

# **ORGANIC VOLUNTEERING: UNSTONE GRANGE GARDENING FOR HEALTH PROJECT.**

Unstone Grange Organic Gardens is the only piece of land certified as Organic by the Soil Association in our area. They consist of an acre of raised beds for growing vegetables and herbs, together with a large orchard of more than fifty fruit trees.

A small group of committed volunteers has spent the past five years restoring this historic site one day a week. Thanks to funding from the Department of Health's Opportunities for Volunteering scheme, we are now able to offer this unique experience to more people.

We are also able to offer help and support to people developing their own organic gardens from Sheffield's Organic Food Initiative, who have more than ten years' experience in organic health projects. As part of the package of opportunities available at Unstone, there is the chance to take their innovative course in Organic Culture and Cultivation, accredited by the Open College Network, for people who are interested in working in this field.

We believe that Organic growing can have help improve human health considerably. Make the link between human health, the health of the soil and the plants that grow in it. Your chance to discover the mental, physical, social and spiritual benefits of a genuinely Organic environment.

If you want to find out more about the benefits of organic food on diet and nutrition...

If you want the chance to access the healing powers of nature...

If you want more natural sanity and balance in your life...

If you wish to aid the process of recuperation...

If you need to learn to manage illness or disease...

If you want holistic healing to recover from health traumas...

If you want an antidote to virtual reality and technological nightmares...

If you need to escape the stress and strain of hectic lifestyles and toxic environments...

**CONTACT US: Organic Gardening For Health  
Unstone Grange, Crow Lane  
DERBYSHIRE S18 4AL  
Telephone: 01246 290822**

**TASTER SESSIONS Tuesday Mornings (10 am-1pm first Tuesday every month)**

**We are offering introductions to the project: your chance to visit the gardens, see the facilities here and have any of your questions answered.**

**Organic Gardening For Health has links with the following organisations;**

- ∨ The Henry Doubleday Research Association
- ∨ The Soil Association
- ∨ The Good Gardeners' Association
- ∨ National Federation of Community Gardens and City Farms
- ∨ National Federation of Allotments and Leisure Gardens
- ∨ THRIVE, National network promoting Therapeutic Horticulture
- ∨ The Community Composting Network
- ∨ The Composting Association
- ∨ National Institute of Medical Herbalists
- ∨ Greenpeace / Friends of the Earth
- ∨ WWOOF: Willing Workers on Organic Farms
- ∨ The Land Is Ours, Landrights campaign for Britain
- ∨ VOHAN, Vegan-Organic Horticulture and Agriculture Network