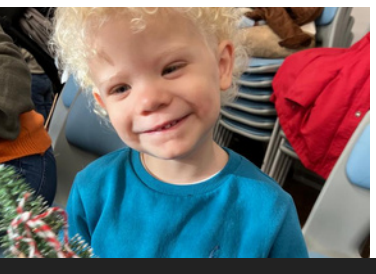
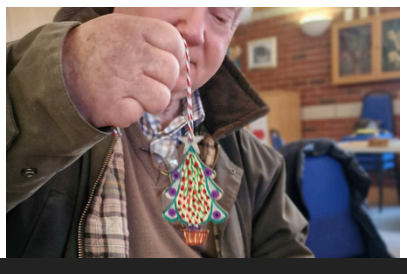
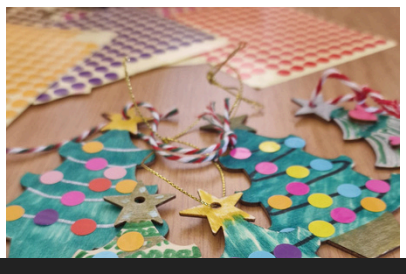


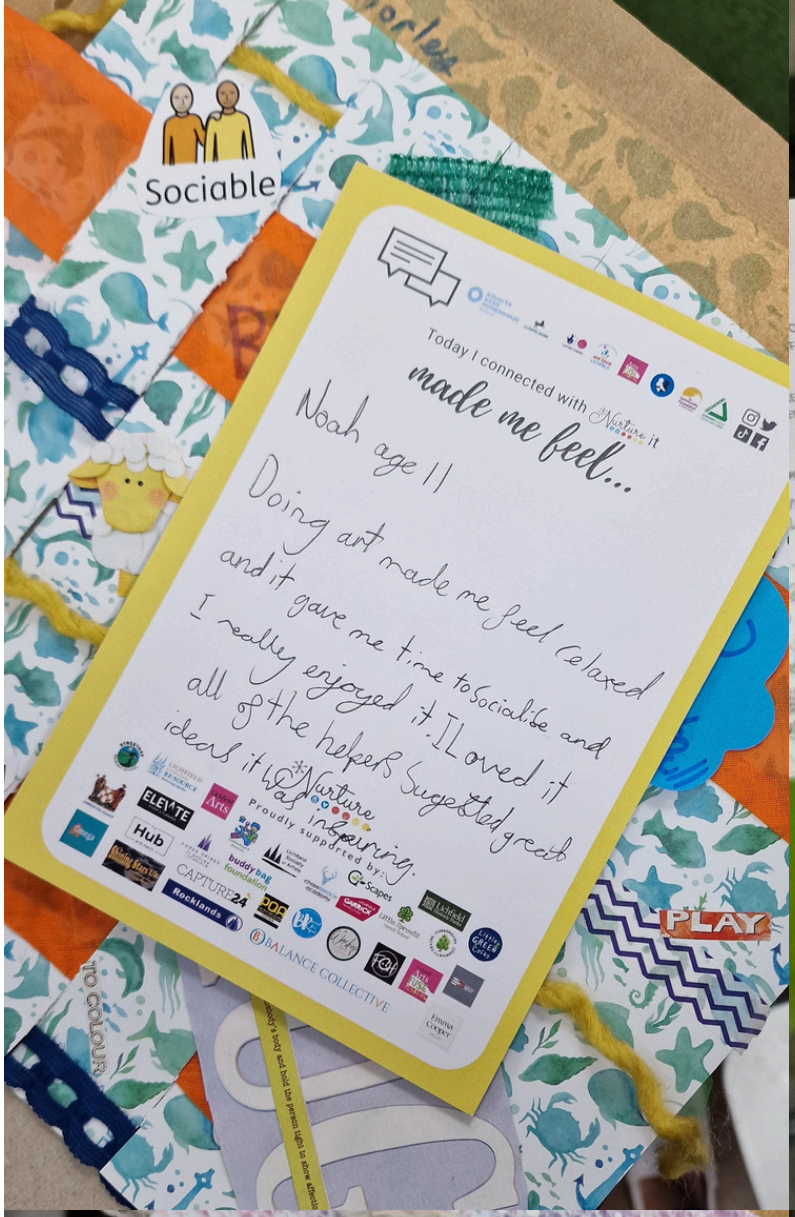


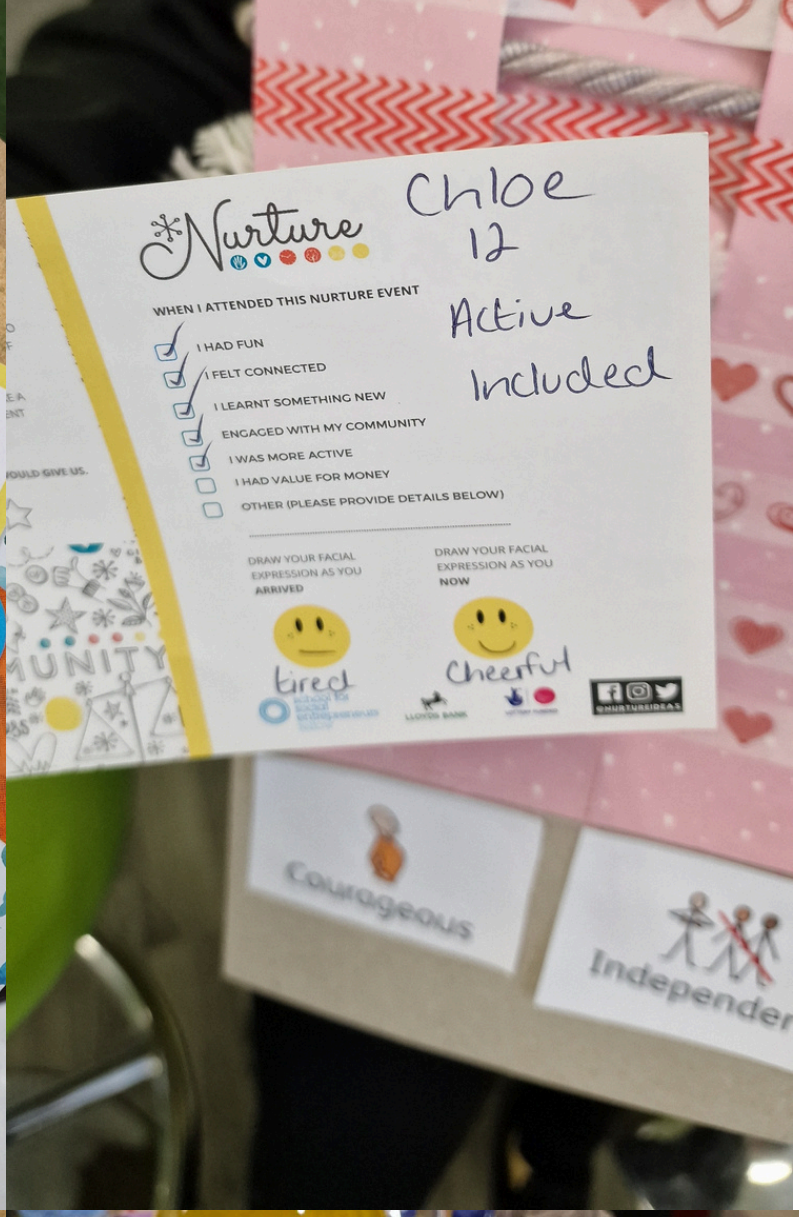




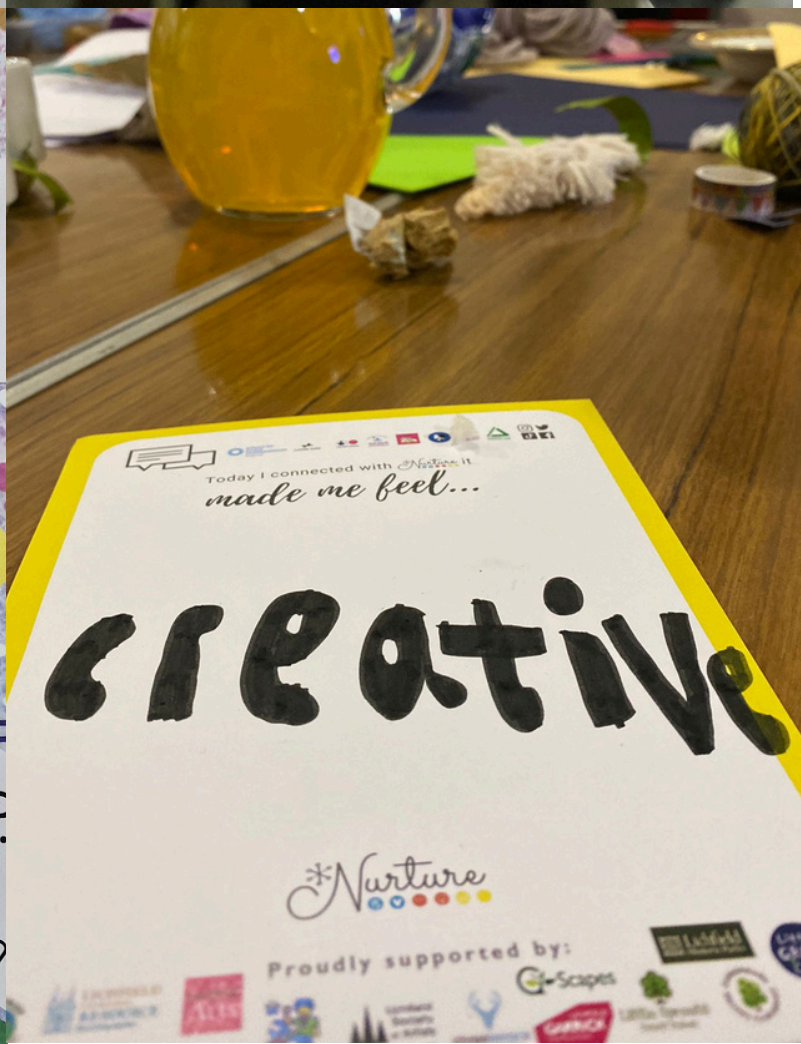




Sociable
Today I connected with Nurture it
made me feel...
Noah age 11
Doing art made me feel relaxed and it gave me time to Socialise and I really enjoyed it. I loved it all of the helpers Suggested great ideas it was inspiring.
Nurture
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PLAY


Nurture
