





Our Royal Founding President, His Majesty King Charles III, brought attention to these global issues **over five decades ago**, and since then has worked tirelessly to bring attention to the challenges facing the planet.

The King's Foundation was first formed in 1990 to demonstrate the importance of harmony and balance between ourselves and the natural world.

OUR VISION

A world where we live in harmony with nature to improve the wellbeing of people and the planet.

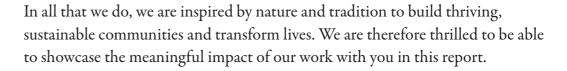
OUR MISSION

Inspired by nature and tradition, we build thriving, sustainable communities and transform lives.

Foreword

PEOPLE, PLACES, PLANET - IN HARMONY

Inspired by the vision and values of His Majesty King Charles III, our Royal Founding President, The King's Foundation builds and supports communities where people, places and the planet can coexist in harmony.



The King's Foundation is headquartered at our flagship regeneration project, Dumfries House in Ayrshire, Scotland. We act as custodian of other historic Royal sites including Highgrove Gardens in Gloucestershire and the Castle of Mey in Caithness, Scotland.

Our work is also carried out at educational and cultural hubs in London, based at The King's Foundation School of Traditional Arts in Shoreditch, Trinity Buoy Wharf on the banks of River Thames and The Garrison Chapel in Chelsea.

In addition to our activities in the United Kingdom, we work across over a dozen sites worldwide to deliver change and improve lives and communities.

Our work is underpinned by His Majesty King Charles III's philosophy of harmony: that by understanding the balance, order and relationships between ourselves and the natural world we can create a more sustainable future.

I am proud to see this report does justice to the transformative effect of our work and is a true showcase of the huge variety of projects we deliver across the United Kingdom and beyond. I hope you enjoy learning more about our life-changing work and its significant impact.



KRISTINA MURRIN CBE
Chief Executive Officer



The King's Foundation

THE PHILOSOPHY OF HARMONY

The King's Foundation is a charity founded by King Charles III as Prince of Wales and was first formed in 1990.

Inspired by the vision and values of His Majesty, the Foundation builds and supports communities where people, places and the planet can coexist in harmony.

For more than 40 years, His Majesty has been at the forefront of championing change.

The work of The King's Foundation is underpinned by His Majesty King Charles III's philosophy of harmony: that by understanding the balance, order and relationships between ourselves and the natural world we can create a more sustainable future. We aim to work with nature, not against her.

Cutting across a diverse spectrum of sectors, disciplines and levels, The King's Foundation represents areas where The King has been decades ahead of the curve, including in education and sustainability, farming and agriculture, traditional arts and crafts, health and wellbeing, architecture and urbanism.







KEY SITES



HIGHGROVE GARDENS

The King's Foundation has been the custodian of the iconic series of gardens that surround the much-loved private residence of King Charles III and Queen Camilla since 2021. The gardens are open to the public between April and October, with all proceeds helping to fund The King's Foundation's education courses which take place on site at specialist woodworking and embroidery workshops.



DUMFRIES HOUSE

Dumfries House is the headquarters of The King's Foundation, having been saved for the nation by His Majesty, as the then Prince of Wales, in 2007. The House displays one of the largest collections of Chippendale furniture in the world, as well as hosting special events and weddings throughout the year. The wider estate is open to the public for the local community and other visitors to enjoy, and has an extensive education campus offering nature-inspired learning and traditional craft skills programmes.







THE CASTLE OF MEY

The Castle of Mey was the cherished holiday home of Queen Elizabeth The Queen Mother from 1952 until 1996, set in the beautiful landscape of Caithness, Scotland. The Castle's facilities include a former granary building which has been developed into luxury bed and breakfast accommodation, a conference centre and a wedding venue.



THE GARRISON CHAPEL

The King's Foundation occupies the Grade II-listed Garrison Chapel in the former Chelsea Barracks to publicly exhibit elements of The Foundation's work. Exhibitions have a particular emphasis on traditional arts and heritage craft skills, in addition to a number of special exhibitions and events.





Our highlights this year

REFLECTING ON THE IMPACT OF THE KING'S FOUNDATION IN 2023-2024, ACROSS OUR CHARITABLE WORK

2,314

people supported through integrated health and wellbeing programmes at the Health & Wellbeing Centre this year.

15,412

students have benefitted from The King's Foundation through education and training programmes this year.

15,368

have benefited since the Centre opened in 2015.

500

people referred from six local surgeries.

39

partnerships and collaborations with universities, associations, governments and councils.

Convened
71
King's Foundation

events to share best practice.

Brought together over

3,500

people to consider planning, education and heritage skills.

