

20

EMPOWERING COMMUNITY
FOR A SUSTAINABLE FUTURE



ANNUAL REPORT

ENACTUS CARDIFF MET

21

TEAM
MEMBERS

16

CURRENT
PROJECTS

03

YEARS
OF ACTIVITY

02

01 What is Hero's Haven?

Hero's Haven is a project centred on reaching disadvantaged children through environmental education. We work with a small group of children with specialist learning needs and together we will be running outdoor activities, planting a forest garden in Llandaff campus and another in the Gabalfa.

02 Needs Assessment

In Wales, over 2,000 children are excluded from mainstream education and 311 of them are in Cardiff. These children :

- Have reduced life & work skills, lower self-confidence, and poor mental health and wellbeing
- Are disengaged with their environment

03 We aim to

Through environmental education like workshops and mentoring, we aim to :

- Re-engage children with their learning
- Improve the mood and wellbeing of the children
- Increase the children's self-confidence and life skills
- Increase the children's environmental awareness



04



Sustainability

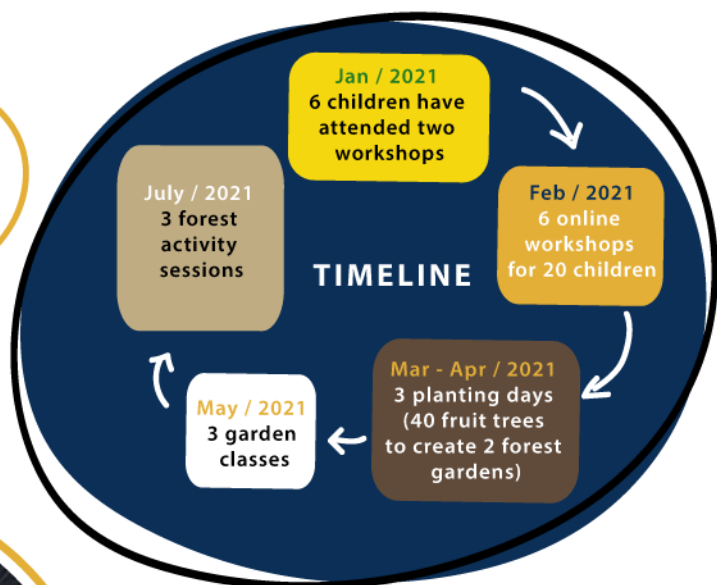
Project sustainability, posts filled for next year

Environmental sustainability, local community engaged and inspired

Financial sustainability: 10 years plan includes fundraising and grants years 1-3 moving towards self sustaining through produce and workshop sales by year 5.

IMPACTS

- ✓ 36 children benefited
- ✓ 6 workshops given
- ✓ 1 food forest planting day
- ✓ 2 children face to face learning
- ✓ Improved wellbeing
- ✓ Increased life skills
- ✓ Increased environmental engagement
- ✓ Improved community environment



Rachel Knox
Project Leader



01

What is MetZero ?

MetZero, is an Campus based zero waste store offering free minimal waste food packs to vulnerable or low-income families via an eco-delivery service.

02

Needs Assessment

- 30.8% of Cardiff households are living in poverty
- Nutritional food has become less affordable and accessible to these households
- 50% of plastics we use are not recyclable and the remaining 50% is often not recycled properly

03

We aim to

To help support the families living in poverty whilst protecting the environment, we aim to :

- Create minimal waste meal packs that will be sold at the MetZero shop
- Work with local farmers to produce affordable meals
- Distribute the meal packs to local food clubs.

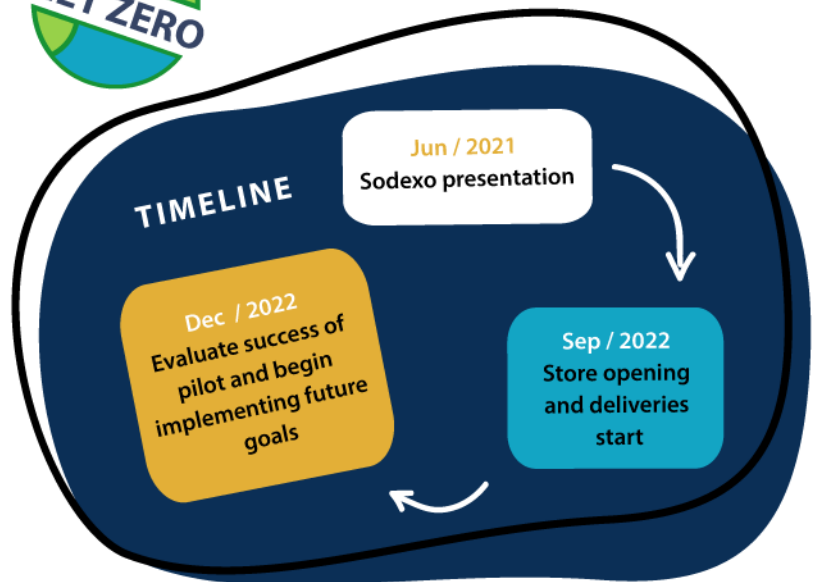
04

Sustainability

The project is financially self-sustaining as It is using the 'buy one, donate one' model.

We have space on both campuses for storage meaning we will not have to pay for external storage or facilities.

Enactus members will help to run the store with volunteering opportunities, running it through the SU guarantees that the project can continue to run irrespective of students graduating and leaving Enactus.



IMPACTS

We will provide 25 individuals with exciting nutritional meals

- Reduced global hunger
- Reduced inequality
- Improved transferable skills



Hannah Banks

Project Leader



FINANCES



OPENING BALANCE : £1,100

INCOME : £7,750

£250 - from BIC for Hero's Haven

£2,500 - from BIC for Hero's Haven

£2,000 - from Ford for Hero's Haven

£3,000 - from NUS Student Eats for MetZero

EXPENDITURE: £3,309.73

CLOSING BALANCE: £5,540.27



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