

## SPRING INTO ACTION

Joanna Nim-Heung Yeung: <https://www.westway.org/maxilla-memorial-healing-space/>

Ren - Sustain: "Gardening makes your soul smile" BRILLIANT

Fi - Sustain: More about Grow2Know here (where Tayshan is founder/director):  
<https://grow2know.org.uk/>

Vanessa Celosse: in reference to comment about "Guerrilla gardening" in US we have Ron Finley <https://amp.theguardian.com/environment/2020/apr/28/ron-finley-gangsta-gardener-transforming-los-angeles>

Tayshan: Thank you everyone for your lovely comments! Our website is [www.grow2know.org.uk](http://www.grow2know.org.uk) & our email address is [contact@grow2know.org.uk](mailto:contact@grow2know.org.uk)

Vanessa Celosse:  
[https://www.udg.org.uk/sites/default/files/publications/UD140\\_magazine.pdf](https://www.udg.org.uk/sites/default/files/publications/UD140_magazine.pdf)

Jackie Careless: Email me on [Jackie@ecobirmingham.com](mailto:Jackie@ecobirmingham.com)

Amy - Sustain: If you want to know more about Sow the City <https://www.sowthecity.org/> and the Growing Mcr project  
<https://www.sowthecity.org/growing%20manchester%20programme.htm>

Madame Zucchini: This is all so inspiring. I've teamed up with Sheffield Food Partnership to collect stories about veg growing, spreading love of vegetables in every way, whether it's cooking, foraging, growing, or even veg art. We have a facebook group: <https://www.facebook.com/groups/1134045900384685> . It would be great to connect with people there or @madamezucchini on twitter and insta :)

Sofia - Sustain: 'Gardens are not a nice to have, they are a necessity' - great quote

Stuart Bowman: I'm interested to connect schools I work with in Manchester with schools elsewhere, especially outside the UK. [stuart21feb@gmail.com](mailto:stuart21feb@gmail.com)

Vanessa Celosse: would like to see a resource like this for claiming spaces  
<https://livinglotsnyc.org/>

Carrie Scott: recent useful evaluation dec 2020 <https://www.trustlinks.org/growing-together>

Sofia - Sustain: We do have an opportunity this year with the local elections 6 May to reach out to candidates and put community growing in their agenda! Ren will speak later about the support Sustain can offer.

Emelye Westwood - Ideal for All: happy to talk to folks about supporting vulnerable people as a user-led organisation for disabled people. pop us an email [e.westwood@idealforall.co.uk](mailto:e.westwood@idealforall.co.uk)

Tayshan: I wish I could stay for longer but I have to shoot off to attend my college course. Here is our Instagram <https://www.instagram.com/grow2knowcic/> . Have a wonderful, sun filled day people :) Blessings

Vanessa Celosse: great Instagram profile <https://www.plantsandculture.org/>

Sarah Sustain: <https://landinournames.community/>

Fi - Sustain: More about Rootz into Growing here: <https://www.ubele.org/rootz-into-food-growing>

Sarah Sustain: [https://www.sustainweb.org/publications/food\\_growing\\_on\\_prescription/](https://www.sustainweb.org/publications/food_growing_on_prescription/)

Caroline Pankhurst, South London Botanical Institute (SLBI): At the South London Botanical Institute we're keen to link up with other like-minded groups in Lambeth/further to enable more local people to participate in our activities and visit our garden- particularly in relation to mental health/social prescribing and people in ethnically diverse groups. Love to hear from you, thanks - [caroline@slbi.org.uk](mailto:caroline@slbi.org.uk)

Les Moore: @Hatty @Sandra do check out <https://blog.permaculture.org.uk/articles/whitewashed-hope>

Sofia - Sustain:a small write up of Let's Grow Preston activities here <https://www.goodtogrowuk.org/news/nov20-preston-holiday-markets/>

carolyn: This group in Inverclyde <http://belvillecommunitygarden.org.uk/> do a lot around improving people's access to cooking skills and equipment

Arlene:ART work for Rootz into Food is by Javie Huxley

Annie: letsgrowpreston@gmail.com. [www.letsgrowpreston.org](http://www.letsgrowpreston.org)

Stuart Boothman: If people are interested in starting as a small grower, look at the Landworkers Alliance for support, as well as Sustain.

Amber Social Farms & Gardens: Here's our guide to how to show how much you save the statutory sector <https://www.farmgarden.org.uk/resources/sfg-guide-valuing-your-impact-using-cost-benefit-analysis>

Madame Zucchini: I'm working with veg and fruit celebrities to get the word out: here's one of my ambassadors, Angeleeka Jolie :) <https://www.instagram.com/p/CFUIZQrHXwV/>

Rosie Turton: Thank you everyone for a great discussion! I am based in SE London, if anyone here is involved with community gardens around here please get in touch!  
[rosie.trombone@gmail.com](mailto:rosie.trombone@gmail.com)

Arlene: [Arlene.mckenzie@ubele.org](mailto:Arlene.mckenzie@ubele.org) for volunteers for the Rootz programme

Louisa Mansfield: I work on training up long term unemployed people into jobs in the horticulture industry . called Future Gardeners under Bankside Open Spaces trust if any one knows of anyone trying to get a job in the industry email me [louisa@bost.org.uk](mailto:louisa@bost.org.uk) for more info

elizabeth westaway: We need to be growing nutrient dense food that is nourishing.  
<http://grffn.org> Growing Real Food for Nutrition (Grffn) CIC

Amy - Sustain: [https://www.goodtogrowuk.org/good\\_to\\_grow\\_day/](https://www.goodtogrowuk.org/good_to_grow_day/) For anyone who want to register for Good to Grow 2021 :) !!