Over

282,000

in-person visitors to our historic sites over the last year.

Since 2017

20,106

have attended Academic and Open Programmes at the School of Traditional Arts in the UK.

Over

15

live placemaking projects across the globe championing a sustainable approach to how we build our communities. 5,215

students have attended programmes at the School of Traditional Arts in the UK and internationally this year.

and

4,629

students across international outreach programmes.

With the potential for positive change on over

700,000

lives. 9 new projects in the UK alone have been developed this year.

IMPACT REPORT 2023/24
IMPACT REPORT 2023/24

Our impact journey

This year, The King's Foundation set out to develop a framework to showcase and demonstrate the positive difference the charity makes across its projects, programmes and places.

The ultimate aim was to be able to capture and measure the impact of The King's Foundation's work across the lives we help to transform: from students, health & wellbeing recipients, partners, planners, artists and creators. We want to be able to demonstrate the true lifechanging impact of our education courses and health and wellbeing programmes, as well as our placemaking and regeneration projects in the UK and overseas which help to revitalise communities and historic assets.

This approach was developed in consultation with The King's Foundation Trustees and staff and supported by independent impact specialists Bean Research. Together we have created an impact framework which identifies the positive change we want to make as a charity and the outcomes we are committed to capturing in future years.

The framework is structured around the charity's three key themes:



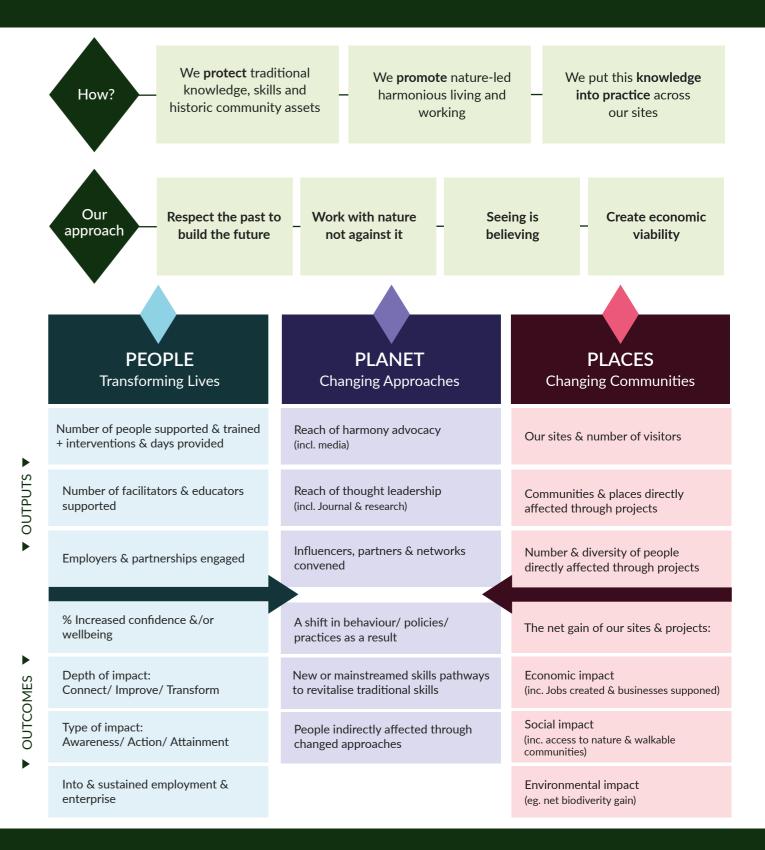
Our framework identifies the outcomes of our direct impact on **people**, whether students on our education programmes, local residents or health & wellbeing participants, and on **places** where The King's Foundation either directly manages projects or has worked with local communities to create a more sustainable approach to planning and regeneration.

This framework and approach recognises the important role the Foundation has played in demonstrating knowledge through practice, and promoting nature-led, harmonious, living and working to inspire others, which ultimately benefits the wellbeing of the **planet**.

This work will be embedded across our programmes, places and projects over the next year. We are committed to ensuring this process enables consistent and rigorous impact measurement and annual impact reporting. By capturing the positive impact of our work, our hope is that more people will be inspired to create a world where people, places and the planet coexist in harmony.

The King's Foundation Impact Framework

Inspired by the vision and values of His Majesty, the Foundation builds and supports communities where people, places and the planet can coexist in harmony.



A world where we live in harmony with nature, improving the wellbeing of people and the planet.

PEOPLE
Transforming lives







OUR IMPACT ON PEOPLE

The King's Foundation changes lives through teaching education and skills to students of all ages. From primary school pupils to post-doctoral academics, we build skills pathways to enhance knowledge, wellbeing and confidence. Alumni who have completed our programmes have reported increased confidence, awareness, action and progression.











