



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!

**Building a
healthier
city where
everyone
can grow
their own
food.**

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)

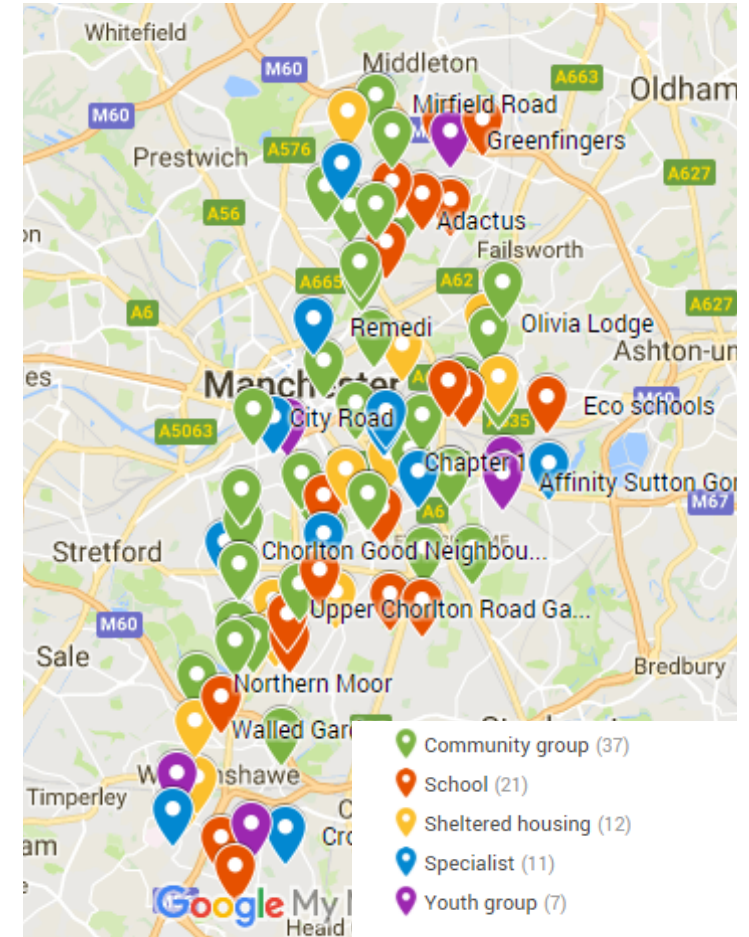


**Greater
Manchester
Health and
Social Care
Partnership**

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



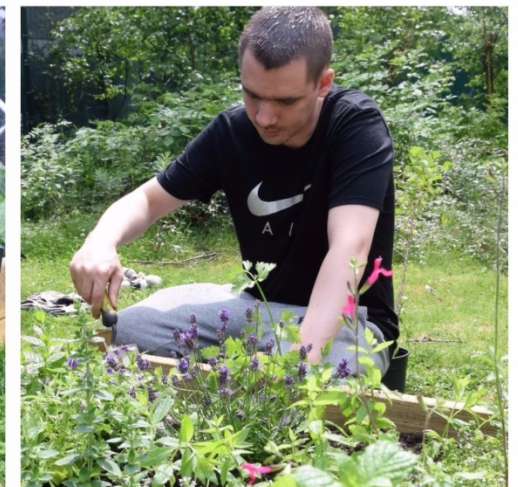
Example project: Green Minds



Manchester
Health & Care
Commissioning



- 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



Pennine Care
NHS Foundation Trust



- 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.





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MORE THAN MEDICINE



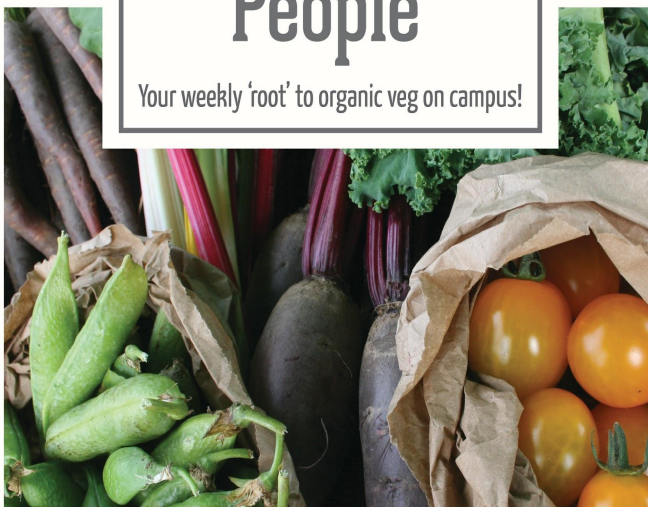
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Veg Box People

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



VEGBOXPEOPLE.ORG.UK



WOODBANK NURSERY AUTUMN EVENTS



50m along the Park Lane
entrance into Woodbank
Memorial Park, through the
green gates on the right



Autumn Foraging

14th Oct 2.30-6.30pm

£7.50 Stockport Resident/Low Income
£15 Full Price

Holidays Wreath Making with Fran

5th Dec 10-4pm

Cost TBC see below website

Site Woodworking Day and Autumnal FREE Lunch

4th Nov 10-3pm

**REGISTER ONLINE
OR SPEAK TO US
ON SITE**



Age Friendly Singalong & Tea in the Park

4th Oct 1pm onwards

LAND ARMY volunteering days at the farm



Community Garden EVERY Saturday

10am-1pm

Thursday 28th Sept
Saturday 7th Oct
Thursday 12th Oct
Thursday 26th Oct

Register online: www.woodbank.org.uk

For more info contact Corrina: corrina@kindling.org.uk



www.kindling.org.uk



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