



APRICOT
CENTRE

ANNUAL REPORT

2022/2023

WHO WE ARE

The Apricot Centre CIC is a regenerative farm, education centre and wellbeing service. We believe there is a fundamental link between the wellbeing of soil, food and habitats and the mental and physical health of communities.

Cultivating Sustainability In Land, Lives & Livelihoods

The Apricot Centre aims to

produce local sustainable food

create a regenerative & biodiverse farm

be net carbon zero and resilient to climate change

Support the mental wellbeing of families and children that visit the farm for therapy, education or recreation

provide training and consultation

create an economically resilient business

support the wellbeing and development of its team

collect data and undertake research on these models



2022 HIGHLIGHTS

- The Wellbeing Service was awarded a 'Good' rating by OFSTED
- The Farm grew great food and additional fruit crops were planted
- 25 acres of new Glebe fields responded well to regenerative systems
- We delivered our first year long level 3 diploma in Regenerative Land Based Studies for 20 students on placement with 13 farms
- We delivered a Level 2 equivalent “Bootcamp” in Regenerative Land Based Systems
- We established Alternative Education Provision at the farm
- The wellbeing service maintained their offering and grew the service
- We delivered our permaculture design consultancy service
- We delivered design workshops for the “Communities of the Soil” project supporting marginalised groups in Plymouth
- Marina published her book 'Designing Regenerative Food Systems'
- An exciting new collaboration with Bowden Pillars Future was born.



HUXHAMS CROSS FARM

Huxhams Cross Farm is a regenerative, low-carbon and biodiverse farm. In the 8 years we have been here we have transformed the soil into beautiful, productive and profitable land. This is achieved this by weaving together a variety of approaches; permaculture, agroecology, agroforestry, regenerative agriculture, biodynamic and organic food production. **We are rethinking food production to create a resilient local food system that meets the challenges of climate change, biodiversity loss and producing enough food.**

In 2022 we hired new team members to focus on fruit and flowers. We had a bumper year for fruit and new products such as dried flower wreaths extended sales into winter. We saw the impact of a changing climate with heat loving crops like aubergines thriving and other staples like onions and squash hit by our struggles to keep up irrigation.

WE GREW

107 varieties of fruit and vegetables
50+ varieties of flowers

WE HARVESTED

27.5 tonnes of fruit and vegetables
38,849 eggs

WE MADE

20+ products such as jams relishes, chutney and flour

WE SOLD

All products within a 45 mile radius of the farm



**10 TONNES
OF CARBON
SEQUESTERED
PER HECTARE
PER YEAR**

of which we use 50%

In October 2022 we made the difficult decision to get rid of our flock of 200 chickens due to the the potential repercussions of an Avian Flu outbreak. The aim is to reinstate 300 chickens with a new breed once the issues around Avian flu have been resolved nationally.

We continue to grow our wholesale market including great local restaurants like The Bull and Emelia's as well as selling via The Good Food Loop.

2023 is an exciting time for the farm. The Glebe Fields will transition to organic status in April. We also plan to integrate livestock into our cropping system around the same time. Store cattle will run on a mob grazing system and 12 week old piglets will be fattened up to 9 months. Alongside these activities, the new fields will be used to grow chicken feed and YQ wheat. We also plan to extend our delivery round to Dartmouth and Kingsbridge.

A new collaboration emerged in 2022 called Bowden Pillars Future. As part of this we plan to take on 40 acres just outside Totnes. Deep rooting green manures will go in for 2 years followed by agroforestry, grain / green manure rotation and a heard of cattle.



WELLBEING SERVICE

People care, earth share and fair share are at the heart of everything we do. These values encourage a holistic therapeutic approach guided by feedback from people and nature. Our approach to wellbeing is about discovering what makes us feel 'well' in ourselves, our communities and our relationship with the natural world. We support children, adolescents and families who are dealing with the complex life circumstances that are common in adoption, fostering and care as well as those with special educational needs.

Our team of 25 therapists and practitioners across Devon and East Anglia deliver wellbeing sessions, including process oriented child psychotherapy, psychology, creative psychotherapies, attachment focused therapies and wellbeing and mentoring activities at the farm.

2022 was another year of growth and strengthening for our service. We achieved a 'good' rating by OFSTED and hired a full time clinical lead as well as increasing administrative support. We also embarked on the development of a new wellbeing garden at the farm .This has been designed by permaculture students and will be implemented with the support of a regular volunteer group.

In 2023 we will continue to explore more ways in which we can diversify our service in a way that responds to the needs to our community and creates more resilience within our business.



**3370 SESSIONAL
HOURS FOR
YOUNG PEOPLE
AND THEIR
FAMILIES**

NATURE CONNECTION

Our projects:

Communities of the Soil Collaboration with Diversity Business Incubator to co-create welcoming spaces to grow food, share culture and cuisine with groups including refugees and asylum seekers in Plymouth.

