

HEALTHY GARDENING GROUP

Sheffield's **Healthy Gardening Group** exists to represent and support a city-wide network of groups and projects which promote the health benefits of gardening and food-growing. Current members include allotmenters, community gardeners, city farmers, organic growers, horticultural therapists, composters and recyclers. The Group is community-led with administrative support from Healthy Sheffield.

The Group has run a small grants scheme (**GROW** grants), annually distributing approximately 20 grants of £100-250 each, for the past 5 years. This has helped to provide basic resources, such as tools, seeds and fertilisers. It has given groups a start in fund-raising and the self-confidence to progress on to access bigger funding.

We have also produced a leaflet, **Why Community Gardens?**, describing our interests and aims, which has been widely distributed, including on stalls at the Sheffield Show, Whirlow Hall Farm Fair and Heeley City Farm Autumn Produce show.

The group has made links with several national organisations which support community gardening and food-growing projects, including the Soil Association, the Organic Horticulture Association (HDRA), the Good Gardeners Association, THRIVE (Horticultural Therapy) and SUSTAIN (the National Food Alliance),

In the past year, there has been an increase in the number of groups and individuals wanting to grow their own organic food. With the help of **Sheffield Organic Food Initiative**, we have been able to provide an advice and development service to more than 20 local community and voluntary sector groups with an interest in growing organically.

In the new year, we shall be helping to organise a conference addressing the issue of **Food Poverty** and hope to be raising the profile of **allotments** in Sheffield.

If you are interested in finding out more about the Healthy Gardening Group or applying for a small grant, please contact Peter at the Healthy Sheffield office: **Room 223, Old Town Hall, Pinstone Street S1 2HH (Telephone: 2735868)**.

PHOTO CAPTION:

Healthy Gardening Group Chairperson, Richard Clare, says
“Grow your own organic food for health and happiness”.