

December 2019

Let's  
**GR****W**  
PRESTON

...WELCOME TO ISSUE 2 OF THE LET'S GROW PRESTON NEWSLETTER.

**Here you can find out all about what we do and how you can get involved. Our contact details are at the end so please give us a shout if you would like to know anything further.**

# WHAT HAS LET'S GROW PRESTON BEEN UP TO?

As ever we've had a busy few months here at Let's Grow Preston!

## Preston Wellfest

To mark World Mental Health Day on 10th October we were delighted to be part of Preston's first Wellfest, held in the Harris Museum. Annie worked with people throughout the day to plant spring bulbs and think about the positive impact that outdoor activity can have on wellbeing.



## Intact Pumpkin Festival

Thanks to an amazingly generous donation of 50 pumpkins from Morrisons on Blackpool Rd, Preston, we were able to go along and support this fantastic community event - helping children from the local community to carve their very own pumpkin to take home. It was wonderful to work with so many happy (and very excited!) kids.



## Britain In Bloom

### It's Your Neighbourhood Awards

The 31st October was more than just Halloween for members of the Let's Grow Preston network, when we headed off to the Britain In Bloom - It's Your Neighbourhood Awards. It was a great event, with Outstanding (Level 5) awards going to Ashton Walled Garden, The Intact Centre, Galloways Gardening Club and St Barnabus Place Community Allotments, and Thriving (Level 4) being awarded to Grange Community Garden and Ashton Weed & Feed.

## LGP Conferences

We have now held our 3 Let's Grow Preston Community Conferences. These were aiming to gather the thoughts and opinions of members of the community about how we could help to improve both the local environment and the wider city's green spaces, finding out what people would love to see and what we could all work together to achieve. This information is now being gathered and collated and will be used to inform both future projects and potential future funding bids - so watch this space!

# Grange Community Garden Tidy Up

The area around the entrance to Grange Community Garden is now looking amazing, thanks to the hard work of the Community Gateway Association Greencare team and a fantastic bunch of volunteers, along with the support of Preston City Council.

The team from Gateway donated 2 days of their time to cut back lots of overgrown trees, shrubs and trim back other overgrown areas, and this was followed by a day of volunteers, including a group from Myplace, litter picking and generally tidying up - before everyone was rewarded with delicious pizzas that Annie cooked in our fabulous pizza oven! It was a fabulous team effort and the entrance to Grange Community Gardens is significantly more welcoming, more open and inviting! Thank you everyone!



## Selnet Awards

Even more excitement was had when we attended the Selnet Awards and Let's Grow Preston was awarded Highly Commended in the Small Social Enterprise of the Year category, at a wonderful ceremony held at The Villa in Wrea Green - and there wasn't a muddy work boot in sight!



# Willow Weaving at Galloways

Our annual visit to Galloways Society for the Blind in Penwortham was as usual a wonderful occasion.

We worked with over 20 of their craft group members to help everyone make their own woven willow Christmas Wreath. The tenacity, ingenuity and wonderful nature of everyone who took part was a joy to be part of knowledge onto the next street and so on.



# Willow Weaving at Intact's Dobcroft Nature Reserve

We provided a 5 week course to enable the volunteers and supporters of the Dobcroft Nature Reserve to learn how to create a living willow structure, how to maintain it and how to make basic shapes like circles for windows or wreaths.

We started by showing the volunteers existing structures like tunnels and tepee at Grange Community Garden, where we talked about maintenance, pruning, harvesting, storing the willow, grading the willow and how to use the willow. This allowed the volunteers to make informed decisions about the types of structures that they wanted on the nature reserve. It was decided to create a tunnel rather than dome shaped hides for bird spotting, and they also decided to create living screens or 'fedges', because maintenance and accessibility will be much easier.

We thought that it was very important for the sustainability of the nature reserve for the volunteers to have the information required to empower them to create fantastic structures that they will be able to take pleasure and pride in!



# And also....

## We have also been out and about at:

- Working alongside the Lancashire Care HARRI bus to promote LGP and help to improve people's health and wellbeing
- Attending lots of events supporting the introduction of the new social prescribing link workers who will be working alongside GP's and other healthcare providers to help people get involved in organisations such as Let's Grow Preston and support improvements to their health and wellbeing.
- Annie spent a fantastic day at UCLan, along with other special industry guests, to help social media students gain work experience in areas from cartoon to filmmaking, screenwriting, photography and web design.
- Working with Preston City Council to prune in a community Garden that has no leader at the moment and working with a group who might take on that community garden.
- Willow weaving at Ashton Walled Garden making Christmas Wreaths.



## Dates For Your Diaries

We always have lots of things coming up so check out what's going on and let us know if you'd like to get involved. There are new events being added all of the time so don't forget to check our [Facebook page](#) and our [website](#) for the latest news or date changes.



