

Dig In

Community Food Growing in West Lancashire

Hillside heroes transform school garden

A happy band of volunteers from the Co-operative Bank pitched on May 23rd to help transform the school garden at Hillside Primary School, Skelmersdale. The ten volunteers all from the Co-operative's office in Skelmersdale also helped to give the school's copse area a makeover - with the help of Vince and Duncan from Garden Rescue in Upholland. During the day, they painted the school's three allotment beds and wooden benches, made bird boxes for the children to decorate, and cleared the copse area, pruned trees and put bark down on the paths.

Angela Aspinwall-Livesey, Headteacher at Hillside School says: *'The garden now looks amazing! We are so grateful to the Community Food Project for linking us up with the Co-operative Bank. The work by the Co-operative Bank volunteers has been amazing and has really given us a hand up to get our school garden thriving again. We can't thank them enough for giving up their time and making such a difference for the children in our community.'*



Some of the Co-operative Bank's 10 volunteers with Barbara Brown (third from left) from Hillside School

Mikron Theatre company returns to Hesketh Bank allotments

You are invited to Poor Marsh allotments in Hesketh Bank for Mikron's latest show 'Get Well Soon - 70 years of the NHS!'

The Mikron shows at Poor Marsh are always popular and greatly enjoyed by the many who attend.

The show is on **Saturday June 2nd at 7.30pm** at Shore Road, Hesketh Bank, PR4 6RD. No tickets are required - a cash collection will be taken after the show. For more info phone: 07766 367550, go to the [Mikron website](#) or view the video clip (right).



Please park in car park opposite. Bring chairs, blankets and picnic. Refreshments available. This is an outdoor show with shelter and indoor back up.

May 2018

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

Community Food Growing News

Martin retires

Many of you will know Martin Trengove who has led the Community Food Growing project since its inception in 2009. Unfortunately in February 2018, after 18 years working at the CVS, Martin suddenly had to take early retirement due to a cancer diagnosis. Despite the fact that initial tests showed it to be pancreatic cancer, the tumour was found to be slow growing and accessible for surgery, and we are delighted to report that following a successful operation, Martin is convalescing at home and is expected to make a full recovery.

We would like to thank Martin for his tireless, professional and enthusiastic work in heading up the Community Food Project. He has been a guiding force in the work to significantly increase the number of allotment plots and sites across West Lancs, as well as leading many other projects to fruition in his time with CVS.

Thank you Martin - enjoy your well-earned retirement and if you want to take up Growing Your Own, you know where to find us!

Good news for Roby Mill: We are delighted to report that following an uncertain few years, Roby Mill Allotment Group is now hopeful of signing a new 5 year lease for their site - congratulations!

National Allotments Week - August 13-19th 2018:

The **National Allotment Society** is calling on all allotment sites to celebrate [National Allotment Week](#): *'This year's theme is 'Living and Growing' which highlights the importance of growing your own food and aims to show that food growing can be incorporated into even the tiniest garden. Growing at home can help people on allotment waiting lists hone their horticultural skills and raises awareness for children as to how and where their food is produced. As we are all aware growing on an allotment plot adds many more benefits for individuals, society and the environment. So, let's open our gates during the 2018 campaign week, show off our skills, share our joy in gardening and communal endeavour and get everyone living and growing!'*



National Allotments Week

A National Allotment Society initiative



Martin (far right) celebrating the creation of St Teresa's Allotment Group with members of the initial group



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Schools news

Show What You Grow Day 2018

The Community Food Growing project is once again running the Show What You Grow day this year in conjunction with West Lancs Allotment Federation and Tawd Vale Lions. There's only a couple of places left, so make sure your school signs up today! Email debbies@wlcvs.org to book a place.



FaceTime a Farmer

This exciting initiative brings the world of farming, food and the environment directly to young people in their school classroom.

For more information on how to get your school involved, go to: <https://leafuk.org/eating-and-living/facetime-a-farmer> or <https://www.facetimeafarmer.com/>

I Can Grow

The RHS has launched a brand new competition for young people called I Can Grow. This project is a chance for young people to discover and explore the benefits of gardening, not only to them, but also to their local community and the wider world. I Can Grow is designed to empower young people, allowing them to create a campaign, using plants, to shout about the environmental and social issues they believe in.

Find out more at: <https://schoolgardening.rhs.org.uk/Competitions/I-Can-Grow>

Summer Solstice Family Fun Day Fundraiser and Fish & Chip Supper

Burscough Community Farm invites you to a Family Fun Day on Saturday 16th June 2018 starting at 4 pm.

In addition to the fish & chip supper (followed by apple pie and cream), there will be a number of fun activities to raise money for the farm including a quiz, bingo, hen racing and worm charming. The event will end with a campfire and sing along.

Tickets are £7.50 each and need to be paid for IN ADVANCE.

Full information and booking [here](#).



May 2018

A collage of various fresh vegetables including artichokes, asparagus, peas, corn, pumpkins, a yellow bell pepper, red chili peppers, and cabbages.

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

West Lancs Allotments Federation (WLAFF) invites you to enter

BEST PLOT IN WEST LANCS COMPETITION 2018

1st Prize : : £50 Voucher
2 Runners up : : £25 Voucher

Sponsored by **West Lancashire Borough Council**

To enter: simply send 2 photos of your plot and 100 words telling us 'Why I Love My Plot'.
Make sure you include your name, site and contact details.

Email to WLAFF Secretary at wlaflsecretary@outlook.com by noon on Sat 7th July

Competition entries will be displayed at the WLAFF stand
at the Green Fayre, Beacon Country Park in July



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!**

Debbie Shepton
Alison Wall
Claire Cooper

CVS Community Support
CVS School Mentor
CVS School Mentor

Email: debbies@wlcvs.org
Email: enquiries@wlcvs.org
Email: enquiries@wlcvs.org

Keep up to date at our website: www.wlcvs.org/projects/community-food-growing/



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