



FHV - WORKING FOR A HEALTHIER AND HAPPIER COMMUNITY

Forty Hall Vineyard (FHV) is an award-winning, community-led, horticultural enterprise, which delivers social & health benefits to local people. Using the resource of London's first and only commercial vineyard, Forty Hall Vineyard provides a range of outdoor horticultural activities, which promote good mental health & wellbeing for local people, including those with mild to moderate mental health support needs. Underpinning all Forty Hall Vineyard's work is the evidence that working outdoors with others on a meaningful task improves mental and physical health (MIND 2013). Key outcomes for beneficiaries include greater confidence and self-esteem, improved social connectivity and greater employability. Forty Hall Vineyard currently manages 10 acres of organically grown vines and is entering a new and exciting transition phase to generate more income from trading.

1 Forty Hall Vineyard works in partnership with Capel Manor College (CMC) to deliver volunteering opportunities and ecotherapy support to local people. FHV takes referrals from number of local mental health organisations & statutory services.

2 2017 in numbers:

- **75 registered volunteers**
- **over 4400 volunteer hours invested**
- **£33,000:** the cash value of volunteer investment
- **18 volunteers received 100 Hour Awards** from **LB Enfield.**
- **102 volunteer training places and 6 training courses delivered**
- **8 social events & 11 market stalls** brought people together

3 In 2017 Forty Hall Vineyard:

- released its **2016 Ortega** at the **Real Wine Fair** to great acclaim
- launched **2,500 bottles of 2015 Vintage London Sparkling Brut**, London's only sparkling wine
- won the **Soil Association's 2017 BOOM Award for Best Organic Wine** for its **2014 London Brut**
- launched its **new on-line shop**
- generated over **£27,000 of traded income**

4 "Many wines are rewarding. But this fizz is rewarding on so many levels that recommending it feels like a virtue in itself".
Peter Richards, Master of Wine and BBC TV Presenter

7 Other benefits reported by participants:

- 100% feel volunteering provides them opportunities to learn new skills
- 99% feel they are making a useful contribution
- 88% feel more connected to nature and the environment

8 Volunteering "gives me a sense of being part of a community. I can forget about my problems for a while and concentrate on the vineyard".
"It provided a structure to my week and gave me a new sense of purpose"
"The support I get from the group has been the best I've found"
"Improved (my) confidence and restored a sense of purpose to life"
Volunteer feedback in 2017 survey.

9 Community & environmental impacts include:

- reduced number of GP appointments and reduced demand on local mental health services and budgets
- greater employability through skills development and wider networks
- greater social cohesion: healthier, happier, more connected & resilient communities
- reduced stigma of residents with mental health support needs
- greater community access to and enjoyment of nature

10 "This project has been a huge benefit to all who have been involved in its delivery – it has helped reduce social isolation and exclusion and encouraged participation from a wide range of communities".
Niki Nicolaou, Voluntary Sector Manager, Enfield Council

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Health benefits reported by participants:

- 70% felt their mental health had improved
- 59% felt their physical health had improved
- 65% felt more positive
- 50% felt more optimistic about the future
- 65% felt more confident
- 56% had improved self-esteem

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Social benefits reported by participants:

- 94% felt they have increased their network of friends/acquaintances
- 58% took part in more social activities
- 88% had increased contact with other people from different backgrounds
- 60% had increased access to support and information networks

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In 2018 we plan to extend our *ecotherapy* programme in partnership with Forty Hall Farm, adding more sessions and securing new funding. We will develop new opportunities for refugee and asylum-seekers, as well as the wider BME community, to get involved as volunteers. We will develop new routes to market for our produce and launch a membership scheme to build our support base. Most importantly we hope to grow a bumper crop of healthy grapes!

Forty Hall Community Vineyard Ltd is a social enterprise and is registered as a not-for-profit share limited company. The company trades as Forty Hall Vineyard.

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