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**Creating a soulful approach to health and wellbeing
through craftsmanship, conservation, and contemplation.**



The Fathom Trust supports people in physical, mental, or spiritual distress by restoring life-giving connections to body, soul, nature, and society.

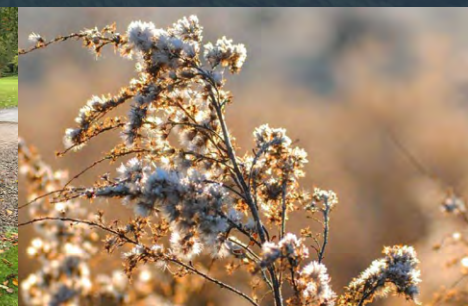
We are developing an innovative model of Integrated health and pastoral care which prioritizes the quality of relationship between practitioners, patients, peers, and planet.





Our approach

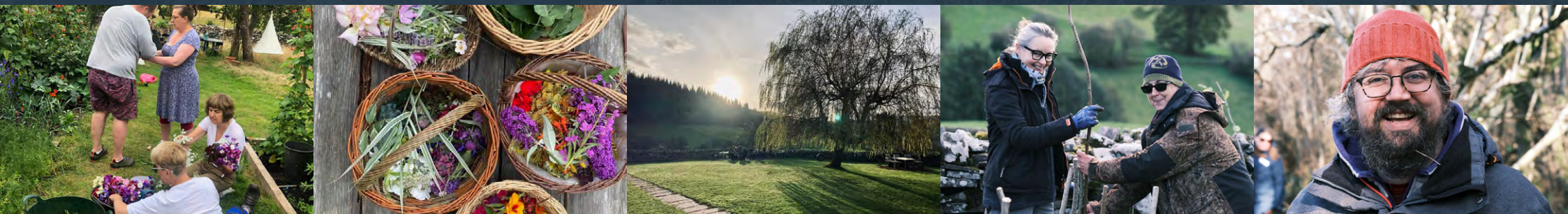
We believe that the process of working with nature helps people to see themselves in a new light and teaches an awareness of, respect for, and love of themselves, others, and the natural world.





Our purpose

We connect people to communities of care where we find friendship, purpose, and joy, and discover our capacity for healing by working practically with our hands and living close to the rhythms of the natural world.





What we do

We create health and promote healing by working with a community of landowners, artisans, and healthcare practitioners to restore people's focus and their sense of creativity and self-worth by bridging the gap between NHS provision and local skills.



The fathom Trust

Programmes



Crafts



Conservation



Contemplation

F Folk
School

M Making
Well

D Dare
Gale



Nature-based education
for children



Health & Healing through
Green Crafts



Retreats for exhausted
workers

SOCIAL CHALLENGES WHICH WE'RE ADDRESSING



MENTAL ILLNESS



HABITAT LOSS




SOCIAL ISOLATION



An educational programme called 'Fingertip Philosophy' for children and young people

We are developing our programme of 'Fingertip Philosophy' with children who are not in mainstream education due to having caring responsibilities, illness or disability.

Given that 75% of adult mental illness starts in childhood, it is imperative that children and their families have access to alternative forms of support.

The background of the slide features a dark blue gradient with faint, semi-transparent silhouettes of a child and an adult. The child's silhouette is on the left, and the adult's silhouette is on the right, both appearing to be in profile and looking towards each other. The text is centered in a white, serif font.

“We need bold and creative initiatives like Fathom more than ever if we are to help the growing numbers of children in psychological distress live in harmony with their bodies and minds and take delight in the natural world around them.”

Dr Dickon Bevington, MA MBBS MRCPsych PGCert
FRSA, Consultant Child and Adolescent Psychiatrist and
Medical Director at the Anna Freud National Centre for
Children and Families

“The experiences my daughter gained from Fathom’s outdoor classroom have helped to transform her from an anxious, troubled little girl to a confident, happy and brave year 7, with a sensitive and insightful understanding of the natural world.”

Jessica, parent



A Green Social Prescribing Programme

We have worked with GPs, mental health teams, and the charity MIND to establish an eight-week green social prescribing programme for people referred with mental illness. Bangor University have produced a Social Return on Investment study calculating an SROI of £7.70 for every £1 invested and improvements in health and wellbeing of 50%.

“I am grateful for the fabulous work that Fathom has offered to our clients with serious mental illness. I have referred 8 clients from my caseload and their feedback has been so positive. What they liked was looking at alternatives to managing their mental health. The environment felt safe and they felt valued. Those running it had energy, compassion and understanding. This project has allowed them to grow and develop interests and skills that they didn’t have before.”

