

# **Netherthorpe and Uppertorpe GREEN GYM 2002 ORGANIC GARDENING FOR HEALTH**

## **PROJECT SUMMARY**

**We are funded by Netherthorpe and Uppertorpe Community Chest to offer local people the chance to access the benefits of therapeutic organic horticulture, growing food on local allotments. The project is able to accept referrals from G.P.s and the Healthy Living Centre.**

**We have a group of 12 well-established sites in Crookes and Walkley. Two of these are run as Women-only allotments. These sites are user-friendly, but do not have full disabled access. We can refer clients to other projects which are wheelchair accessible.**

**Volunteers will be entitled to travel and childcare expenses. They will also receive a share of the produce, fresh organic salads, vegetables, fruit and herbs.**

**The sessions will operate on an informal basis, with a friendly atmosphere. We are also able to encourage and support individuals' own efforts to grow with training and information.**

**TARGET GROUPS SOFI has worked with and supported dozens of individuals with health needs for more than five years. We provide therapeutic horticulture to clients with a wide range of health needs:-**

- J Disabled and Special Needs**
- J Long-term Unemployed and Low Income**
- J Mental and Psychiatric Disorders**
- J Addictive and Behavioural Problems**
- J Eating Disorders and Food Allergies**
- J Various Cancers, recuperation and management**
- J Recovery from Disease and Surgery**

## **SHEFFIELD ORGANIC FOOD INITIATIVE**

**S.O.F.I. is a charitable trust (No. 1076110), set up promote Organics, Biodynamics and Permaculture for Education, Health and the Relief of Poverty. We run the Gardening for Health project, funded by the Department of Health's Consortium on Opportunities for Volunteering, at Unstone Grange in Derbyshire, the region's only organically registered site. In 2001, S.O.F.I. won the Soil Association's Organic Food Awards, in recognition of our pioneering work in promoting urban organic food growing.**

**Telephone: Richard 2686727 or Zoy 2853364**

**We are available to talk to groups & individuals or arrange visits.**