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

The aim of the programme is to enable tenants to access low cost, healthy food and learn about growing their own whilst benefiting from a range of wider health & well-being impacts for themselves and their families.

...activities that will help people sustain a balanced diet in the longer term, improving health outcomes for individuals and their families.
Project Set Up

- Work with partners
- Establish programme of activities and events
- Develop brand and outreach material
- Recruit and train local people / group as ‘growing champion’
- Develop hubs for training
Door knocking & engagement

• Food champions door knock
• Engage at busy community hubs
• Or on street!
• Friendly, trusted local voice from people known in community
• Freebies
• 1 in 3 would answer and take kit
• Signposting
Signposting - events
Signposting – training, talks and walks

**Cooking Courses**
- 11th March: 10am-1pm
- 15th April: 10am-1pm
- 13th May: 10am-1pm
- 10th June: 10am-1pm

**Growing Courses**
Introduction to growing your own veg session on any of these dates:
- 20th March: 12-3pm
- 17th April: 12-3pm
- 8th May: 12-3pm
- 22nd May: 12-3pm

**Events**
- 21st Feb: 11am-3pm
  - HOME Spring Event
  - "Free food, get growing and sign up!"
- 19th Sept: 1pm-4pm
  - HOME Harvest Event
  - "Share and celebrate produce and experiences."

All courses and events are being held at Old Moat Children's Centre.

**Take Away**
Wednesdays
1:15 - 3:15 pm FROM 4th March
Enjoy our healthy take away service on Old Moat Green, Old Moat Lane opposite Old Moat Primary School.

An community food initiative that aims to increase access to affordable healthy food in a partnership between Sow the City, Southwest Housing Trust, and Old Moat Food by Community Minded, Cowbridge Community Cafe and South Manchester Foodbank. HOME is funded by the Manchester City Council Food Poverty Fund.
Follow up support at home

All those that trained provided with:

• A free raised bed, made from timber offcuts by HA contractor
• Free seeds & kit
• Advice at home about how to achieve maximum success
• A potted apple tree (Sunset)

This process was a hugely successful model to support novice growers...
“Following up & evaluating

“We’ve had about 1kg of strawberries and 350g peas”

“Doing well with my veggies; I’ve been eating and saving some pennies which is much needed”
Supporting & creating community gardens (and tenant show gardens)
Engagement Summary

• Growing Communities = 1341
• HOME = 941
• Overall total = 2,282

• For many, a simple door step interaction and having a go
• For others – training, learning, joining group, eating well and saving money