Our Impact on People



The King's Foundation has delivered **56** education programmes this year supporting traditional arts, knowledge and skills and health and wellbeing.

45%

of the programmes were designed to raise awareness of an issue, skill or traditional craft to inspire young people.

55%

of programmes go further, to inspire action and enable young people to progress into a future career.

15,412

students have benefitted from The King's Foundation through education and training programmes this year. 89%

report feeling more confident about their futures.

77%

progressed to further education, employment or enterprise related to their area of expertise.



822

educators and teachers have attended Continuous Professional Development (CPD) training with The King's Foundation.

22

educational partnerships and collaboration with universities and academic institutes.



152

students have attended postgraduate academic programmes at the School of Traditional Arts this year.

With an additional 119 courses delivered online to

3,394

participants.

15,368

people supported through integrated health and wellbeing programmes since our Dumfries House Centre opened in 2015, with 2,314 people supported this year.



12

students have completed the Building Crafts programme this year.

83% of alumni still working in the heritage sector.

i still working critage sector.

181
have completed this course in total since

2007.

94% reported it had a positive impact on their career.

Our Stories

The King's Foundation changes lives through engagement and education, working with people to raise awareness, promote action and support progression.



INCREASING AWARENESS

Almost 1,400 primary school learners have attended STEM workshops on the Dumfries House estate in the past year. The workshops offer students the opportunity to explore scientific concepts and industry jobs using tools and equipment not available in schools, in both indoor and outdoor settings. Pupils from seven regions of southwest Scotland were taught about sustainability and learning from the natural world. Afterwards, teachers reported that they felt more confident in delivering the STEM curriculum in different and new ways.



On the Dumfries House estate, Horticulture & Sustainable Food Systems (HSFS) education aims to improve understanding of food production systems and their impact on our health and the planet. Over 1,000 learners took part in workshops this year, where pupils got hands-on with garden tasks, learned the theory behind horticulture, and used the onsite kitchen to produce nutritious meals.



of teachers felt their pupils' understanding of the subject had improved, and



of teachers gave full marks for the visit meeting curriculum aims.

Based on increased demand, new courses are being developed for adult and secondary learners in 2024, including expanding our impactful Skills Weeks to showcase pathways into employment in areas such as Green Skills.



"A lovely inclusive experience for our additional support needs pupils."

TEACHER



TAKING ACTION

Around 650 students attend sewing and textile workshops annually at our studios in Dumfries House, Ayrshire and Trinity Buoy Wharf, London. A suite of workshops are on offer, ranging from beginner courses and certificated programmes by City & Guilds through to foundation courses. The Future 30 certificated course is aimed at those students who demonstrate an interest in, or aptitude for, textiles and who are keen to gain skills and knowledge relevant to the industry. In 2023, 37 pupils from the age of 14 gained a certificate in sewing with garment construction and 17 multi-day workshops were delivered in upholstery skills. These programmes relate to the National 4 and 5 Textile and Fashion qualification, assisting in pathways into the sector. In addition, over 150 students take part in the annual interschool challenge series aimed at promoting careers in the industry. Progression opportunities are offered into our higher-level programmes, such as our Modern Artisan course.

"Confidence, motivation and creativity are through the roof"

Based at the Tamar Manoukian Outdoor Residential Centre, the GRIT (Growth, Resilience, Independence, Trust) programme has been designed to improve disengaged pupils' participation in learning, with four four-day courses running in 2023. By encouraging teamwork and self-reflection, the 38 individuals who took part gained a better understanding of their strengths and future goals. Participants saw an average increase in their growth mindset of 27% and a 34% average increase in resilience.

"The support displayed by pupils to their peers was a joy to watch. Many pupils participated in activities that they have not tried before."

TEACHER



ACHIEVING ATTAINMENT

The King's Foundation Diploma Year at Trinity Buoy Wharf is a one-year accredited Level 3/4 Diploma in Fine Art and Applied Arts. This year we are supporting 48 participants to progress into the creative industries, with 75% of the cohort on scholarship places. The interdisciplinary programme gives students the opportunity to try stonemasonry at Highgrove and spend a week as an artist in residence at Dumfries House.



of the current cohort have applied to and been offered university places or internships, including places at Oxbridge, the London School of Fashion and Bartlett School of Architecture. "The scholarship has enabled me to have one of the best learning experiences I have experienced in my life and has allowed me not to focus on the financial worry due to my family situation."

