Growing Health Workshop

26th February 2018
About us

• A social enterprise set up in 2009 and based in Manchester.
• We’ve converted over 4 football pitches of wasteland in food growing spaces, and taught over 3000 people to grow their own.
• We’re a team of 4 supported by various specialists.
• We won Spirit of Manchester award 2017!
Policy

New models looking to develop alternative and preventative community-based approaches from the voluntary and community sector. (Taking Charge, Greater Manchester Health and Social Care Partnership, 2015)

There is an opportunity for VCSE and NHS to implement new ways to work together to plan, design and deliver all aspects of Taking Charge and thereby increase the health and wellbeing of the people who live, work and study in the conurbation. (GMCA, 2017)
Example project: Growing Manchester

• Growing Manchester is a Public Health Manchester/MHCC project run by Sow the City.

• The project supports over 80 community food growing groups, many experiencing food poverty, mental health issues, social isolation, drug addiction and many from diverse backgrounds etc.

• A number of groups exploring social prescription – and GP’s are starting to make contact
Example project: Green Minds

• Provide a setting for people with ill mental health to learn how to grow fruit and vegetables at an existing site at North Manchester General Hospital.

• Create a network with local community gardens so that ongoing provision can continue in the community for up to 50 people.

• Hospital beds coming soon!
Example project: #Thrive ecotherapy

• Enable #Thrive young people to access outdoor nature and gardening activities from project hubs: a café in Rochdale Town Centre

• Increase the capability of staff at both sites to run outdoor nature and gardening activities.

• Raise awareness and encourage food growing amongst the wider community.
Veg Box People

Your weekly ‘root’ to organic veg on campus!

In 2017, our veg bag customers enjoyed loads of local produce...but how much exactly?...

- 2458 kg potatoes for a jacket or mash—these do it all
- 1163 kg carrots covered in sandy northern soil
- 1018 cauliflowers with florets from purple to green
- 610 kg leeks pulled from the Mancunian ground
- 33 kg strawberries delicately hand picked
- 100 kg aubergines tendered to in cosy polytunnels
- 277 kg apples straight from the tree

Visit us at vegboxpeople.org.uk
WOODBANK NURSERY
AUTUMN EVENTS

Autumn Foraging
14th Oct 2.30-6.30pm
£7 for Stockport Resident /Low Income
£9 for Full Price

Site Woodworking Day and Autumnal FREE Lunch
4th Nov 10-3pm

LAND ARMY volunteering days at the farm

Community Garden EVERY Saturday
10am-1pm
Thursday 28th Sept
Thursday 12th Oct
Thursday 26th Oct

Holidays Wreath Making with Fran
5th Dec 10-4pm
Cost TBC see below website

Age Friendly Singalong & Tea in the Park
4th Oct 1pm onwards

Register online: www.woodbank.org.uk
For more info contact Corrina: corrina@kindling.org.uk

www.kindling.org.uk
The Kindling Trust
Igniting passion & fuelling action for social change