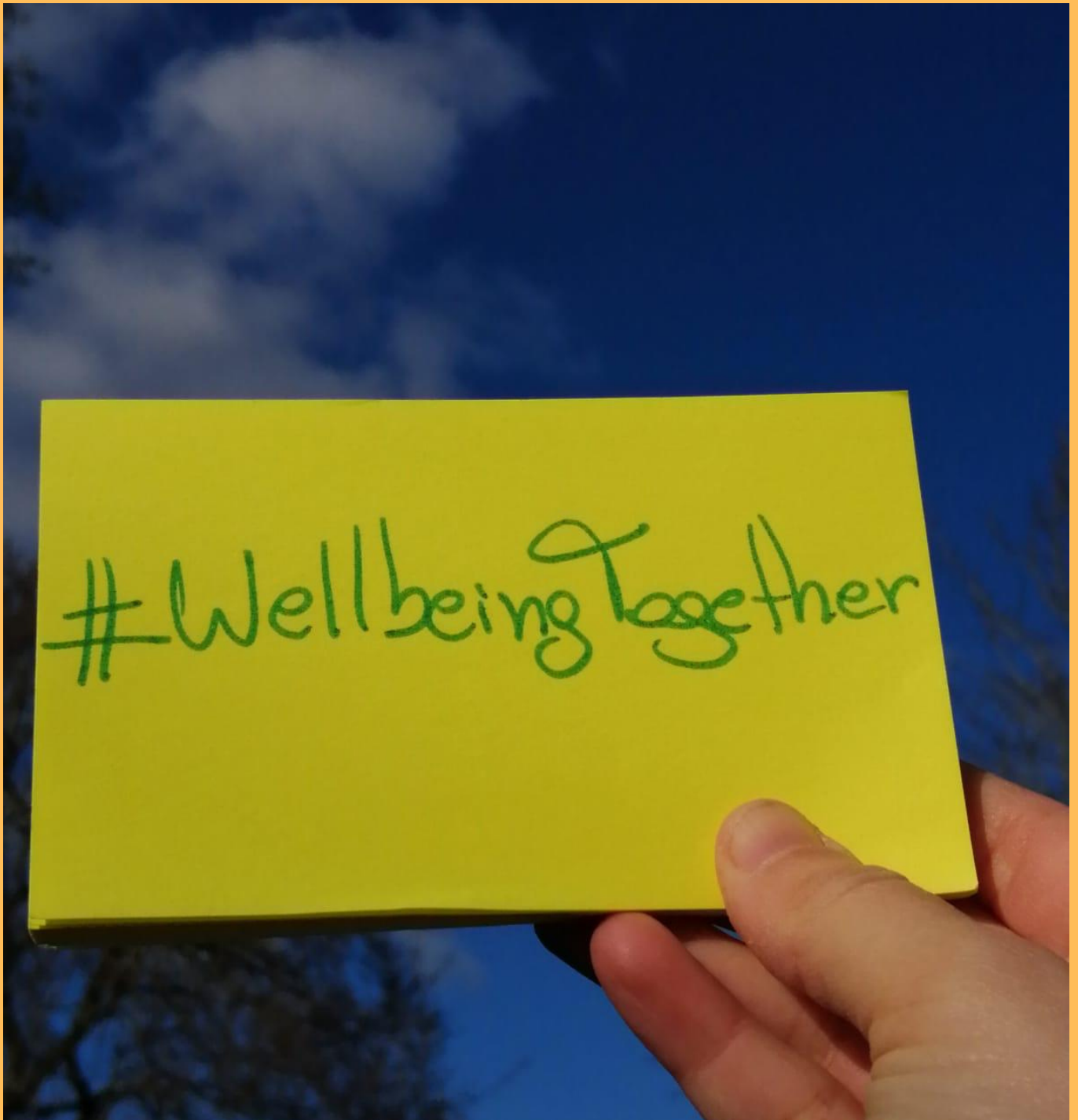


ANNUAL REPORT 2020





DIRECTOR'S STATEMENT

What a year 2020 was!