Annette Endacott CPN
(Community psychiatric Nurse)

“The Fathom Trust has had a positive effect on community members suffering from the trauma and worry of mental health issues. Several of us have attended the natural, mindful, unhurried and expressively free workshops set in the rich heritage of our Welsh farming land and community to share in therapeutic time-honoured craft activities with others in need, leaning on the low key but strong and effective support provided.”

Lesley Doggett, Vice President of Bwlch and
Cathedine Women's Institute (WI)

“The Fathom Trust is doing valuable work locally to address the disconnect so apparent in people’s lives through loneliness, isolation and poor mental health. In my work it is difficult to fully meet peoples’ complex pastoral needs, so it is wonderful for me to be able to direct them to this excellent project.”

Rev’d Anna Bessant, Assistant Curate to
the Brecon Ministry Area

“The Fathom Trust is an exemplar in demonstrating exceptional and positive impacts on people’s lives and mental wellbeing. Their involvement is highly valued as being professionally led, ethically appropriate and creatively pioneering in meeting the needs of vulnerable people in rural Powys.”

Lucy Bevan, Arts in Health Coordinator, Powys Teaching
Health Board



Retreats for exhausted
workers

We have run over twenty retreats for 250 medical staff, unemployed young people and senior executives. They have proved uniquely effective in helping individuals to relax, both physically and mentally, to form positive relationships with their peers, and to rekindle their sense of purpose.

“From the outset, Fathom has developed evidence that they are improving health and wellbeing across physical, social and psychological and increasingly existential domains. We need Fathom to help us create radically new models of care, including for medical colleagues in crisis which is why Fathom’s retreats are so timely.”

Dame Professor Clare Gerada, DBE, FRCP, FRCGP,
FRCPsych, President Royal College General
Practitioners, Chair Doctors in Distress

“Just a huge thank you! I valued everything about the day. Being invited to pause and just be – in our body, felt vital to what I do and who I am and something that I will actively choose to do from now. To have this positive experience of what it is to pause, and to reflect on what it is we are seeking to provide, was truly restorative.”

Medical Consultant



Wood

Spoon carving,
furniture making, and
basketry



Food

Bread making,
foraging, and fruit
picking



Flora

Horticulture,
hedge-laying, and
forestry

By creating environments in which people can learn to focus on practical tasks that are mentally relaxing, we can teach people how to re-evaluate our relationship with the natural world and to discover our place in it.



Fauna

Animal-assisted
therapy and bee
keeping



Textiles

Felting, weaving,
embroidery, and
leatherwork



Earth

Pottery, dry stone
walling, and
outdoor adventure

The Fathom Trust

Our 3 year plan

“With a grant of £150k, three years from now Fathom will be on a path to sustainability, with fee paying clients subsidising much of the charitable delivery. In those three years, the Trust will offer support up to nearly 3,000 beneficiaries and will produce a Social Return on Investment of between £2m and £3m.”

FATHOM TRUST 3 YEAR BUSINESS PLAN

Financial Headlines:

	Year 1	Year 2	Year 3
Income	57,200	87,734	101,000
Donations	63,000	48,000	39,000
Costs	(118,503)	(120,996)	(130,311)
Surplus	1,697	14,738	9,689

* a small annual surplus allows for some flexibility and provides the project with cashflow

	Year 1	Year 2	Year 3
Daregale NHS	288	336	432
Daregale Private	48	48	48
Making Well	36	36	48
Folk School	480	480	480
Artisan Courses	-	96	96
	852	995	1,104

* in the past year we have delivered to 250 people, between Daregale & Making Well, making year 1 an increase of 74 beneficiaries. In addition to this, year 1 will see Fathom open programmes to private clients for Daregale, and add in the Folkschool for young people

Social Return on Investment:

Assuming all the costs are attributable:

Total costs	369,810	
SROI range	5.40	7.70
Therefore	1,996,974	2,847,537





Dr William Beharrell
Founder

Dr Will Beharrell, Fathom's founder and CEO, has degrees from Cambridge and Durham in Medicine and Arabic. He has a background in psychiatry and health innovation, with a focus on sustainable healthcare.

Together with Rory Stewart, Will was a founder of the charity Turquoise Mountain in Afghanistan, with the purpose of preserving traditional crafts and harnessing the processes involved in those to promote social and economic regeneration. The charity has since sold over \$17m in sales to international markets.

Will established a family medical centre, bringing together traditional heritage with family medicine to create a primary care service for 60,000 people in Kabul's old city. Fathom's trustees include a former Chief Medical Officer and one of the architects of Prudent Healthcare in Wales, Microsoft's Chief Medical Scientist, a renowned psychiatrist, innovation lead and conservationist.

