

# Dig In

Community Food Growing in West Lancashire

## Show What You Grow day 2016



School children from all over West Lancashire celebrated their growing achievements recently at our 'Show What You Grow' 2016 festival of school gardening. Over 65 green fingered children from 10 schools brought school grown produce, homemade scarecrows and displays of drawings, paintings and photos of their gardening work to the event at West Lancashire College on 13<sup>th</sup> July.

The Mayor of West Lancashire Liz Savage opened the day and the children then enthusiastically took part in activities such as making a Veggie Creature, an Allotment Quiz, and a Grow Your Own activity book. After lunch, the children took to the stage to give presentations about their gardening clubs and the day ended with prize giving.

The event was organised by the Community Food Growing Project in conjunction with West Lancs Allotment Federation and West Lancashire College, and was funded by Upholland Tawd Vale Lions.

The event was supported by the local business community – M.A Forshaw provided all the vegetables and prizes were donated by Altys of Hesketh Bank, L S Systems of Tarleton and Morrisons supermarket. Thanks to everyone who made the day such a success!



For more photos of the day, please go to our website: [www.wlcvs.org/show-what-you-grow-2016/](http://www.wlcvs.org/show-what-you-grow-2016/)



# West Lancs Community Food Growing Project supporting local people to grow their own food

## Tawd Valley Allotment site now open



Following our report in the last Dig In, we are delighted to report that work is complete on the new allotment site in Ashurst, Skelmersdale and the site is now open! The 34 plot site has been funded by West Lancashire Borough Council and is being managed by nearby Skelmersdale Horticultural Society.

Allocation of plots has started and some ploholders have already started work. Plots are being offered to anyone on existing waiting lists in Skelmersdale (i.e on the waiting lists for Skelmersdale Horticultural Society, Liverpool Road Allotment Society and DIGAS) and then to other applicants in the Skelmersdale area. If you are interested in a plot please contact Debra Braille, Leisure Services, West Lancashire Borough Council on 01695 585145 or [debra.baillie@westlancs.gov.uk](mailto:debra.baillie@westlancs.gov.uk)

## Second new allotment site?

The Borough Council is still looking to create a second new Skelmersdale allotment site - ideally in the Old Skelmersdale area. It has already has funding earmarked for this and is looking at a couple of possible sites, but if anyone has any ideas for this second new site location, please let us know!



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Organic Veg  
Club is now....



Have you joined yet...?

**Organic Veg Club started 3 years ago on an 18 acre site between Burscough and Rufford, with the aim of growing food sustainably and running a local Veg Box scheme.** After two growing seasons they now have a community of fifty members from varied backgrounds who want to produce their own food. They also introduced chickens and bees and have an orchard of fruit trees, soft fruit and nut trees. In 2016, Organic Veg Club registered as a Community Interest Company (CIC) and became Burscough Community Farm. They are especially keen to recruit new members this year and there are two types of membership - with or without a Veg Box: <http://burscoughcommunityfarm.org/join-us/>

## From Neil's blog:

**Veg Boxes:** Despite the whole farm being underwater for most of January following the December floods, the site has recovered so quickly that we were able to start our Veg Box business again in June. We are doing three sizes of veg box this year priced at £5.50 for a small (one person), £7.50 for a medium (two person) or £12.50 for a large (four person). Delivery within a five-mile radius is £1.50.

It is important that we get more customers and members this year, so please tell your friends. They can even order a trial box: <http://burscoughcommunityfarm.org/join-us/>

**Slow Bicycling:** Long before I became an organic veg grower, I had another eco-passion; cycling. I would like to start a local group to support like minded people which is centred at the farm (which happens to be on a well used cycle route). I believe that the aims of such a group would be compatible with Burscough Community Farm's sustainable ethos. We could meet up for group rides, knowledge sharing, bike repairs or just hanging out. What do you think?

If you are interested, know anyone else who might be or think you can help in some other way, let me know: [neil@burscoughcommunityfarm.org](mailto:neil@burscoughcommunityfarm.org) or ring 07803 925446.



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## Active West Lancs

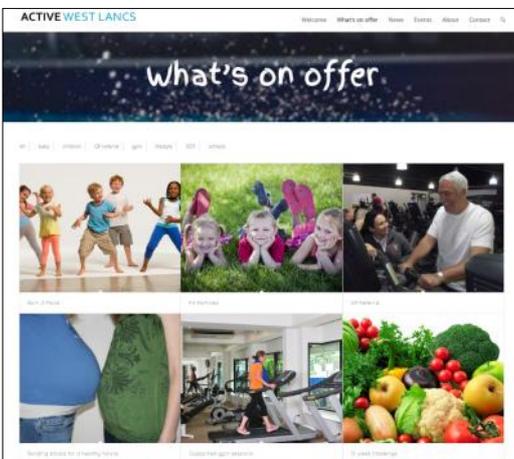


The CVS Community Food Growing project is now part of the Active West Lancs programme and is funded for another 3 years.

Active West Lancs gives people of all ages the opportunity to embrace a healthier lifestyle, and builds on existing projects such as the Community Food Growing project, Skelmersdale Community Food Initiative, School Sport Partnership and the GP Referral scheme. This fully inclusive service includes health walks and community events, school activities, family workshops and after-school clubs, community gardening/eco therapy, a revamped 'activity referral' scheme, weight management courses, taster and physical activity sessions.

Active West Lancs runs a wide range of activities across various settings such as leisure centres, community centres, parks and outdoor facilities, schools and community food growing projects in a bid to get our community more active.

Find out more at: [www.activewestlancs.org](http://www.activewestlancs.org)



## Resources - Free allotment planning software:

Want to get more organised for next year? Have a go with VegPlotter's unique month by month allotment planning software. Quickly create a complete plot with its simple drag and drop interface and plan your planting calendar as far into the future as you need. It's FREE! [www.vegplotter.com](http://www.vegplotter.com)

The West Lancs Community Food Growing Project aims to get more people involved in growing their own food and eating more healthily. We are working with local communities and schools to set up community food growing initiatives and providing help in finding the land (and funds) that might be needed. **We are keen to hear from anyone interested in growing their own food with others in West Lancs. Please get in touch!**

**Martin Trengove**  
**Debbie Shepton**  
**Alison Wall**  
**Claire Cooper**

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Keep up to date at our website: [www.wlcvs.org/?page\\_id=28](http://www.wlcvs.org/?page_id=28)



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