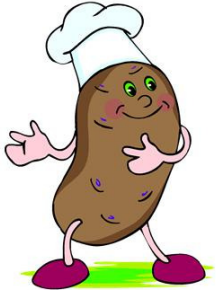


Dig In

Community Food Growing in West Lancashire

Potato Day



Don't miss this exciting event being organised by the West Lancs Allotment Federation! The Potato Day will have over 80 varieties of seed potatoes on sale, so you can stock up on all those varieties you've been wanting to grow, but can't find in the shops. There will also be seeds, onion sets, garlic and soft fruit bushes to buy.

The Potato Day is being held in Skelmersdale Concourse shopping centre on **Saturday 2nd February 2013**. There will be refreshments available and Lancashire Library Service will be running craft sessions for children and bringing a selection of gardening books to lend.

Updates from sites

Hesketh Bank: Steve Kirby of Hesketh Bank Allotment and Leisure Gardeners Association (HBALGA) writes: 'On June 4th (Jubilee Monday) we had an official opening of the New Shoots Permaculture and Community Garden site that sits in the middle of the allotments. William Hunter of Huntapac, who has helped us a lot with preparation of the whole site, planted an English Oak.

'On Saturday 8th September HBALGA held its second annual prize produce show (Ray Fowler from WLAF was one of the judges). This was followed by a free family fun event (The Organic Olympics - see right) designed to get more public awareness of the New Shoots site and our plans for it.

'We currently have 61 allotments plus 4 raised beds for disabled people - although only one of the raised beds is being actively managed at the moment. Our waiting list currently stands at 21'.



Burscough: The good news at Burscough Allotment Society is that they have taken the plunge and become self-managing— taking over direct management of their allotment site from the Borough Council. Not only does this give them control over plot allocation and rent collection, but enables them to raise funding from other sources. The Allotment Society recently secured a grant from the Local Strategic Partnership to put in much needed new fencing, and has already had it installed! They are planning to have an official 'fence opening' and Open Day at the allotment in early summer 2013.

Greenhouse up for Grabs

Could you use a 6 ft square greenhouse? It's glass rather than Perspex, and you would need to dismantle and transport it yourself. If you are interested, please phone Simon Frampton on 01695 - 424546



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

Avenham community garden launch

A new Community Garden has been created in Preston by a partnership of local organisations including Moving On Lancashire, Lancashire Probation Trust, Contour Housing and the Lancashire Wildlife Trust. Following extensive work over the last year, the Avenham Community Garden in Hudson Street, Preston was officially opened on 18 October by Preston MP, Mark Hendrick.

The creation of the garden has been a labour of love, transforming a derelict piece of land into a safe, accessible open space for quiet recreation, skill sharing and gardening for the local community.

The garden was originally funded by a successful Big Lottery Fund Awards for All bid submitted by Moving On Lancashire. Moving On is a not for profit social enterprise dedicated to providing practical support to adults who are on long term benefits and suffering from mild to moderate mental health issues, stress or depression. They deliver projects in Skelmersdale and Preston and offer a range of learning opportunities, art and craft classes and complementary therapies.



Moving On Lancashire Managing Director, Jill Bartram says 'We're hoping that having an attractive, welcoming green space within walking distance of the Moving On centre will help improve people's health and mental wellbeing by providing enjoyable outdoor physical activity, social contact and learning opportunities to raise self-esteem.'

The Project will also create opportunities for wider community involvement, not just in maintaining the garden but in the on-going activities planned there - for example food growing, gardening lessons, celebrations and fundraising events.

Jill says "There are a wide range of benefits to allotments and community gardens so I won't be surprised if we are inundated with positive interest in the project. Not only are allotments and community gardens an obvious source of cheap fresh fruit and vegetables, but they also provide an opportunity to learn new skills, meet new people, reduce stress, improve well-being, are a good form of exercise and generally they provide a great opportunity to spend time outside enjoying nature." For more information, go to: www.movingonlancashire.co.uk

You may remember that the Community Food Growing project worked with students from Edge Hill University, to make a video about the benefits of allotments in Spring 2012. We are pleased to report that this has now been completed and is available to view on YouTube. Go to: <http://youtu.be/E3W1rDVPcOM>



We would value your feedback on the film, so do let us know what you think!