STUDENT

In 2023 we established an Embroidery Fellowship in partnership with CHANEL and Le19M in Paris. The specialist postgraduate-level programme provided six students with intensive training opportunities to prepare them to become artisan embroiderers of the future. The Fellowship is based at the CHANEL Métiers d'art Training Atelier at Highgrove with travel to Le19M in Paris. Students were awarded bursaries to help towards living costs. All six reported that there was a significant step in their career development, and an opportunity not previously open to them.

"Before doing this programme I didn't have confidence in myself and had doubts about my skills. Being on this programme has helped me overcome that and so much more."

STUDENT

14 areas such as Green Skills.

IMPACT REPORT 2023/24 IMPACT REPORT 2023/24

PROGRESSION INTO CAREERS



Our Introduction to Hospitality course at Dumfries House is certified by City & Guilds and learners are fully funded for the six-week course. Participants are given skills training and industry visits.

The average confidence levels of participants increased from

2.6 at the start of the course

to 4.6 out of 5 by the end.

Many of the adult learners were ultimately offered roles at placement locations.

"It has had a life changing effect on me, it's made me realise I can actually build a career and work in an industry I love."

COURSE PARTICIPANT









We run programmes to ensure that traditional arts and skills enrich our changing world. Our pioneering postgraduate programmes (MA, MPhil and PhD) are based in creative artistic practice of the traditional arts. Our short courses, taster sessions and lectures are open to all, and we also have outreach projects across the globe. One such programme at Madrasat Addeera in AlUla is a thriving arts and design centre that provides training and empowers local women through Vocational Training Programs in traditional craft skills and innovative art forms, aiming to make them self-reliant.

Perfumers Penhaligon's recently commissioned students to create holders for their new range of incense sticks and fragrance 'Penhaligon's AlUla. Twenty artisans responded to the commission, creating designs that reflect the dramatic and beautiful landscapes surrounding them, crafted into handmade sculptural pieces and showcased to Penhaligon's in London. Their brief had requested only one design, but the team commissioned six for development, four in stone and two in wood which have joined Penhaligon's range of products.



"As the school grows, we hope to create a sustainable design hub for their activities, the students bring a wealth of local knowledge, directly impacting and enhancing the lives of their community."

COURSE DIRECTOR











The Building Craft Programme supports 12 students every year (181 to date since 2007) to complete an eight month programme ending with an NVQ3 in Heritage Skills to gain practical experience in traditional building skills and conservation to help them on their journey to becoming master artisans.

The majority of students agreed that the programme has expanded their knowledge, increased their confidence and helped them make contacts in the industry.

The Live Build, their final project, was the creation of a new structure which will support the delivery of our Outdoor Education and Resilience Building Programmes on Dumfries House estate.

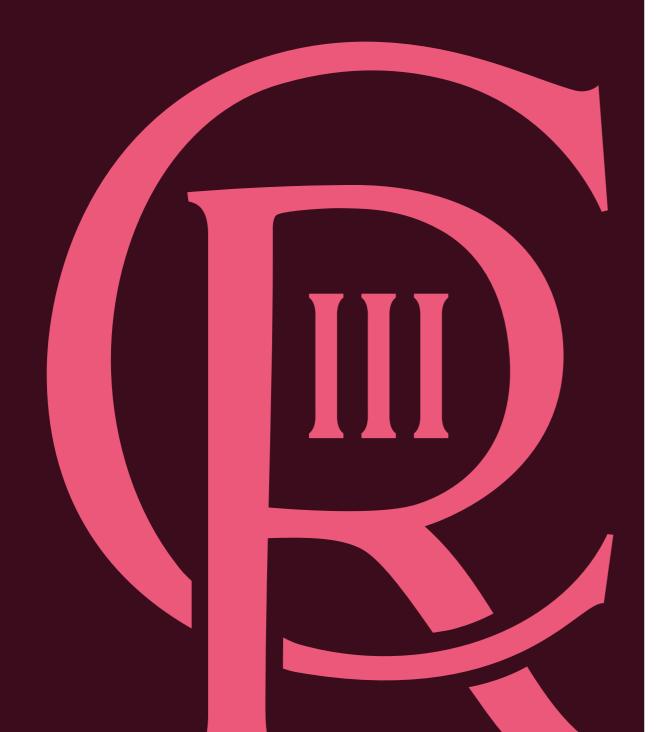
"I feel far more engaged and knowledgeable about the craft and understand my role as part of a lineage of makers and joiners before me."

BETH WALKER, 2023 PARTICIPANT

"Being able to find work placements proved to be the best aspect of the Building Craft Programme for me. I went on to secure work with two of my placements and am still working at Gloucester Cathedral eight years later."

