



network of
wellbeing

ANNUAL REPORT 2022

**Building wellbeing together
for people and the planet**



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wellbeing

www.networkofwellbeing.org



DIRECTOR'S STATEMENT

The Network of Wellbeing (NOW)'s vision is of people and the planet thriving together. We connect people, support projects and inspire action for the wellbeing of people and the planet. We do this through events, network-building, our retreat venue Eden Rise, and community projects, such as our Share Shed – a mobile library of things.

In 2022, we celebrated our 10th birthday. We've looked back at some solid achievements. Our online events have continued to be popular. The Share Shed, our traveling library of things, has successfully extended its service to two new locations while our retreat centre, Eden Rise, has been as busy as it has ever been. We're very proud to be in this place.

2022 was also a time of change. We said goodbye to our Chair of Trustees, Jane Acton, our long-standing company secretary, John Elford and the effervescent Flo Scialom, who hosted our online events and led our communications. We're pleased to have a new Chair of Trustees, Michelle Preston, and to have recruited three new Trustees to guide and advise us.

Now, as a new year begins, we're taking stock and reviewing our strategy so that we can build wellbeing even more effectively in the years to come.

Thank you for all your support,



ROGER HIGMAN

**DIRECTOR, NETWORK OF WELLBEING
(NOW)**



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Congratulations to everyone who has been engaged in creating the Network of Wellbeing on this special and marvellous occasion of its 10th anniversary. Humanity has been obsessed for far too long with economic growth, forgetting that what we really need is growth in wellbeing.

Satish Kumar
NOW Patron





Planting Seeds of Wellbeing: Community Access to Nature Through Growing with Eden Project Communities, April 2022

NOW'S ONLINE EVENTS

The Network of Wellbeing (NOW) runs regular online events, often in partnership with others. We explore how we can build wellbeing together for people and the planet. In 2022, we continued to work with the Resurgence Trust to explore Hope in Action – how acting to make the world a better place can make us feel better and how to prevent burnout. We also joined forces with Eden Project Communities to look at how community action can build wellbeing and tackle loneliness. Then, in late Autumn, we hosted three events of our own to celebrate our 10th birthday – focussing on how we can all build wellbeing together.

You can watch many of our webinars again on our [YouTube channel](#).

We'd like to thank the following people who spoke at our online events in 2022:

Wellbeing in community with Eden Project Communities

Margaret Finnegan – An Tobar
Anne Hayden – Your Planet Doctors
Amit Dattani – the Active Wellbeing Society
Kim Leadbeater MP
Linzi Cason – Empowerment
Nuala Enniskillen – Kindness Postbox



Building Wellbeing Together – for NOW's 10th Birthday

Satish Kumar – author, lifelong activist and our Patron
Rob Greenfield – activist and speaker
Georgina Wilson – BUD Leadership
Ha Vinh Tho – Eurasia Learning Institute for Happiness and Wellbeing
Sophie Howe – Future Generations Commissioner for Wales
Amanda Janoo – Wellbeing Economies Alliance
Chris Johnstone – author and trainer

A graphic for the 'Planting Seeds of Wellbeing' event. It features a close-up of hands planting a seedling into the soil. The text reads: 'Planting Seeds of Wellbeing: Community Access to Nature Through Growing'. Below this, it says 'Tuesday 19th April', '7:30-9 PM UK Time', and 'FREE Online Event'. At the bottom are the logos for 'network of wellbeing' and 'eden project COMMUNITIES'.

Hope in Action: with the Resurgence Trust

George Marshall – Climate Outreach
Ruth Ibegbuna – the Roots Programme
Alex Evans – A Larger Us
Amisha Ghadiali – the Future is Beautiful podcast
Christabel Reed – Advaya
Lynne Segal – author and activist

A graphic for the 'Building Wellbeing Together' 10th birthday celebration. It features a grid of seven portraits of speakers: Satish Kumar, Rob Greenfield, Georgina Wilson, Ha Vinh Tho, Sophie Howe, Amanda Janoo, and Chris Johnstone. The text reads: 'Building Wellbeing Together', 'It's 10 years since the Network of Wellbeing started, and we'd like to invite you to celebrate wellbeing together with us!'. Below the portraits, it lists three events: 'Wednesday 2nd November: Deeper Roots of Wellbeing', 'Wednesday 16th November: Wellbeing as a Path to Systemic Change', and 'Wednesday 30th November: Wellbeing of Future Generations'. The time '7.30-9.00pm GMT, via Zoom' is also mentioned. At the bottom is the hashtag '#WellbeingTogether' and the 'network of wellbeing' logo.

SOCIAL MEDIA

We have continued to increase our reach and engagement through our online and social media communities, consisting of thousands of people throughout the world:

	6,700 ON FACEBOOK PLUS 590 IN THE BUILDING WELLBEING TOGETHER GROUP		600 ON LINKEDIN
	19,000 ON TWITTER		730 ON YOUTUBE
	2,000 ON INSTAGRAM		5,260 ON NEWSLETTER

Some of the most popular posts included:



Thich Nhat Hanh #QuoteofTheWeek



Post promoting #BuyNothingDay (image shared via @rockfordprojects)

Our analytics show that those engaging with NOW online are located all over the world. Whilst a large majority of the network is based in the UK, we are also engaging with many people further afield in the USA, Australia and Canada, and also in countries across Europe, South America, Africa and Asia.





