



network of
wellbeing

ANNUAL REPORT 2024



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.

2024 was a difficult year. The need to fundraise, especially for the Share Shed, limited our ability to host as many online and in-person events as we would have liked. Still, we are proud that we:

- raised over £17,000 through Share Shed Boost, a crowdfunder campaign for the Share Shed;
- hosted our first Wellbeing for Changemakers Creative Retreat at Eden Rise (see front cover);
- hosted, with the Woolly Nanas, a very successful Woolfest in Buckfastleigh;
- invested over £28,000 to improve solar power generation at Eden Rise;
- published our guide to *"Setting up and Sustaining a Library of Things"*.

Now, as a new year begins, we're hopeful of securing significant funding, such that we can focus on improve our offer and build wellbeing even more effectively in the years to come.

Thank you for all your support,

ROGER HIGMAN

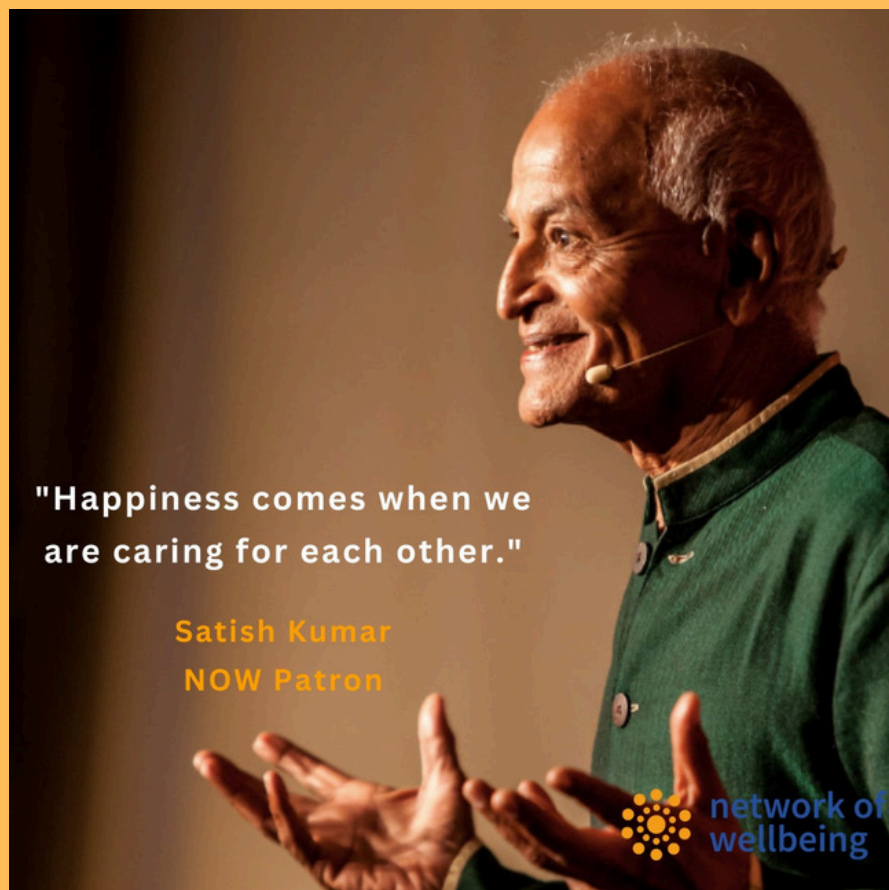
DIRECTOR, NETWORK OF WELLBEING



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EVENTS

The Network of Wellbeing aims to host regular online and in-person events to connect people with a passion for wellbeing. Our offer includes:

- **Wellbeing for Changemakers** – a six week online programme run in partnership with the Academy of Wide-hearted Living that explores the benefits of simple creative practices for managing stress and preventing burnout.

In 2024, we ran the programme on behalf of Community Action Group (Devon) and hosted our first in-person Wellbeing for Changemakers' creative retreat at Eden Rise (see image on front cover).

- **Hope in Action** – an occasional series of online events, with Resurgence that explores how we can maintain hope, wellbeing and resilience while working towards a better world

In December 2024, over 80 people attended *Hope in Action: Living in Times of Emergency and Emergence*, with our Patron, Satish Kumar; Flo Scialom of Plum Village and Georgie Gilmore of Resurgence (below). 14 have booked onto our first retreat, scheduled for March 2025 at Eden Rise.



We'd like to thank everyone who attended our online and in-person events in 2024.



Share Shed Members

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, and promoting collaboration, the Share Shed hosts a range of repair and skillshare events in order to further support the wellbeing of people and the planet.

EMPOWERING COMMUNITIES TO SET UP AND SUSTAIN LIBRARIES OF THINGS

In December, we published "Setting Up and Sustaining a Library of Things", a comprehensive guide designed to inspire and support communities to create their own libraries of things. This free, practical toolkit provides step-by-step guidance on key aspects such as logistics, publicity, insurance, volunteer engagement, and long-term sustainability – based on years of experience in running the Share Shed. It aims to amplify the sharing movement, helping others to replicate our innovative model for reducing waste, saving money, and building community resilience.

Together, we can foster a culture of sharing that creates stronger, happier, and more sustainable communities. The toolkit is available to download for free via www.shareshed.org.uk/toolkit/.