Pauline S: Great presentations. I'm working with Arlene on the Rootz into Food Growing project. Drop me a line if you want to know more or get in touch  
[pauline.shakespeare@ubele.org](mailto:pauline.shakespeare@ubele.org)

Christina: We are based in Southwark South East London teaching food growing in Schools and community spaces. [christina@ediblerotherhithe.co.uk](mailto:christina@ediblerotherhithe.co.uk)

elizabeth westaway: Paper by Michelle Howarth et al (2020) on health benefits for people with long term condition through social prescribing of gardens and gardening approaches

Madame Zucchini: I'm doing a virtual event before the end of march all about Veg Love - if you'd like to know more do get in touch [madamezucchini@gmail.com](mailto:madamezucchini@gmail.com)

Sofia - Sustain: This is the training session if you want to get involved in local elections work  
[https://www.sustainablefoodplaces.org/events/campaign\\_breakfast\\_March\\_2021/](https://www.sustainablefoodplaces.org/events/campaign_breakfast_March_2021/)

Suzanne Foster: Thank you for an amazing meeting. From Wor Lotty in Newcastle upon Tyne - the Food Nation CIC allotment. [Suzanne@foodnation.org](mailto:Suzanne@foodnation.org)

## **NETWORKING EVENT**

From Fi - Sustain to Everyone : The project Sarah mentioned a moment ago:  
[www.wearegrow.org](http://www.wearegrow.org)

From Sofia - Sustain to Everyone : There's been a few attempts at creating games with veg as the main characters [https://www.vegcities.org/news/dec18\\_vegetablemathsmasters/](https://www.vegcities.org/news/dec18_vegetablemathsmasters/)

From Joanna Nim-Heung Yeung to Everyone : <https://www.chelseaphysicgarden.co.uk/>

From Madame Zucchini to Everyone : I'm planning a virtual event before the end of March, focusing on the Love of Veg rather than saying grow more, eat more veg, etc. And looking forward to doing it in person when we can. Here's the link to the facebook group if you'd like to join in with the fun :) <https://www.facebook.com/groups/1134045900384685>

From lindascrutton to Everyone : I have been so inspired by all the talks today and this discussion 'love of veg', 'wormeries', 'gardening makes your soul smile', 'vegetable celebrities', training pathways', beautify the space'. . . . . so many ideas sparking off ways to go forward with a new community garden in our village - thank you

From Amber Social Farms & Gardens to Everyone : Plants for dying = Cordwainers Grow <https://www.cordwainersgrow.org.uk>

From Amber Social Farms & Gardens to Everyone : Alnwick Gardens in Northumbria have a big garden where they grow poisons and drugs. Very popular for engaging young people. <https://www.alnwickgarden.com/>

From Amber Social Farms & Gardens to Everyone : More on plants for dye - <https://www.cordwainersgrow.org.uk/welcome-to-cordwainers-grow/our-story/>

From Fi - Sustain to Everyone : <https://www.capitalgrowth.org/news/nov20-allotment-demand-outstrips-supply/>

From Amber Social Farms & Gardens to Everyone : Please see <https://www.farmgarden.org.uk> for training and support on running city farms and community gardens.

From Shivani to Everyone : Hi Stuart, I'd love to know more about the process and logistics of getting unloved spaced converted into growing spaces! Can you direct us to a website or provide your contact details please?

I'm at [spatel@chelseaphysicgarden.co.uk](mailto:spatel@chelseaphysicgarden.co.uk) . I'd be happy to hear from any of you and to share ideas/projects.

Ren - Sustain to Everyone : [https://www.sustainablefoodplaces.org/events/campaign\\_breakfast\\_March\\_2021/](https://www.sustainablefoodplaces.org/events/campaign_breakfast_March_2021/) Here's the link for engaging with Councils event on Monday

From Amber Social Farms & Gardens to Everyone : <https://www.farmgarden.org.uk/our-work/training-events-workshops>

From Ren- Sustain to Everyone: <https://www.gov.uk/government/consultations/right-to-regenerate-reform-of-the-right-to-contest> Right to Regenerate consultation - we will share our response hopefully by next week. Deadline is 13 March

From Amber Social Farms & Gardens to Everyone : [Amber@FarmGarden.org.uk](mailto:Amber@FarmGarden.org.uk) - consent given!

From Julie Smith to Everyone : St Sidwell community centre [gardening@stsidwells.org.uk](mailto:gardening@stsidwells.org.uk)  
Julie Smith

From Fi - Sustain to Everyone : <https://www.rootstowork.org/>

From Stuart Boothman to Everyone : Thank you all!! [sboothman@gmx.com](mailto:sboothman@gmx.com) - permission given