The Share Shed Team

SHARE SHED – A LIBRARY OF THINGS

This pioneering project offers over 350 items such as tools, camping and gardening equipment, household appliances, and much more, for people to borrow at low cost, on a weekly basis.

Travelling in its bespoke van, a real 'shed on wheels', this initiative in south Devon helps people save money, storage space and reduce waste as well as general consumption.

Along with promoting access over ownership, along with collaboration, the Share Shed hosts a range of repair and skillshare events in order to further support the wellbeing of people and the planet.

In 2022, the Share Shed project celebrates:

- **Two new stops** in our weekly route – Kingsbridge and Ivybridge (now serving seven stops in six towns)
- **553 new members** (1,936 since opening)
- **1,044 loans** (3,537 since opening)
- **£25,000+ raised** thanks to the South Hams Climate Infrastructure Fund and the School for Social Entrepreneurs
- **2 pop-up sale events** in Totnes: rehomed 150+ items, and raised £1,500+
- **2 webinars** in collaboration with the UK Sharing Libraries Network
- **Big Fix and Games in The Park** events in Buckfastleigh
- **Tool sharpening skillshare** event
- Participation in **10+ outreach events**
- New promotional [video](#)



NOW Patron Satish Kumar visiting the Share Shed



Trialling a Share Shed Locker in partnership with Sustainable South Brent

THANK YOU FOR THIS INNOVATIVE IDEA, BRINGING
COMMUNITY TOGETHER IN A UNIQUE AND
ENVIRONMENTALLY THOUGHTFUL WAY.

ADAM (SHARE SHED MEMBER)

THIS IS A GREAT RESOURCE-SHARING /
COMMUNITY-BUILDING / PLANET-SAVING
PROJECT.

STEPHEN (SHARE SHED MEMBER)



Eden Rise - set in the beautiful green Devon countryside

OUR RETREAT VENUE, EDEN RISE

Our much loved residential retreat centre, located on the outskirts of Totnes in South Devon, has thrived with activity over the last year. Available for hire all year round, we provide a sanctuary for wellbeing-related events, workshops and training. We continually strive to make our space as sustainable and green as possible - the building runs on solar and wind energy suppliers, our onsite borehole provides fresh filtered water, and we recycle, upcycle and compost onsite.

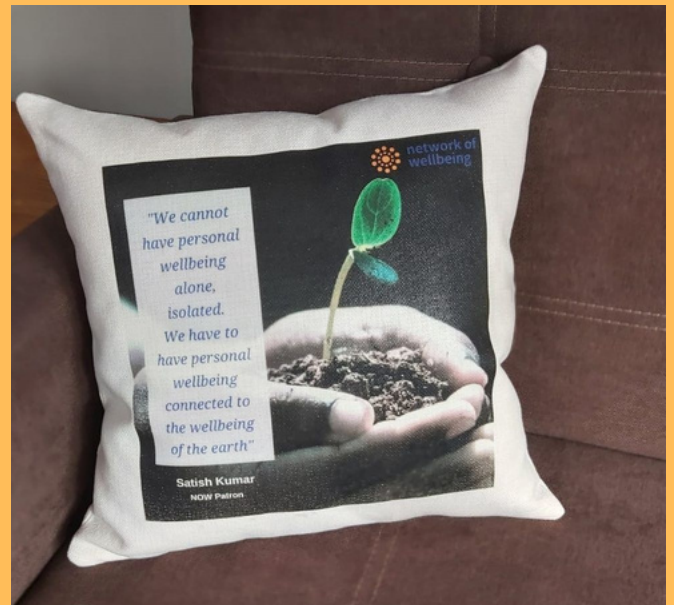
We look forward to welcoming more local, national and international guests to our haven for wellbeing.

During 2022 we have:

- Hosted **55 wellbeing retreats**
- Welcomed over **1000 guests** to stay
- Created a **cosy warm lounge** room
- Provided a space for a **wide range of activities**, such as: vocal improvisation, respite for young carers, counselling training, sessions on pregnancy and parenting, speech and drama, personal development, nature therapies, sound healing, breathwork, yoga and meditation practices.



Secluded heated bell tents available from May - Sept



New furnishings in the cosy lounge room



Feedback from an Eden Rise guest



Outside space at Eden Rise



Planning the ShareFest for 2023.

THANK YOU

We would like to say a huge thank you to all those who have supported and engaged with our work over 2022, including those who have volunteered with us, supported us financially, attended our events, borrowed items from the Share Shed, used our Eden Rise venue, followed our work online, or generally engaged with wellbeing for people and the planet. We look forward to continuing to connect with you throughout 2023. Thank you again for being a part of this journey with us.



network of wellbeing

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