



THE GROW TOGETHER ALLOTMENT AUTUMN 2023 UPDATE



DUSTON PARISH COUNCIL



TGTA CORE VALUES

- To provide an inclusive facility for local people and groups to grow
- To offer a safe environment for people of all ages and gardening abilities to work together
- To promote a positive space in which mental, emotional & physical health and wellbeing can be improved
- To operate an environmentally sound plot



AIMS & OBJECTIVES

- To encourage people to 'have a go' and achieve their own aims
- To share skills, best practice and be environmentally aware
- To partner with other community organisations for the benefit of all
- To develop volunteer & partnership working opportunities



WHAT & WHO DO WE GROW

Better Lives - A group of adults with additional needs

Better Lives are now regular users at the plot and have their own space. They are particularly proud of their sunflowers. They helped plant seeds at the start of the season but they too have grown as a group, overcoming personal challenges and gaining confidence.



WHAT & WHO DO WE GROW

Affinity Daycare

Affinity Daycare offer daytime activities to people in the community. Some of their clients come to the allotment to enjoy fresh air and a change scenery. Others, who are more able can share knowledge and contribute in the raised bed area. Being there evokes memories and conversation but also promotes a sense of personal achievement



WHAT & WHO DO WE GROW

We enjoy continuous support from our other volunteers; Issy, Andrew, Carol & Cathy. We have also enjoyed help from 3 staff who will be working at Coronation House, a new children's home in Duston. We have had interest from others residents who have attended our events and are talking to Air Ambulance about a team volunteer day.

We also enjoyed a visit from beavers & squirrels from 47th Scouts Group



USING OUR SPACE TO GROW IN DIFFERENT WAYS

Our community plot is not just about growth in the soil. We use our space for garden related activities which also allow those less able to be involved and enjoy the space. We have made lavender bags and grown old fashioned flowers to create vintage posies for our visitors to take home. We also encourage singing & storytelling amongst visitors young and old.



REALISING OUR VISION IN 2023

Our Aims & Objectives sets out our vision for the plot. In 2023 we increased the number of 'no dig' beds, reducing the hard maintenance of the plot and increasing soil self management. We also fully utilised the greenhouse by growing all of our plants from seed, therefore reducing cost and also allowing us to give plants and seedlings away at DPC community events. Our volunteers and local community benefited from the spare produce



NEW! THE GROW COOK EAT PROJECT

Jenny has trained to be a community champion and successfully secured £3000 in funding.

GCE is all about building capacity for healthier living in the community. The project encourages growing produce, cooking with it and eating it together. It is an opportunity to share knowledge, learn to cook from scratch and make connections about where our food comes from as well as giving people confidence, educating, promoting healthier choices and reducing food costs.



NEW! THE GROW COOK EAT PROJECT

Better Lives have been involved from the off and we have used Kingsthorpe Community Centre to facilitate the project. We have seen great results so far; they have been particularly proud to tell other centre users that they have not just cooked the produce but grew it as well. Some of the funding has already been used to buy a polytunnel which will expand our growing season and the kind of crops we can trial.

We are really looking forward to expanding this project in the new year.



OUR PLANS FOR 2024 AND BEYOND

- The new polytunnel will enable us to have more visitors in all weathers
- Further promotion and expansion of the Grow Cook Eat Project
- New pergola and seating area for our visitors and volunteers' accessibility
- To expand the allotment timetable to include pop up events & an open day
- Increase the volunteer base