ALUMNI FROM 2014 PROGRAMME

PLACE Changing communities



OUR IMPACT ON PLACES

The King's Foundation has responsibility for six key historic sites across the United Kingdom, which all bring to life and demonstrate harmony in action. Four of these sites are open for the public to enjoy. This year, over **282,000** have visited one of these sites in-person.

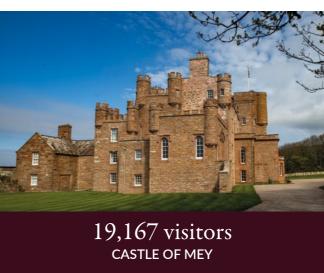
Over

282,000

in-person visitors to our historic sites over the last year









The King's Foundation also works to plan and champion new sustainable developments and hone an approach to urbanism, master planning and placemaking that will benefit everyone.

From reuse and regeneration through to new build and community engagement, The King's Foundation has been working on nine project sites this year and has supported the development of housing tens of thousands of walkable communities across the United Kingdom.

Place: Our Impact Stories

THE MAP BELOW SUMMARISES SOME OF OUR IMPACT OVER THE LAST YEAR ACROSS THE UK:



King's Foundation Sites



King's Foundation Projects



DUMFRIES HOUSE, CUMNOCK

The MacRobert Farming & Rural Skills Centre opened in 2023 and has already supported 137 Secondary School students.



HIGHGROVE GARDENS, TETBURY

The Snowdon School of Furniture educates and trains graduate furniture design students in the value of wood as a sustainable and beautiful material for the production of design-led furniture.



GARRISON CHAPEL, LONDON

Since opening in 2021, 20 exhibitions have been held at Garrison Chapel, 9 in the last year.



TRINITY BUOY WHARF, LONDON

42% of Trinity Buoy Wharf students come from the local boroughs of London. 90% have gone onto university or work placements.



SCHOOL OF TRADITIONAL ARTS, LONDON

Two graduates of the School of Traditional Arts designed Fortnum and Mason's coronation range using traditional techniques.



CASTLE OF MEY. THURSO

'Winter Warmers' events held at the Castle of Mey, Highgrove Gardens & Dumfries House, all offering social interaction for local residents.





BRAEMAR CASTLE, BALLATER

Worked with the local community around Braemar Castle on the architecture and heritage consultation, facilitating workshops about the renovation to the castle and grounds.



FLEETWOOD, LANCASHIRE

Reuse and regeneration of the cottage hospital development at Fleetwood into a multi-use community hub with a focus on health and wellbeing for the community.



ST GEORGE'S BARRACKS IN RUTLAND

Engaged the Rutland community in the Barracks redevelopment alongside the Defence Infrastructure Organisation to develop vernacular housing for new families and commercial space.



20 LOWER THAMES STREET, EC3

Consultation to explore how Grade I listed Customs House on the banks of the River Thames could be sensitively repurposed to provide a mix of uses that will secure this historical asset's future, and act as a catalyst for wider regeneration.



THURROCK, ESSEX

Developed plan for mixed-use development and community growth in Thurrock, Essex. One of the first examples of upstreaming democracy in the local plan-making process in the UK.



BOURNEMOUTH - BCP

Community engagement in Bournemouth, Christchurch, and Poole councils for regeneration of 14 sites, creating walkable community for 15,000 homes.



ISLE OF SARK

Engaged 70% of population in long-term stewardship plan for Isle of Sark. Community Capital Assessment Tool used, with living in harmony as an underlying principle.



WINDSOR, BERKSHIRE

A regeneration vision for Windsor Town Centre developed in partnership with Royal Borough of Windsor & Maidenhead through community-led planning & stakeholder engagement.



CALEDON VILLAGE, COUNTY TYRONE

Worked with Caledon community to plan the updating the conservation area, becoming an exemplar of community involvement in the planning process in Northern Ireland.

20 21 ISLE OF SARK 7

IMPACT REPORT 2023/24 IMPACT REPORT 2023/24

PLACE: CHANGING **COMMUNITIES GLOBALLY**

The King's Foundation School of Traditional Arts has several international outreach programmes that aim to integrate theory and practice, and engage with the cultural heritage of a community. The programmes also teach practical skills to enable the regeneration of traditional arts and crafts. This year, there have been five partnerships to deliver these important programmes across Azerbaijan, Egypt, China and Saudi Arabia.



4,629

students have engaged with The School of Traditional Arts internationally since 2017.

The King's Foundation has also been involved in a wide variety of overseas projects, from planning a sustainable new neighbourhood in Sierra Leone to restoring a historic building in Yangon, Myanmar and overseeing an urban regeneration scheme in Jamaica.

