



Resources for new **Community Food Growing** Groups



Key group and site management documents

Available to download from the CVS website:

- [Sample constitution](#)
 - [Sample site rules](#)
 - [Sample tenancy agreement](#)
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Sources of Funding

Available to download from the CVS website:

www.wlcv.org/wp-content/uploads/2015/04/sources-of-small-grants-nov16.pdf



Planning guidance

[A Guide for Allotments and Planning Law: Digging below the surface.](#) Commissioned by West Lancs CVS and available to download from the CVS website.



Help in getting your site started

1. Federation of City Farms and Community Gardens: has a wealth of information for new allotment growers, including an excellent range of resources, factsheets to download, and link to inspiring projects: www.farmgarden.org.uk/resources

- [Community Growing Resource pack](#): a comprehensive introduction to setting up, developing and sustaining a community growing space.
- [Project Allotment](#): A guide to growing together on allotments
- [Promote the Plot](#) - advice for allotment associations to help you market your site and get more ploholders on plots
- [Setting up community orchards and fruit gardens](#)

- [Resources for school gardeners](#)
- [Allotment law and community growing](#)

2. **The National Allotment Society**

The National Allotment Society is the recognised national representative body for the allotment movement in the U.K, and also has lots of information on their website: www.nsalg.org.uk/

There are also many benefits to becoming a member: www.nsalg.org.uk/join-us/membership - including newsletter, discounted seeds, low cost insurance



Insurance

You will need Public Liability Insurance for your new site.

The National Allotment Society is currently recommending Shield Total Insurance (part of Vantage Insurance Services) to cover your site for public liability issues through to vandalism and theft incidents.

For a comprehensive explanation of the levels of public liability cover available from Shield Total Insurance for allotment associations, please [click here](#)

For more details email natsoc@nsalg.org.uk



Information on growing

1. Books: There are hundreds of books on growing your own produce – all of which will give you valuable information. If you only want to buy one, think about **‘The Vegetable and Herb Expert’ by Dr D.G Hessayon** – part of the excellent ‘Expert’ series and full of easily accessed information.

2. Web: There’s plenty of free information on the internet including:

- The Royal Horticultural Society has a wealth of free online information: www.rhs.org.uk/Gardening/Grow-Your-Own

It also has separate section full of resources for school gardening <https://schoolgardening.rhs.org.uk/home>

- Gardeners World has lots of information and monthly checklists: www.gardenersworld.com/what-to-do-now/



Seeds and Supplies

Kings Seeds scheme

Major seed company, Kings, has a seed scheme operating with National Allotment Society. By becoming a member of NAS, your group will all be entitled to order seed through Kings – often at half the normal price.

www.nsalg.org.uk/join-us/membership/

Potatoes

West Lancashire Allotment Federation runs a Potato Day in February, with over 100 varieties of seed potatoes available to buy in 1.5kg bags – for much less than you would pay in the shops

For more information, keep an eye on www.wlaf.btck.co.uk

Fruit bushes and trees

If you want to source fruit bushes and trees locally, have a look at:

- Mahoods, Burscough - www.mahoods.co.uk
- Embleys, Much Hoole, near Preston - www.embleysnurseries.co.uk



Creating a website for your group

If you are looking to create a website for your Food Growing Group, check out:

- 'The Community Website Builder' run by BT. This allows registered UK charities, non-profit making organisations and volunteer led groups or organisations to build and maintain their own website free of charge. www.communitykit.co.uk/
- Weebly.com: completely free of charge and very user friendly, with a wide range of ready made templates. www.weebly.com/themes



Local Groups

- **West Lancashire Allotments Federation** as a local branch of the National Allotment Society encourages allotment holders across West Lancashire to join forces on issues that affect them all.

Advantages of being a part of West Lancashire Allotments Federation include:

- Expert advice and guidance, including legal matters.
- Quality seeds and plants at well below high street prices.
- A stronger voice on local issues.
- Help with funding for special projects.

- Specialist Public Liability insurance for your site

To join up or find out more, please go to: www.wlaf.btck.co.uk

Appley Bridge Allotment Society. **NAS**
Burscough Allotment Society. **NAS**
Burscough C.C. Gardeners.
Clucas Gardens Ormskirk.
Dalton Primary School Skelmersdale. **NAS**
Digmoor Inspired Growers Allotment Society. **NAS**
Hesketh Bank Allotment & Leisure Gardeners. **NAS**
Liverpool Road Allotment Society Skelmersdale. **NAS**
Owen Avenue Allotment Society Ormskirk. **NAS**
St. Teresa's Allotment Group Upholland. **NAS**
Skelmersdale Horticultural Society Ashurst. **NAS**
Skelmersdale Kitchen Gardens Pimbo. **NAS**
Tontine Allotments Upholland.
Tower Hill Allotment Society Ormskirk. **NAS**



Growing Groups around the UK

www.incredible-edible-todmorden.co.uk/ An inspiring website from a Lancashire town that has taken community food growing to its heart and is receiving interest from all over the world: 'Incredible Edible Todmorden aims to increase the amount of local food grown and eaten in the town. Businesses, schools, farmers and the community are all involved. Vegetables and fruit are springing up everywhere. Public flower beds are being transformed into community herb gardens and vegetable patches.'



The above recommendations are things we have found useful – do let us know of any others that you have come across and would like to pass onto others....

Contact Debbie Shepton at West Lancs CVS

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