WE LOVE IT! IT'S A REALLY, COMPREHENSIVE GUIDE TO THE MOVEMENT. I REALLY LIKE THE EXPECTATIONS OF THE USERS. THIS GETS MISSED WITH SO MANY LIBRARIES WHEN THEY START OUT. YOU'VE AIMED THIS AT EVERY SIZE AND TYPE OF LIBRARY AND CLEARLY EXPLAIN THE STEPS NEEDED, I WISH WE HAD THIS WHEN WE WERE STARTING OUT.

ALAM DALGAIRNS (LIBRARY OF STUFF FOUNDER)

HIGHLIGHTS OF THE SHARE SHED IN 2024

- **Served seven locations weekly:** Ashburton, Dartington, Ivybridge, Totnes, South Brent, Kingsbridge and Buckfastleigh.
- **Welcomed 595 new members**, bringing our total membership to 3,159 since opening.
- Facilitated **1,347 loans**, making it a total of 6,062 items borrowed so far.
- Successfully ran a **Crowdfunder campaign, raising over £16,000 from 330 backers**, helping us continue to grow.
- Hosted the **WoolFest in Buckfastleigh**, in collaboration with the Woolly Nanas, attracting **more than 400 attendees** for a day of fun and learning about wool.
- Launched the **Buckfastleigh Repair Café** in partnership with the Moor Imagination Collective and CAG Devon, offering a regular space for the community to fix and mend items together.
- Published our **free 'Setting Up and Sustaining a Library of Things' toolkit**, sharing our learnings and insights with other communities.
- Introduced **free membership for low-income households** and launched a **Pay-It-Forward scheme** to make borrowing accessible for everyone.
- Took part in **over 10 outreach events** to raise awareness about sharing and repairing in South Devon.
- Expanded our fantastic **team of volunteers**, who keep the Share Shed running smoothly across the region.
- Installed **a new awning in our van**, thanks to generous support from the Wakefield Trust.





BUCKFASTLEIGH REPAIR CAFÉ

With the invaluable support of [CAG Devon](#), [Dartington Repair Café](#), and the [Moor Imagination Collective](#) (MIC), we hosted a public consultation in Buckfastleigh to explore the community's interest in setting up a local Repair Café. The consultation, which took place in mid-2024, attracted over 25 enthusiastic participants eager to contribute to creating a more sustainable, resilient community through repairing and reusing.

Thanks to the interest and energy sparked by this initial event, a dedicated group of core volunteers was formed. With their commitment and collaborative spirit, Buckfastleigh's very first Repair Café successfully launched on 16th November. This monthly event is now held regularly at the MIC and continues to grow in popularity, providing a welcoming space where local residents can come together to repair items, share skills, and reduce waste.

The success of the Buckfastleigh Repair Café is a testament to the power of community-driven initiatives and partnerships. It highlights how local people, supported by organisations like NOW and their partners, can come together to create lasting positive change. Through events like these, we not only help individuals extend the lifespan of their belongings but also strengthen community connections and inspire sustainable living practices.



WoolFest Buckfastleigh 2024

WOOLFEST IN BUCKFASTLEIGH

In partnership with the Woolly Nanas, on 26th May 2024 we hosted our second WoolFest at Orchard Millenium Green, in Buckfastleigh (Devon). This free and family-friendly event aimed to revive the importance and value of working with wool, a sustainable, natural material.

While celebrating Buckfastleigh as an 'Ancient Woollen Town', the 400+ attendees had an opportunity to learn about and try out spinning, weaving, felting and dyeing as well as watch expert makers practice their crafts.



Eden Rise - a haven for wellbeing

EDEN RISE, OUR CHERISHED RETREAT VENUE

Nestled in the rolling hills on the outskirts of Totnes, South Devon, Eden Rise underwent significant enhancements in 2024. Our efforts were focused on making the space even more sustainable and eco-friendly, ensuring our guests enjoy a truly wholesome experience.

Open year-round and available for hire, Eden Rise hosts a variety of in-house workshops, creating a hub for growth and connection. We are excited to welcome more wellbeing changemakers to collaborate with us through our partnership programme and continue fostering a community of positive impact.

We look forward to hosting an inspiring range of wellbeing activities in the year ahead.

DURING 2024 WE

- Provided a nurturing space for an estimated **1,180 guests**.
- Opened our doors to **59 wellbeing retreats**.
- Hosted the first workshop as part of our **partnership programme**.
- Upgraded our solar energy system by installing **40 new solar panels and an electric vehicle charging port**. Eden Rise now largely runs on its own solar power.
- Created a **new recycling and composting system**, enabling us to compost all cooked and raw food onsite.
- Installed **four large water butts** to store rainwater for all our garden needs and indoor plants.
- Bid farewell to Hayley, our beloved caretaker of seven years.
- Welcomed two new amazing caretakers, **Amy and Benjamin**, as part of our core onsite operations team.



“

THE RETREAT WAS LOVELY AND AS ALWAYS
THANKS TO YOU ALL FOR TAKING SUCH GREAT
CARE OF EDEN RISE, EVERYONE REALLY
APPRECIATED THE HOMELY ATMOSPHERE.

ETHAN POLLOCK (MINDFUL LIVING COMMUNITY)



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Network of Wellbeing's staff - June.2024

THANK YOU

We would like to say a huge thank you to all those who have supported and engaged with our work over 2024, 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 2025.

Thank you again for being a part of this journey with us.



network of wellbeing

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