All of our international projects champion sustainable urban growth, provide skills education in developing countries and aim to become a model for future communities in the area.



363,500

people indirectly affected through our innovative approaches to sustainable urbanisation and planning.



MADINAT KHALIFA, BAHRAIN

In partnership with the Ministry of Housing Bahrain, planning and designing a new town and teaching sustainable development fellowship.



ROSE TOWN, JAMAICA

To improve community cohesion and establish a framework for projects to support the rehabilitation of the community in Rose Town, Jamaica. Success to date includes infrastructure programmes, a new community resource centre and market garden.





KAZIRGAON, BANGLADESH

Using the Rapid Planning Toolkit, Gramer Haor Co_Lab received participatory planning and design advisory support from The King's Foundation in collaboration with Birmingham City University students and local communities.



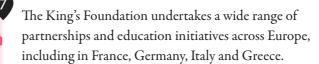
BO, SIERRA LEONE

An ongoing pilot project in Bo is developing and testing resources for the Rapid Planning Toolkit in partnership with the NYU Marron Institute as an example of participatory planning and design.



ALL-IRELAND HERITAGE SKILLS PROGRAMME

Supporting seven students on a full time 12-month course to gain practical experience in heritage building skills as well as the opportunity to work towards a Level 3 NVQ Diploma in Heritage Skills (Construction) and continue on their journey to becoming the next generation of master craftspeople.







King's Foundation Projects

Educational Partnerships





JEDDAH, SAUDI ARABIA

Partnering with The Royal Institute of Traditional Arts for the Building Arts & Crafts Intermediate Diploma since 2019.



SUZHOU, CHINA

Partnering with the Yuan Centre, offering short courses as well as a year-long foundation level programme since 2009.



CAIRO, EGYPT

In partnership with Art Jameel, Jameel House of Traditional Arts, and the Egyptian Ministry of Culture to offer a two-year Foundation Certificate in traditional arts, since 2009.



BAKU, AZERBAIJAN

Partnering with the Ministry of Science and Education of the Republic of Azerbaijan and the Administration of State Historical-Architectural Reserve "Icherisheher" as well as the Azerbaijan State Academy of Arts to deliver a joint academic arts education within the Sabah Programme Initiative, since 2015.



AlUla, SAUDI ARABIA

Partnering with The Royal Commission for AlUla for an integrated educational and vocational programme since 2019.





CHANGING COMMUNITIES: OUR STORIES

FLEETWOOD HOSPITAL, REUSE & REGENERATION:

The Fleetwood Hospital is an iconic historic building in the seaside town of Fleetwood, one of the most economically deprived areas in the UK. Originally a Victorian cottage hospital, the building has been added to over the years and has been out of use since 2008.





The King's Foundation has been working closely with the Fleetwood Trust (who purchased the site in 2018 with the aim of regenerating the building to support improving social mobility, health, and prospects of the local community) to engage with local residents, share expertise and be a community architect for the successful planning application to develop a 22,000 sq ft multi-use community hub.

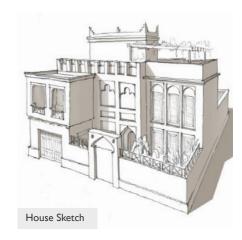
The hub will include flexible spaces for health and wellbeing, counselling, exercise, art, youth clubs, office space, training kitchens and a large café opening out onto a new community garden. Spaces are being opened as works are completed. Currently a foodbank, volunteer centre, teaching and cancer care facilities are available.

In 2023, the site hosted a 'Re-fit for Purpose' town hall meeting chaired by the new RIBA President, Muyiwa Oki, and attended by architect George Clarke, private sector property representatives and academics. The meeting put a spotlight on the reuse agenda and its potential to drive grassroots regeneration, with the Fleetwood project being a prime example of this in action.

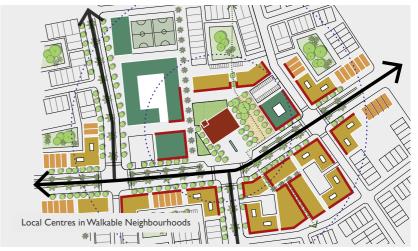


BAHRAIN MASTERPLAN

Since 2012, The King's Foundation has been working with Bahrain's Ministry of Housing on Madinat Khalifa, a new town, to deliver 4,800 social and private houses by 2030. This development serves as a model across the Gulf region, setting new standards in sustainable development through mixed tenure, energy efficiency, integrated transport systems, water-sensitive landscaping, and well-connected walkable neighbourhoods, developed through an Enquiry by Design process led by The King's Foundation.









