

Written report about One Acorn

One Acorn is an exciting new charity based in Twyford to connect people with nature.

I believe that everyone has something special inside them and sometimes people lose that spark. During my recovery from Chronic Fatigue Syndrome I noticed that I felt best about myself when I was doing something meaningful with other people and connected with nature. I decided that I wanted to bring this feeling to others in our local area.

Our plans in the future are big! We are aiming to have a piece of land where we can grow food, have some woodland to manage and maybe, in time, a kitchen/cafe. We will develop programmes for tailored support for groups of people with mental health problems, learning difficulties and physical difficulties.

In the meantime, we are getting a group of volunteers together who understand the "kick" of doing something meaningful with other people with a focus on nature. We will be gardening, carrying out conservation work and woodcraft activities as well as doing all the background work to put our big vision in place in the future. We will also be fundraising and delivering sessions to groups with special needs.

We are looking for:

- Volunteers to join our activities both in physical activities outdoors and in sharing skills we need behind the scenes.
- Land both for individual events in the short term, and long term somewhere we could settle on a single site.

If you would like to get involved, have any useful information to share or to find out more, please contact Lucy Roberts:

Phone: 07419 210219

Email: lucy@oneacorn.org

Facebook page: @OneAcorn.

Website: www.oneacorn.org (coming soon)

Thanks for having me along tonight.

Lucy Roberts