Chloe
12
Active
Included
WHEN I ATTENDED THIS NURTURE EVENT
I HAD FUN
I FELT CONNECTED
I LEARNT SOMETHING NEW
ENGAGED WITH MY COMMUNITY
I WAS MORE ACTIVE
I HAD VALUE FOR MONEY
OTHER (PLEASE PROVIDE DETAILS BELOW)
DRAW YOUR FACIAL EXPRESSION AS YOU ARRIVED
DRAW YOUR FACIAL EXPRESSION AS YOU NOW
tired
Cheerful
#NURTURIDEAS
Courageous
Independen


Intellig
Energetic
Today I connected with Nurture it
made me feel...
Calm.
happy.
Chilled.
heartfelt.
gentle.
Creative.
genuine.
Sincere.
Nurture
Proudly supported by:
Easy


Today I connected with Nurture it
made me feel...
creative
Nurture
Proudly supported by:

Nurture

NURTURE COMMUNITY CIC IS TEAMING UP WITH
DAVID WILSON & BARRATT HOMES TO DELIVER
OUR CREATIVE CHRISTMAS OUTREACH IN NOVEMBER 2023

WE WILL BE CREATING FESTIVE ORNAMENTS TO ADORN CHRISTMAS TREE'S WITH ALL AGES & ABILITIES ACROSS THE LICHFIELD DISTRICT. THESE WILL TAKE PRIDE OF PLACE AT LICHFIELD CATHEDRAL AND AT THE LICHFIELD GARRICK THEATRE THROUGHOUT DECEMBER. @NURTUREIDEAS



BARRATT DEVELOPMENTS PLC

DAVID WILSON HOMES
WHERE QUALITY LIVES

LICHFIELD GARRICK
THEATRE & STUDIO

LICHFIELD CATHEDRAL