TRUSTEES



Iain McGilchrist
Psychiatrist & Author



Jonathon Gray
Director of Improvement
& Innovation, Cardiff &
Vale NHS



Junaid Bajwa
Chief medical scientist
at Microsoft



Niki Barbary-Bleyleben
Artist, Sociologist, Econ-
omist, Conservationist



Sir Mansel Aylward
Chair, Life Sciences Hub
Wales



Dr William Beharrell
Founder

Our vision is for a network of therapeutic communities offering a soulful approach to health and healing through craftsmanship, conservation, and contemplation, creating life-giving connexions to body, soul, nature and society for people who lack access to traditional forms of care and support. Our mission is to establish a Centre for Integrated Health and Pastoral Healthcare to promote physical, mental and spiritual wellbeing for people suffering with chronic illness or stress, especially children and young people not in mainstream education, for adults living with long-term conditions and for exhausted workers.

‘Fathom’ alludes to depth. It derives from ‘faethm’, an old English word which described the act of measuring a tree with one’s arm span, of ‘reaching out and embracing’. For us, it signals the importance of physical connections to the natural world but also a sense of rootedness in community and landscape, and a moral framework, that can provide a foundation from which to address life’s challenges. Fundamentally, it is to do with providing opportunities for connection with the deepest aspects of our inner selves that are often lacking in the rush, chaos or noise of twenty-first century life, and healing the damage done when that connection is broken.

Formerly, the context we worked in was provided by a life lived close to the rhythms of the natural world, a thriving sense of community, immersion in practical work carried out with our hands, and a spiritual dimension to life. All of this provided a necessary anchor and depth - literally the depth of rootedness we need to thrive. By contrast

our lives today have become overly abstract, lack context, and no longer offer the opportunities to find fulfilment or discover meaning. Pressures of work prevent us taking time for reflection. We have lost the spiritual anchors of education in faith to provide an effective moral compass. Our lives lack depth. The Fathom Trust aims to address this lack of rootedness, whether it manifests itself as disruptive behaviour in school, mental health challenges following trauma such as bereavement, displacement or relationship breakdown, mental exhaustion brought on by professional stress or inability to sustain employment.

We work with landowners, artisans, and healthcare practitioners to restore people’s sense of focus, creativity, self-worth and purpose by bridging the gap between NHS provision and locally available skills. We connect people experiencing illness to communities of care where they can experience rest and rehabilitation as well as friendship, purpose, and joy, which come with the discovery of their own capacity to heal themselves and others, in community and through ancient, practical skills. Having established proof-of-concept, we are working to create a Centre for Integrated Health and Pastoral Healthcare. We believe new forms of social infrastructure like this will create measurable social, environmental, and cultural value by improving health, regenerating natural habitats and safeguarding tangible and intangible cultural heritage.

“The idea is a revolutionary break from the usual pattern, and one which caters to the whole person – mind, body and soul. I believe it may hold the key to progress in areas where we have hitherto struggled; and bring richness into the lives of children of all ages, patients of many kinds, and those simply needing refreshment because of the burdens of their office. That would be my hope – our hope – and perhaps I may dare that it might be the hope of us all.”

Dr Iain McGilchrist MA (Oxon), BM, FRCPsych, FRSAP
Psychiatrist, former Clinical Director Bethlem Royal and
Maudsley NHS Trust, philosopher, Literary scholar, author

“Fathom is exemplary of the kind of community-based social enterprise that can bridge the gap between statutory providers like the NHS and local communities and I wholeheartedly support their work.”

**James Evans, Member of Welsh
Parliament for Brecon & Radnorshire**

“The Fathom Trust is a bold and positive response to the Welsh Government’s vision for health and wellbeing – as set out in ‘A Healthier Wales’. It is an exciting example of a social innovation enterprise which illustrates why this vision is so important for us all. In many ways, prudent and community-based healthcare is our future, and I am proud to see The Fathom Trust emerging as a leader in this field.”

Professor Sir Mansel Aylward CB MD
DSc FFOM FFPM FRCP FLSW
Chair, Life Sciences Hub Wales

“Will Beharrell – the founder of Fathom – is a very special person. I have worked with him very closely in Afghanistan and amongst very vulnerable and challenged communities in London. He has a unique combination of wisdom, humility, and gentle humour – as well as a deep academic education. His fundamental insight – that living and creating in a craft community can be deeply helpful for mind and soul – seems entirely right. It’s often not an easy message to convey today. But each of us that has been lucky enough to find such moments of meaning can attest to its power. We are very lucky to have Will and this project.”

Rory Stewart OBE FRSL FRSGS PC
Former International Development Secretary, author,
politician and diplomat

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THANK YOU