The Network of Wellbeing (NOW) connects, supports and empowers people to build wellbeing together for people and the planet. How could we do this when the Covid-19 pandemic forced us all to stay in our homes?

We responded by going online to connect wellbeing enthusiasts, activists and professionals from all over the UK (and beyond).

Meanwhile, we adapted our projects to the new situation – and in doing so, launched the world's first mobile library of things.

Even in these difficult times, we can still build wellbeing together.

ROGER HIGMAN

NETWORK OF WELLBEING, DIRECTOR



WEBINARS

We are building a network of passionate activists and professionals to build wellbeing together.

We knew that connecting with each other would be even more important during the pandemic, so early in 2020 we moved swiftly to launch engaging webinars - covering topics like personal resilience, community action and access to nature. In doing so, we attracted an audience from all over the UK - and beyond.

"Much of the work I do in my community is informed by NOW's webinars - they're so valuable for those of us working to improve the health and wellbeing of others. I feel supported and less alone." - Lisa Pidgeon, Director + Arts for Health Practitioner, Little Bird SOS

In 2020:

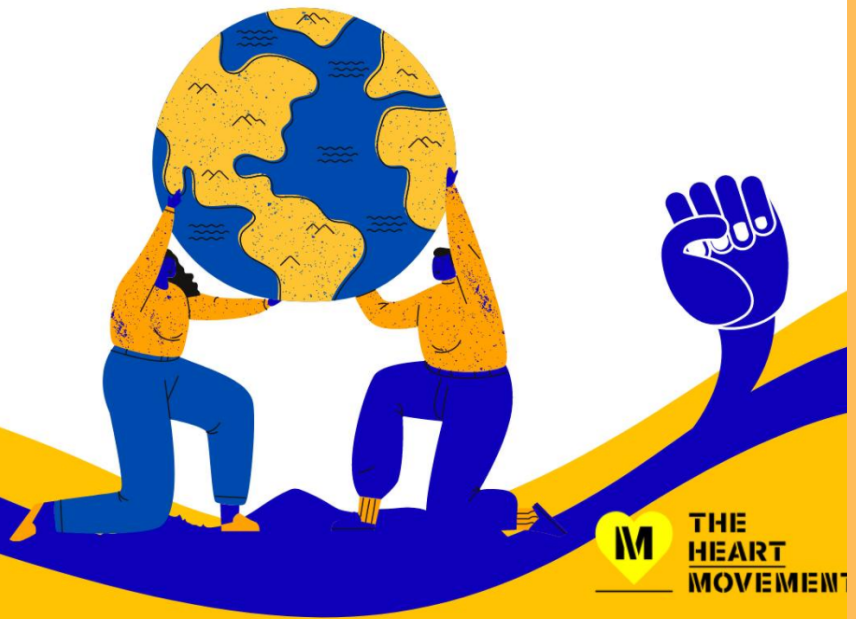
- We ran 12 free webinars.
- More than 2,500 people registered across the year.
- We partnered with others, including Eden Project Communities and the Resurgence Trust.
- The most popular event we ran in 2020 was with the US activist, Rob Greenfield - 250+ people attended.

HOLDING SPACE FOR A CHANGED WORLD



A LISTENING SPACE

 network of
wellbeing



LISTENING SPACES

Offering people a way to share their experiences and to listen to others in a non-judgemental space.

We partnered with our friends at [The Heart Movement](#) to offer facilitated Listening Spaces for up to 40 people at a time. These Listening Spaces broadly followed the themes covered in our webinars, allowing people the chance to connect more deeply on wellbeing-related topics.

"These listening spaces are such a gift. It is rare that we are truly listened to, and heard, in everyday life. Yet, there is so much value in this simple act of love and compassion for oneself and each other."

