



Community Food Growing  
Support Programme

# Newsletter

Contact: [samantha.woods@tcv.org.uk](mailto:samantha.woods@tcv.org.uk) for more information about food growing support in Leicester.

Funded by Leicester City Council, TCV's Community Food Growing Support Programme provides free support and advice to schools, early learning settings, community gardens and allotments.

- Creating a vibrant network of food growing projects across the city
- Offering garden design, planting plans and food growing advice
- Supporting groups to strengthen their own governance and fundraising capacity
- Working in partnership with the Food for Life and Eco Schools programmes

Growing food enables people to connect with each other, be more physically active, boosts their mood, encourages them to eat well and have healthier lifestyles.

## What we do – Mowmacre Hill ELSA Group



Between October and December 2019, TCV ran series of food-growing sessions with the Mowmacre Hill ELSA group, which were also open to their families. Despite the wet and cold weather the group planted onions and garlic, lettuce and broad beans in their raised beds. They helped to bring beneficial insects to the garden by planting spring-flowering bulbs and gathered fallen leaves to make leaf- mould compost.

In the orchard area, the pupils learned to use secateurs and loppers to trim back the willow "fedge" ( a living structure which is a cross between a fence and a hedge) and made plans for the Spring Planting season. They also gave the local wildlife a Christmas present by creating nut-free bird feeders and hanging them in the trees.

### Quotes from the Group

**Connor:** " I Enjoyed the cutting of the trees the most. Sam brought fun to the school"

**Libby:** "Sam was always thoughtful, she made sure everyone had an activity to do, no one was left out. "

**Lacie:** "I enjoyed when everyone were friends together, and I liked not having to think about anything other than gardening. I loved it that my step-dad was invited in for the session. We made bird-feeders together. "

## What we do – Evington Hilltop Allotments

TCV is working closely with Evington Hilltop Allotments to create 14 new starter plots with a shared tool library and polytunnel. We supported the creation of new group called Hilltop Helpers, who arrange social and educational events on site and carried out a community consultation to be used as evidence in funding applications. There is a waiting list for the new plots which will be officially opened on March 28<sup>th</sup> at a Spring Growing Celebration Event at 1pm. See upcoming events for more details.

## Upcoming TCV and Partner Events Spring 2020

**Thursday 6<sup>th</sup> February 11am-12.30pm**

Becoming a Community Food Volunteer (free workshop):

More details and to book:

<https://www.eventbrite.co.uk/e/come-a-community-food-volunteer-tickets-90301292597>

**Thursday 20<sup>th</sup> February**

Get Growing for the Early Years Workshop for Early Years Settings – **Sold Out.**

Contact us if you would like support for EYS.

**Wednesday 11<sup>th</sup> March 2pm**

Family tree planting session at Catherine Junior School.

**Thursday 12<sup>th</sup> March 2020 4-5.30pm**

Grow Your Own Grub  
Mealbarrows Free Training Course:

## What we do – Indoor and Outdoor Gardening



Even when the weather is terrible outside, we carry on growing with indoor table top sowing sessions. These are also available for groups with limited physical ability, allowing everyone to participate in growing healthy seasonal veg.

Free sessions take place every Tuesday:

<https://www.eventbrite.co.uk/e/sow-grow-harvest-eat-tickets-87783959185>

## Eyres Monsell Green Gym

Green Gym offers the opportunity to tackle physical jobs in the outdoors – developing your strength and stamina, boosting your confidence while learning new practical skills.

We grow to eat and have sessions where we cook and preserve the produce. There are gardening activities offering different levels of physical challenge, so that you can work at your own pace.

Join us at Rolleston Primary School if you would like to increase your level of health and well-being, learn new skills, make friends and give your mind and body a workout in the great outdoors. Meet at Rolleston Primary school car-park on Monmouth Road.



Thursday morning session

(Adults only over 18)

We start at 9:00am, finish at 12pm.

Saturday sessions

Come on your own or bring the family to get involved (kids must be supervised).

We start at 10:30am, finish at 1:30pm

No need to book. Contact Jules: [Julie.richards@tvc.org.uk](mailto:Julie.richards@tvc.org.uk) for more details.

**Find growing hints and tips and information about city wide food events by joining our Facebook Group:**

<https://www.facebook.com/groups/leicesterfoodgrowing/>

## More Events

**Saturday 14<sup>th</sup> March**

LCB Depot Free Event for Families

CreateaCon – see the progress on the garden and do loads of creative stuff:

<https://www.facebook.com/events/1835154540119430/>

**Saturday 28<sup>th</sup> March Spring Event**

1pm-4pm

Evington Hilltop Allotments, Wakerley Road

Free Entry. Family friendly.

**Saturday 11<sup>th</sup> April Spring Fun 2-3.30pm**

Cultivating Communities Plot, Fulhurst Community College

Free Entry. Family friendly.

**April 27<sup>th</sup> -1<sup>st</sup> May**

**Grand-parents/ Community Gardening Week**

Schools can register intergenerational events and receive free resources

<https://www.foodforlife.org.uk/>

**Wednesdays 10-2pm Open Sessions at Bede Street Community Garden**

<https://www.facebook.com/braunstonegateplacesforpeople/>

**Launch of Binspired's new site "The Grove" Braunstone including garden volunteering opportunities:**

<http://www.b-inspired.org.uk/>

**Saturday 4<sup>th</sup> July**

Abbey Pumping Station

Meal in a Barrow Competition Public Vote for Best Barrow

Event

12pm-3pm

<http://www.abbeypumpingstation.org/>