Veterans Outdoors Nature recovery work and a social prescribing where veterans are able to buy in our service to help in their recovery.

Social Prescribing We continue to be involved with the developments within the South West for social prescribing.

Root and Rise Supporting care leavers through nature connection and mentoring at the farm.

Community Interventions Building resilient communities to develop their understanding and support around trauma and attachment. We are developing a proposal and researching ways to pilot this work.

Sensory Integration in Nature Our nature based setting lends itself well to sensory integration work. Practitioners with experience in this area are beginning to work on an approach and programme.

Gather and Nourish Workshops aimed at building community resilience through the sharing of food and knowledge in a time of economic crisis.



EDUCATION

2022 saw a huge increase in our educational reach as the pilot year for our Crossfield's accredited School for Regenerative Land Based Studies. We hosted 23 Level 3 students who were on placement with 13 farms. From that cohort 11 have gone onto employment and 6 are taking part in our 2023 Level 4 diploma.

Alongside this we delivered a new Level 2 'Bootcamp' over 12 weeks and continued our adult trainings in permaculture, agroforestry and biodynamics as well as bespoke training courses and contributions towards the MSc at Schumacher College, the Landworkers Alliance and other universities.

2023 will see another round of Level 3 and 2 students as well as a pilot year for our Level 4. We will also host the Oxford Real Farming Conference Field Event in May.

WE DELIVERED

1755 training days

WE HOSTED

160 local primary school children for education days at the farm

WE PARTNERED

with 13 farms supporting them to plant 1000 trees and restore 120 hectares



DESIGN CONSULTANCY

Demand for our design consultancy service continues to grow. We harness our expertise in permaculture, biodynamics, regenerative farming, agroforestry, horticulture, livestock management systems and business planning. This year we delivered designs and facilitated collaborative design processes for 12 sustainable farms, smallholdings, large gardens and community spaces in the UK.

**12 DESIGNS
DELIVERED TO
TRANSFORM 660
ACRES INTO
REGENERATIVE
LANDSCAPES**

DARTINGTON MILL

Most bread in the UK is made with imported flour, however it can be grown locally using regenerative practices. Dartington Mill CIC and the 'Reclaim the Grain' brand is a collaboration between the Apricot Centre, Old Parsonage Farm and The Almond Thief Bakery. Each organisation brings part of the diverse skill set required to grow, process, mill and bake highly nutritious and quality food products such as flour, oats and other grains. The Mill exists as a 'business for purpose' that does not profit from its operations, but exists to support the people and farms involved. The Apricot centre sells freshly milled flour to customers.



COMMUNITY ENGAGEMENT

The Apricot Centre is a Community Interest Company (CIC). This means that we exist to benefit the wider community, rather than generate profit. We go about this by sharing surplus produce locally via Food in Community, invite groups to see our farm and ensure our wellbeing service and courses are accessible for people from all walks of life.

This year we hosted a wide variety of tours, talks and seasonal events such as Apple Day and a festive market at our farm enabling people from our local community to come and learn about nature connection and regenerative farming.

In February 2022 we hosted 100+ people for the launch of Marina's book, 'Designing Regenerative Food Systems'. This opened up new opportunities to share our work via panel discussions, festivals, universities, local and national media.

WE HOSTED

620 people across 75 visits to our farm

WE PARTICIPATED

In 28 external events sharing our skills and knowledge with 1600 people

WE COLLABORATED

with 50+ organisations



INCOME STATEMENT

YEAR ENDING 31ST DECEMBER 2022

	2022 (£)	2021 (£)
Turnover	943,410.06	819,227.10
Cost of Sales	414,282.65	422,155.30
Gross Profit	529,127.41	397,071.80
Expenses	497,313.84	346,274.29
Net Operating Profit	31,813.57	50,797.51
Bank interest received	44.98	7.84
Other Expenses including depreciation	31,164.85	25,146.06
Net profit	693.70	25,659.29

THANK YOU

We couldn't do what we do without the commitment of our staff, Directors, Friends Group, volunteers and local community. We'd also like to thank the organisations we've partnered with and those who support us financially.

Our partners: The Biodynamic Land Trust, Dartington Hall Trust, Good Food Loop, Old Parsonage Farm, The Almond Thief, Diversity Business Incubator, Landworkers Alliance, Schumacher College and all of the farms we have worked with through the School for Regenerative Land Based Studies and the Bowden Pillars Futures Partnership.

Our supporters: Devon County Council, Devon Environmental Foundation, Badur Foundation, Landworkers Alliance, Torbay Community Development Trust, Department for Work and Pensions, Vivo Barefoot, Totnes Arts Society, Lifeworks and Rural Payment Agency.





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