– Anonymous participant

In 2020:

- We ran 8 Listening Spaces.
- 92% of people who attended a listening space said that they'd join us for another one.
- The most popular themes were Sustaining Hope, Redefining Leadership, and Stories of Resilience.



SHARE SHED – A LIBRARY OF THINGS

We run projects to showcase our vision; of a world that prioritises wellbeing of people and planet. The Share Shed allows people to borrow useful items at small cost, and thus minimises members' consumption.

With help from the National Lottery Communities Fund, we bought a second hand van and converted the Share Shed into the world's first mobile library of things. We now serve four towns, weekly, in South Devon and have doubled its usage.

"I've used the Share Shed several times. It's particularly useful to me because I live in a small space, so I can't store the tools. It's a fantastically worthwhile service."

– Fiona Green, Share Shed member

In 2020:

- 350+ items were available to borrow.
- We attracted 300 new members (1,000+ since opening).
- We made 628 loans (1,600+ since opening).
- Most popular items: carpet cleaner, pressure washer, lawnmower, sewing machine and electric drill.
- We closed for four months due the pandemic.



THE BIG FIX

In February, we ran The Big Fix Totnes, where members of the public could get their broken items checked out - and, mostly, repaired - by volunteer menders.

The Big Fix Totnes was part of a national effort across Britain, co-ordinated by [Recycle Devon](#). We offered electrical and electronic repairs, bike maintenance, fabric repairs, knives and hand tools repairs and sharpening.

"Repair events challenge our throwaway culture. The more we repair, the less we waste, which is good for the wellbeing of people and the planet."

– Mirella Ferraz, who co-ordinated the Big Fix Totnes

In 2020:

- 80+ events happened across Britain, breaking the world record for most items ever repaired in one repair cafe (268 in total).
- Our event had 23 volunteer menders who looked at 92 items and repaired 76. Nine more were repairable, once spare parts were ordered. Just seven were beyond repair.



EDEN RISE

Eden Rise, our residential retreat centre in the Devon countryside, has become a haven for wellbeing - open all year round for wellbeing-related private hires and our own or partnered events.

The pandemic played havoc with our schedule in 2020, forcing many bookers to cancel their events. However, we used the time to make Eden Rise a Covid-secure venue and have added to its capacity with a new 'glamping' option.

"Eden Rise is one of my favourite places to run workshops. The combination of the incredible location and beautiful interiors create the kind of homeliness that we would like to offer to our participants."

– Ed Rooke, Relationship Coach

In 2020:

- We created single occupancy accommodation for social distancing.
- More than 320 people stayed at Eden Rise (though capacity was halved due to pandemic restrictions).
- Two bell tents were erected for secluded 'glamping'.
- We closed for five months due to the pandemic.



LEEDS FESTIVAL

For three years, we have worked with local people and organisations, in Leeds, to help support the first Leeds Festival of Kindness, Compassion and Wellbeing in 2020.

We aimed to explore and highlight the role that kindness and compassion play in fostering wellbeing. In September, over 700 people attended online events as part of the Festival. All the events are still available online at kinderleeds.org.

"It's exciting to be part of an ever growing movement that strives to make the world a more positive place. We can all be a part of it and plant the seeds for the garden of compassion together."

– Heather, Events Volunteer

In 2020:

- 45+ online events throughout the Festival.
- 704 people attended.
- Key themes included: Kinder Relationships, Kinder Communities and Kinder To Our Planet.



SOCIAL MEDIA

We support online sharing around [#WellbeingTogether](#) on Twitter and on our [Building Wellbeing Together Facebook group](#).

We're proud to have doubled our social media reach in 2020, particularly through our vibrant Twitter presence.

	18,200+ FOLLOWERS		500+ SUBSCRIBERS
	5,180+ FOLLOWERS		250+ FOLLOWERS
	1,280+ FOLLOWERS		4,500+ SUBSCRIBERS



network of wellbeing

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Connect with us on social media



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