

ARK at Egwood Testimonial

WB Male late 40's:

I first started attending ARK at Egwood back in June 2021 as a recommendation from the mental health team at Yeovil for the mental Health and Wellbeing course in partnership with Somerset Skills and Learning..

I was very depressed and withdrawn from society when I started and thanks to the wonderful people at ARK I began to feel much better in myself and my ability to interact with others improved immensely.

The atmosphere at Ark is very calming with beautiful pastures and woodland areas to visit, they have rescue animals, a small pond teeming with wildlife as well as home farmed vegetables and flowers.

Whilst at ARK and whilst on the Health and Wellbeing course, I discovered the art of willow through one of their many workshop courses and realized the therapeutic benefits it was giving me.

I cannot thank the good people working at ARK for the encouragement and praise I've been given to continue working with willow as I feel I have found my calling in life from making willow sculptures to traditional basket weaving, so thank you all for this wonderful journey you have allowed me to pursue.

From ARK:

Since attending the Health and Wellbeing course, Warren has continued to attend ARK for support, has grown in confidence and now runs his own Willow Weaving workshops, sells willow products and is looking to expand on this during 2023. This would not have been possible without the partnership with Somerset Skills and Learning.