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

Report from West Lancs Allotments' Federation

This year has reportedly been the wettest year in a century. Most certainly it has been the busiest year yet for WLAF, and next year already looks like it could be just as busy.

Here's three dates for your 2013 diary:

- WLAF will be joining other NW counties federations in the making of a garden at Tatton Park Show next 25th July - on the theme 'The Magic of Growing'. Our section of the garden will concentrate on recycling. More about this next year.
- The annual general meeting of WLAF will be held on Wednesday 30th January at the WLBC offices in Derby Street Ormskirk at 6.30pm. All welcome.
- WLAF are hosting a 'Potato Day' on Saturday 2nd February at the Concourse Skelmersdale. There will be 80+ varieties and 7+ organic varieties of potatoes, including Sarpo Mira, all in 1kg bags. Also there will be seeds, shallots, onions, garlic, fruit trees and bushes, rhubarb, strawberries.



Best wishes for the New Year.

Ray Fowler, Chair

Schools news

St. Edmund's Catholic Primary School is located in a particularly disadvantaged community in Skelmersdale, West Lancashire and their newly formed Gardening Club is the latest in a long line of experiences which stimulate and further develop children's hobbies and interests. The school's request for assistance with the Gardening Club brought offers of support from a small but enthusiastic group of adults who signed up to attend sessions regularly with their children.

The very first session was held on 21st May 2012. A typical session involves the planting of seeds or bulbs, and the removal of weeds from the raised beds. The group have also nominated a photographer and diarist who records what has been done and achieved at each session. The health benefits of eating a balanced diet are regularly discussed and their basic knowledge and understanding enhanced through games around identifying vegetables and fruit.

Mr. Ashley, the school's Headteacher reports: *"We know that children and adults experience a genuine feeling of success and achievement when they see their seeds grow into healthy plants and their weekly involvement in what is sometimes quite strenuous activity certainly brings health benefits and enhances their well-being. With children and their families having fun together and becoming more aware about the cost effectiveness and health benefits of using more fruit and fresh vegetables, this has proven to be an extremely worthwhile venture!"*



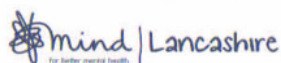
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"The Eco Centre Project provides a unique facility where members of the community can come together to participate in a number of horticultural and agricultural activities. The project will assist and support individuals through eco-therapy activities to gain a range of skills, confidence and educational qualifications which will improve their health, well being and self esteem, enhance their social inclusion and improve their employment opportunities. The project will also focus on building strong relationships as part of an asset-based community development objective".

visit: www.theecocentre.org.uk



An exciting opportunity for volunteers....

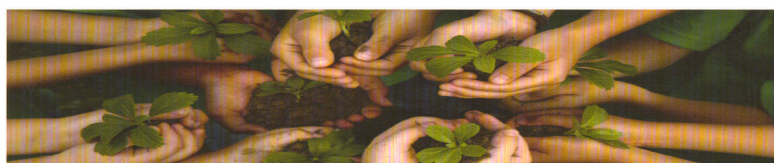
The Eco Centre has new opportunities for volunteers with a keen interest in gardening and the great outdoors. We can offer volunteering roles such as:

- Maintenance Gardener
- Nursery Plant Production
- Food Production

Each volunteer will receive a full site and job induction along with training in:

- Adult safeguarding
- Child safeguarding
- Mental Health and Wellbeing Awareness & Lancashire Mind
- Counselling Skills
- Professional Boundaries

The site consists of a four acre wholesale nursery with a fruit and vegetable production area. We are also in the process of developing an orchard, nuttury and will be introducing free range hens to the site in the near future.



You will be required to undertake a CRB disclosure check prior to beginning your volunteer role

Cobbs Brow Lane
Newburgh
Lancashire
WN8 7SF
01257 463 012 or
08453 054 254

Visitors to the Nursery are always welcome

Open Monday to Saturday

visit: www.theecocentre.org.uk



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
John Hutchison,
Clare Cooper
& Terry Lake

CVS Project Co-ordinator
CVS Community Support
CVS School Mentor
CVS School Mentor
CVS School Mentor

Email: martint@wlcvs.org
Email: debbies@wlcvs.org

Email: enquiries@wlcvs.org

Phone us on:

01695 733737

Keep up to date at our website: www.wlcvs.org/index.php/services/community-gardening



West Lancashire Council for
Voluntary Service



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