



Report for Didcot Town Council Grant Aid: Restore - working for mental health

Restore was delighted to receive a grant of £7,110 from Didcot Town Council Grant Aid in November 2023.

As stated in the application these funds have been used to support the mental health of people living in and around Didcot. Funding has enabled therapeutic recovery groups to run at Fleet Meadow in Didcot. Recovery groups are a key component of Restore's work to support people experiencing mental ill health.

Fleet Meadow offers opportunities for people with mental ill health to take part in a structured recovery path while socialising and learning new skills. Recovery workers run programmes in horticulture, woodwork, arts and crafts. These activities build confidence, skills, meaningful connections with others, and provide a safe gateway for Didcot members to work towards being a more active part of society.

During the reporting period (Dec 2023 to April 2024) 39 people attended the recovery group at Fleet Meadow - engaging with the programmes and taking huge steps in their recovery journey. Nine new members joined in this period. Members often stay for up to two years - Restore offers long term support to members providing them with the tools and skills they need to take control of their own recovery to live personally rewarding lives. In addition to the current and new members, seven members of Fleet Meadow graduated during this time - this is testament to the dedicated therapeutic support they received and to their determination and hard work to manage their mental ill health.

Thank you to Didcot Town Council for enabling this vital work to continue.

Mr. M. Jerwood