PLANET Harmony in practice



OUR IMPACT ON THE PLANET

The King's Foundation has a positive impact across our planet, demonstrating Harmony in practice, convening key stakeholders to share best practice, and working in partnership to adopt and change approaches worldwide. The King's Foundation has championed climate awareness and sustainability for decades and at the heart of its work it advocates for the philosophy of harmony on a global scale. This section showcases some of The King's Foundation's projects that have long-term impact across people, places and the planet – and demonstrate harmony in action.

17
partnerships with NGOs, councils and governments.

Brought together over

3,500

people to consider planning, education and heritage skills at 71 events.



105,421

downloads of the Journal of Urbanism: International Research in Placemaking and Urban Sustainability. After 17 years of publication, it has amassed approximately 200 articles and 2,500 institutional subscribers,

providing an excellent example of the reach of its thought leadership.

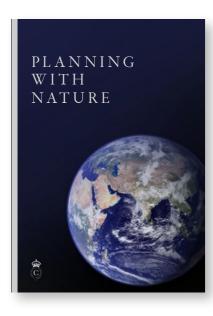


OUR COLLABORATIONS UNDERPIN OUR CONVENING APPROACH

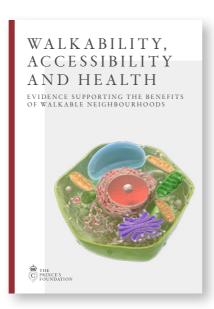
We collaborate with over 22 universities and academic institutes to pioneer new ideas and bring together thought leaders on sustainable urbanisation. This convening approach is further demonstrated through our Building A Legacy initiative, which engages landowners and associated professionals to create mixed-use, mixed-income, walkable communities for future generations. There are 187 Building a Legacy organisations and individuals, with 27 from the Next Generation network. Each year, as well as events & workshops and an annual awards ceremony, a report is published in partnership with the Global Centre on Healthcare and Urbanisation at Kellogg College, Oxford University. Our partnership with the Global Centre for Health and Urbanisation provides an interdisciplinary approach which embraces sustainable urban development and evidence-based healthcare to undertake research, education and foster collaboration in these disciplines.

The Building A Legacy initiative identified that while landowners want to see better quality developments, they do not necessarily have the funding, experience, or evidence to try an alternative model to larger housebuilders.

The Regional Building Hubs initiative was born earlier this year with the objective of capturing and coordinating knowledge-sharing to support smaller builders (under significant decline) in improving efficiency, competitiveness, and quality and to link with landowners interested in legacy development. A two-year research process started in January 2024 through a Knowledge Transfer Partnership with The University College of Estate Management (UCEM) to identify landowners, smaller builders and funders needs, support the three working groups and ten sectors steering groups, and develop the resources for the digital platform to launch in 2026.







FOOD FOR THE FUTURE











Focusing on the multiple impacts of giving young people the skills, knowledge and experiences of food production systems to enable them to reduce food waste, The King's Foundation partnered with the Jamie Oliver Group and Jimmy Doherty to launch the Food for the Future programme. Hosted at Dumfries House, 11 schools have participated across the first three editions of the programme. The programme showcases the impact of giving young people the skills, knowledge and experiences of food production systems to enable them to reduce food waste.

98%

of participating pupils rate food waste as an important issue, and each pupil could explain how the programme influenced their awareness, confidence and actions on food waste.



of teachers reported an improvement in their students' confidence and resilience.

Upon completion of a series of masterclasses on food systems and an industry site visit, each school is encouraged to come up with an innovative solution to a food waste issue they had identified. A number of these projects have gone on to impact their school's longer-term approach to food-waste.

The project has also been recognised and commended in the Scottish Parliament and has been identified as best practice by the Education Scotland curriculum innovation team. An online pilot programme and plans for creating satellite centres across the UK are being considered. The next programme at Dumfries House will run from September 2024 to Spring 2025.

"Pupil confidence has grown and their enjoyment of the curriculum as a whole has improved [...] Real world experiences have improved their understanding of the careers available and raised aspirations"

TEACHER, EDITION 1

"The programme has improved my understanding of food waste and how much of an international problem it is."

PUPIL, EDITION 1

HEALTH AND WELLBEING CENTRE

The purpose-built Health and Wellbeing Centre is located on the Dumfries House estate, on the site of the former gate lodges, and offers intensive 4-7 week programmes in Living Well with Pain, Pre-Diabetes and Weight Management, Fertility Wellbeing, Menopause and Mindfulness. Face-to-face programmes also link into activities across Dumfries House.



