## Financials

The Trust would also like to acknowledge and thank all those who have contributed £66,531 Higher Level Stewardship grant. 

### Open Day volunteers

- 363 hours

### Conservation volunteers

- 348 hours

### Archive volunteers

- 1,000 hours

### Garden volunteers

- 730 hours

### Various donations received, including bursaries

- To support the work of The Trust

### Headline Figures

<table>
<thead>
<tr>
<th>Description</th>
<th>March 16</th>
<th>March 17</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total income</td>
<td>0.799m</td>
<td>0.797m</td>
</tr>
<tr>
<td>Total expenditure</td>
<td>0.840m</td>
<td>0.842m</td>
</tr>
<tr>
<td>Total funds</td>
<td>0.578m</td>
<td>0.638m</td>
</tr>
<tr>
<td>Voluntary income</td>
<td>0.025m</td>
<td>0.029m</td>
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<tr>
<td>Investment income</td>
<td>0.154m</td>
<td>0.154m</td>
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<tr>
<td>Charity activity income</td>
<td>0.039m</td>
<td>0.036m</td>
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<tr>
<td>Government grants and donations</td>
<td>0.114m</td>
<td>0.114m</td>
</tr>
<tr>
<td>Cost of charitable activities</td>
<td>0.075m</td>
<td>0.072m</td>
</tr>
<tr>
<td>Governance</td>
<td>0.027m</td>
<td>0.030m</td>
</tr>
<tr>
<td>Governance as % total expenditure</td>
<td>1.4%</td>
<td>1.6%</td>
</tr>
</tbody>
</table>

## Donations and grants

- £66,531 Higher Level Stewardship grant.
- £5,457 various donations received, including bursaries, to support the work of The Trust.

## Chairman’s Introduction

During the year we were voted the best venue in the UK by The Telegraph. It is lovely, of course, to have such recognition, but even more wonderful is the generous and positive feedback that people have had when they visit us...”life changing”, “amazing food”, “meaningful moments”, and “important work” all get regularly mentioned.

Our mission is to connect people to the natural world. We have this objective not only because it is worthwhile but because we believe that it is essential if we are to live in a world where we have the ability to take care of each other and the planet we are more able to thrive. Our Vision is to have a more mindful, environmentally-sustainable world.

I would like to thank everyone who has contributed to Sharpham during the year, especially our Trustees to the curious and generous participants, partners, and members of our community who have always been supportive of our work. Our mission is to reach as many people as possible and we know that we have a long way to go to achieve this. We are always seeking new ways to connect people with nature and the natural world.

With kind regards,

Chair of the Trust
Good News Mindfulness and Courses

Mindfulness is the heart of the Trust’s charitable activities and is the foundation on which our approach to caring for the land is built. Mindfulness has an inextricable link to meditation, which is widely practiced by many individuals and has been shown to have a range of health benefits. Mindfulness meditation has been scientifically proven to improve concentration, reduce stress and anxiety, and enhance well-being. The Trust offers a range of mindfulness courses and retreats, as well as mindfulness sessions in local schools and community groups. Our courses are led by experienced mindfulness teachers, and we offer a range of different types of courses to suit different needs and preferences. We believe that mindfulness can be a powerful tool for personal development and well-being.

Discovering Sharpham Project

In 2017, Sharpham launched the Discovering Sharpham Project, a multi-year initiative aimed at exploring the potential of the Sharpham Estate for conservation and community benefit. The project has included a range of activities, such as the implementation of a woodland management plan, the establishment of a community garden, and the creation of a new wetland area. The project has been supported by grants from the Heritage Lottery Fund and the Forestry Commission, and has involved collaboration with local partners and communities. The project has sought to explore the potential of the Sharpham Estate for conservation and community benefit, and to create a new and thriving landscape for future generations.

Events & The Estate

Restaurants and Wine

Sharpham Wine & Cheese

www.sharphamtrust.org

Subscribe to our monthly newsletter via our website to keep up to date with Sharpham News and events

To book, call 01803 732542 or email bookings@sharphamtrust.org

Retreats also take place from every Sunday at The Barn Retreat Centre, on Sharpham Estate - BarnRetreats

The Barn Retreat Centre

The Barn Retreat Centre is one of the best retreat centres in the UK, offering a range of high-quality retreats and courses. The Barn is situated in the heart of the Sharpham Estate, surrounded by beautiful countryside. The Barn provides a range of facilities, including a comprehensive catering service, a well-stocked library, and a range of leisure facilities. The Barn is open all year round, and we offer a range of different types of retreats, including mindfulness courses, yoga retreats, and creative writing courses. We also offer a range of different types of accommodation, including shared rooms and private rooms.

Sharpham Cheese

Sharpham Cheese has been producing unpasteurised cheeses for over 30 years, and we are proud to offer a range of different types of cheese, including Cheddar, Gouda, and a range of blue cheeses. We believe that cheese making is a craft, and we are committed to producing high-quality cheeses using traditional methods. We work closely with local farmers and suppliers to ensure that we use the best possible ingredients, and we are passionate about producing cheeses that are both delicious and sustainable.

Lower Sharpham Barton

Lower Sharpham Barton is the smallest Sharpham tenancy, and it is run as an organic farm and shop. Here, we produce a range of different types of vegetables, herbs, and flowers, using traditional methods and organic farming practices. We believe that organic farming is a way of producing food that is healthy for people and the environment, and we are committed to producing food that is both delicious and sustainable.

Upper Sharpham Barton

Upper Sharpham Barton is one of the largest Sharpham tenancies, and it is run as an organic farm and shop. Here, we produce a range of different types of vegetables, herbs, and flowers, using traditional methods and organic farming practices. We believe that organic farming is a way of producing food that is healthy for people and the environment, and we are committed to producing food that is both delicious and sustainable.

The Trust benefits from two positions of a Wetlands Trust reserve in the wider garden behind Sharpham House and one at the Barn. Our wetland conservation work is brought to life by volunteers and all coordinators. Last year, over 140 people benefited from our volunteer days, including children and young people from Torbay Play Centre, with a total of 3,499 hours of volunteering. We continue to run weekly volunteer days, and we are grateful to our volunteers for their hard work and dedication.

The Barn

The Barn is our main classroom, where we offer a range of courses and retreats. The Barn is situated in the heart of the Sharpham Estate, surrounded by beautiful countryside. The Barn provides a range of facilities, including a comprehensive catering service, a well-stocked library, and a range of leisure facilities. The Barn is open all year round, and we offer a range of different types of courses and retreats, including mindfulness courses, yoga retreats, and creative writing courses. We also offer a range of different types of accommodation, including shared rooms and private rooms.

The Meadow

The Meadow is a beautiful garden, set in a tranquil and serene setting. The Meadow is situated in the heart of the Sharpham Estate, surrounded by beautiful countryside. The Meadow provides a range of facilities, including a comprehensive catering service, a well-stocked library, and a range of leisure facilities. The Meadow is open all year round, and we offer a range of different types of courses and retreats, including mindfulness courses, yoga retreats, and creative writing courses. We also offer a range of different types of accommodation, including shared rooms and private rooms.

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