

### Business Profile

The Nurture Shed is a thriving and diverse community space. Providing wellbeing and holistic support, services and events.

### Industry

Health & Wellbeing

### Geography

Middlezoy, Bridgwater, Somerset.

### TDA Business Support

Delivered as part of the ERDF Start Up programme:

- Business diagnostic to understand current business plan and aims
- Business support programme covering Business Planning, Finance and Marketing
- Funding opportunities
- Networking support

## The Nurture Shed – creating a health and wellbeing space for the community

Mother and daughter team Susan and Caroline Roarty had a vision to turn their stand-alone family business with surrounding land, into a collaborative community space. One that would bring likeminded businesses together to provide a diverse wellness hub in Somerset.

### The Challenge

The site owned by the family started as a nursery, soft play and rooms to hire. With plenty of space to grow, the challenge was to create an all-encompassing hub of well-being, creativity and support. Attracting complementary businesses to enhance the site was key.

To make the venture a reality the challenge was to make use of, and fill the available space on site, look at funding to help ensure the ongoing viability of The Nurture Shed, and find suitable businesses to get involved.

### The Solution

Caroline found out about the support available from TDA Business online. An initial meeting with Phil Riste – Somerset Business Advisor introduced the support service available. Following a 3-hour diagnostic session, Caroline and The Nurture Shed were enrolled onto the ERDF Start-Up and Grow programme.

The first meeting with Caroline was to understand the direction of the business and clarify aspirations to the way forward.

Phil Riste explained:

“Caroline had fantastic ideas, and a passion to take The Nurture Shed forward. As with many clients I see, some of the very best initial support that we are able to provide is to explore the vision for a business. Then, by creating a business plan we break down step-by-step actions to help get there.”

Many small businesses rely on sharing their ideas with family and friends, talking to an experienced and independent business advisor provides a neutral sounding block. Tapping into expert knowledge, networks and access to skills, training and resources especially designed to help businesses grow is invaluable.

*“Phil has been so incredibly helpful and supportive - he is very approachable and keeps an eye on our social media activity also, showing support when we announce new initiatives. He’s really on the ball!” Caroline Roarty*

*“It’s great being able to support a local business who have a vision and belief that wellbeing and mindfulness support is there for everyone in the community.” Phil Riste*



### The Results

The Somerset business community offers a wealth of support. Introductions and partnerships for The Nurture Shed included; Mind In Somerset, Under Construction and Somerset Ladies in Business.

With a diverse range of businesses looking to network and assist in regional business growth, bringing likeminded businesses together taps into the available resources right on the doorstep.

Key to The Nurture Shed was filling the space with the right people and services. Using her vision and business acumen Caroline has welcomed to the site; teachers, a counsellor, a holistic therapeutic practitioner, an occupational therapist, a yoga and Buddhist enthusiast, a restaurant entrepreneur, a multi-lingual coach and family worker!

Speaking about the advice and support Phil was able to provide, Caroline said:

“Phil was able to understand the type of business we wanted to create. We talked in depth about the opportunities, benefits and implications of various company set-ups. From a direct business, to social enterprise or a charity.”

“Right now, we are excited to be applying to become a Community Interest Company. This will open up areas of funding to support our vision and perfectly fits with what we are trying to achieve long term.”

The Nurture Shed grows from strength to strength with events, workshops, training as well as space for relaxation, rejuvenation and well-being support now on offer. There is a twice weekly ‘stay and play’ session for families to explore the unique, natural indoor and outdoor environment, as well as reiki and meditation classes.

The future for The Nurture Shed is one that at TDA can’t wait to watch develop and support as part of the ERDF programmes available.

To find out more about The Nurture Shed visit [www.nurtureshed.com](http://www.nurtureshed.com)

Or to find out more about the business support available visit: [www.tda-business.com](http://www.tda-business.com)

