

Workshops & Courses

We host a variety of workshops and courses at ARK; through supported learning, people can develop practical, transferable, and personal life skills.

ARK's most popular course is a 6-week Health and Wellbeing course, which comprises a series of different activities. We also hold a number of one day workshops.

Whilst learning new skills, it also offers the chance to meet new friends, grow in confidence and just to have a chance to have some 'me time'.

Please visit
www.arkategwood.com
for more details.



What else do we do?

- Training and Work Experience for adults and young people
- Community Activities
i.e. Yoga, Tai Chi, Health Walks
- Community Lunch Clubs
- Supper Clubs and Social Events
- Corporate Volunteering

Armed Forces Hub

ARK is one of two NHS Somerset funded Armed Forces Hubs working in partnership with Arc in Taunton, providing support to the Armed Forces community, including Serving Personnel, Reservists, Veterans, their children and families and working within the remit and understanding of the Armed Forces Covenant. A bespoke service with a consistent single point of contact, which can include:-

- 1-1 or group support remotely or on site
- Working with the military welfare system and health care services
- Supported referral to other organisations

Volunteering

Our volunteers are an integral part of ARK; they help with vegetable and flower production, animal care, cooking, carpentry, sewing, painting, fencing, arts & crafts, community lunches, mentoring and other general assistance on site. Volunteers are also invaluable in helping others to socially integrate and build confidence in a safe and nurturing environment.



Acts of Random Kindness (ARK) is an intergenerational land based day provision, for people of all ages, needs and abilities. Based upon 12 acres of land and woodland, ARK creates a safe, outdoor space, for people to relax, engage with others and improve their overall health and wellbeing. We do this using animals, horticulture, cooking and rural arts and crafts. The environment and atmosphere offers a safe space to overcome life's challenges that impact on physical and mental wellbeing.

www.arkategwood.com

Learning Disability & Autism Support

ARK supports people with learning disability, autism and brain injury through skills development and social interaction with people of all ages, abilities and backgrounds: to achieve this, we work with individuals with a person-centred approach, supporting people at their own pace and aligning activities with their own objectives and needs. ARK supports people to be actively, consistently, and meaningfully engaged regardless of their support needs, improving confidence and social interaction.



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Young People at ARK

ARK provides services for young people who may be part of a school class, out of education or have difficulty in accessing mainstream education, home educated and young people who are not in education, employment or training.

The ARK environment promotes a sense of belonging and social inclusion, helping to develop a young person's self-worth, sense of identity, social and emotional skills and help to build resilience and to be accepting of others. We offer short or full days (10am-3pm) and work with young people towards specific goals at their own pace and tailor our services to ensure they have the best chance to have their needs holistically met (working with educational colleagues & social services).

We can provide opportunities for whole school classes, small groups or individual students. ARK is a registered DofE centre and provides a range of activity days and experiences for young people during school holidays.



Social, Emotional & Mental Health Support



We have developed a Therapeutic Volunteering scheme, where people who would like to volunteer with us, benefit from our support until they feel in a position to be able to support others or they wish to move onto other things, such as training or employment.

Therapeutic volunteers may be working through a period of low self-confidence, anxiety, stress, or low-mood. Whilst at ARK, people choose to engage in the many different daily activities. This provides the basis to develop confidence and get back 'to being me', at their own pace. Previous therapeutic volunteers have become volunteers, moved on into employment or just become active members of their own local communities.

" I loved the mutual support of those regaining their health & the fun & laughter we shared. You change lives. What you offer at Ark outlived all of my expectations."