IMPACT ON PEOPLE: TRANSFORMING LIVES THROUGH HEALTH & WELLBEING



15,368

people have been supported through the Health and Wellbeing Centre since it opened in 2015.



2,314 people have been s

people have been supported on these multi-week courses this year alone.

• Each programme evaluates measures such as increased physical activity, reduction in isolation and improved self-management of conditions, and every programme measures wellbeing before and after each programme, using the Warwick Edinburgh Wellbeing score, with participants showing a significant increase of between +8 and +16. Each year of the programme, the positive outcomes for people increase.



IMPACT ON PLACE: CHANGING COMMUNITIES THROUGH REFERRALS

The Health and Wellbeing Centre was originally set up to enable the East Ayrshire community to benefit from social prescribing - connecting people to activities and services in their community to meet practical, social and emotional needs that affect their health and wellbeing. It has now been expanded to include all of Ayrshire and Arran.

In 2023 alone, 500 people were referred by GPs or healthcare professionals, especially for chronic pain support.

- Social prescribing reduces pressure on the NHS University of Westminster suggests that where an individual has support through social prescribing, their GP consultations reduce by 28% and A&E attendances by 24%.
- Recent research suggests that social prescribing schemes can deliver between £2.14 and £8.56 for every £1 invested.

"My patients have all come to me with stories from the kitchens, the gardens and the grounds, and the enjoyment is apparent. They have thrilled in telling me how they mastered an 'obstacle course' or proudly shown the group how to get the most out of a whole chicken! They feel empowered."

DR ANGELINA PANICO LOCAL GP FROM THE VALLEY MEDICAL PRACTICE, NEW CUMNOCK



MPACT ON PLANET: CHANGING APPROACHES TO SOCIAL PRESCRIBING

In addition to the impact on individuals, The King's Foundation convened 100 medical professionals to demonstrate social prescribing in action.

The work achieved to date has been used as a case study by the National Academy for Social Prescribing and the World Health Organization to advocate for social prescribing.

 Based on increasing evidence, the Scottish Parliament increased funding for and developed new guidance for GPs on social prescribing, citing Dumfries House as a best practice example.



RAPID PLANNING TOOLKIT & SUSTAINABLE URBANISATION







With most of the world's urban population increase set to take place in cities of less than one million inhabitants, managing new sustainable urban extensions is one of the most important challenges facing cities this century.

Developed with the Commonwealth Association of Planners, which represents 40,000+ planners in 28 countries, The King's Foundation's Rapid Planning Toolkit was designed to support small city authorities with rapid urbanisation, climate change mitigation and resilience, with an online learning platform with a free 8-hour course available, which counts towards CPD qualifications, and a free-to-access online Resource Hub.

Trials of the toolkit are underway in 10 countries: Sierra Leone, Trinidad & Tobago, The Gambia, Ghana, Zambia, Pakistan, Bangladesh, Malaysia, Fiji and New Zealand.

This reflects The King's Foundation's wider work with Commonwealth Partners to raise the profile of sustainable urbanisation, given that Commonwealth countries account for one-third of the world's current population and are projected to account for 50% of the projected growth population by 2050.

The Sustainable Urbanisation Programme in 2020 attracted 2,000 participants from 88 countries, and led to **The Declaration on Sustainable Urbanisation** tabled by The Government of Rwanda and adopted by member states at the Commonwealth Heads of Government Meeting in Kigali in 2022.



"Community ownership has been the greatest success story for us, because we cannot plan in isolation and previously, we did not have access to the Toolkit to guide us."

HAJA HALIMAH LUKAY, DEVELOPMENT AND PLANNING OFFICER, BO. SIERRA LEONE.















Acknowledgments

Thank you to everyone who took part in, visited, supported or worked on or at one of our projects and sites. Only through people coming together to develop and share best practice can we have such an impact.

HOW YOU CAN SUPPORT THE KING'S FOUNDATION

The King's Foundation is grateful for the generosity of our donors and supporters who enable us to deliver our education programmes and projects, and care for our places. Their support is invaluable in helping us to realise the charity's vision of a world where we live in harmony with nature to improve the wellbeing of people and the planet.

If you would like to find out more about supporting The King's Foundation, please contact fundraising@kings-foundation.org.

We would be delighted to hear from you.







If you want to find out more information about us, visit our website www.kings-foundation.org or email us enquiries@kings-foundation.org

For regular updates, follow us on: X: @KingsFdn. Facebook: /KingsFdn Instagram: @KingsFdn

The King's Foundation. Registered in Scotland. Charity number SC038770. Company number SC331738. Registered Office: Dumfries House near Cumnock, East Ayrshire, KA18 2NJ.