## CHRISTMAS PIZZAS AND A THANK YOU FROM LET'S GROW PRESTON...

**Monday 16th December, 1pm-3pm**  
**Grange Community Garden, opposite number 79, Fir Trees Avenue, PR2 6QW**

We would like to invite all of our volunteers and stakeholders to this event, where you can make your own pizza and we will cook it in our awesome pizza oven.

## AGM & SEED SWAP

Please register your attendance at <https://letsgrowpreston-agm2020.eventbrite.co.uk> The AGM will include the election of the trustees and committee members of Let's Grow Preston for 2020, along with an overview of the 2019 activities, plans for 2020, and an opportunity for our members to have their say about Let's Grow Preston. We will also be holding a Seed Swap so bring along any of your surplus seeds along and see what you could swap them for! A hotpot supper, including vegetarian option, will be served.

**Tuesday 14th January 2020, 6.30pm-8.30pm**  
**Moor Park Sports & Social Club, Blackpool Rd, Fulwood, Preston PR2 3AE**

## MONTHLY NETWORK MEETINGS

- **Tuesday 11th February**
- **Tuesday 10th March**
- **Tuesday 14th April**

These are your chance to come along and find out what we've been up to and share what's been going on with your project too. These are usually held on the 2nd Tuesday of every month, 6.30pm at The Bowling Pavilion, Ashton Walled Gardens.

# HEALTH & SAFETY IN THE GARDEN TRAINING COURSE

**Saturday 18th January, 10am-1pm**

**Grange Community Garden, opposite number 79,  
Fir Trees Avenue, PR2 6QW**

Please register your attendance at <https://lgp-healthandsafety20.eventbrite.co.uk> In this session specifically designed for those working in a public or community based horticultural setting, our expert trainer Chris Taylor will take you through everything you need to know about maintaining a safe and enjoyable working environment for all involved.

# FRUIT TREE GRAFTING TRAINING COURSE

**Saturday 15th February, 10am-1pm**

**Grange Community Garden, opposite number 79, Fir Trees Avenue,  
PR2 6QW**

Please register your attendance at <https://lgp-fruittreegrafting20.eventbrite.co.uk> During this informative yet informal course you will learn how to graft fruit trees onto a root stock. Our expert trainer, Chris Taylor, will take you through each stage step by step, providing clear instructions.

The course is free to attend however there will be a £5 charge, payable in cash on the day, if you wish to take your grafted tree home with you.

# SPRING FAIR 2020

**Saturday 25th April, 10am-4pm**

**Ashton Walled Garden, off Pedders Lane, PR2 1HL**

Our annual Spring Fair is hoping to be even bigger and better for 2020 with lots of stalls, plants and refreshments - and we are delighted to announce the very welcome return of the Preston City Mela Outreach programme who will be providing fantastic activities and entertainment throughout the day again. Fingers crossed for sunshine!

**Please contact us on [letsgrowpreston@gmail.com](mailto:letsgrowpreston@gmail.com) if you would like to hold a stall or get involved in any other way.**

# Thank You!

Quite simply Let's Grow Preston would not exist without the amazing generosity of our supporters, whether it is giving up your time to volunteer at any of the projects throughout our network or through financial or other material donations.

It would be impossible to thank everyone individually, the list would be far too long! However, in this issue we would like to send special thanks to:



## Peter H. Smith Limited

**This local florist wholesalers provides us with weekly donations of surplus stock plants and sundries which are used right throughout the network. Thanks to the plants that have been donated so far we have been able to put more plants into our own gardens and:**

- 62 plants donated to the Space Centre
- 56 plants donated to Freckleton in Bloom
- 23 plants donated to St Barnabus Place Community Allotment
- 5 plants to one of our volunteers in exchange for her hard work
- 47 plants donated to Penwortham in Bloom
- 48 plants donated to a project working with the Prince's Trust at Brookfield Sound Skills to cheer up their community garden
- 80 plants to Dig In so that they had even more stock to sell at Chorley Flower Show
- Over 100 plants donated to Alley Proud - a scheme for residents, set up by residents in Deepdale area. They needed mobile planters and plants to cheer up their gated alleyway
- One container and a hanging basket to the Friends of Savick Library
- 30 plants to St Andrews Primary School
- Plants to St Matthews Primary School
- Plants to Ribbleton Primary School
- And we've been able to significantly increase our sales revenue

**The deliveries are eagerly anticipated and provide activities for our volunteers, whilst teaching them really valuable life lessons in a friendly and relaxed environment - making decisions on whether the plants are going to survive or not, nurturing, esteem building, improving horticultural skills, dexterity, sorting, lifting, carrying and caring for things, to name but a few!**

**Being able to empower our volunteers to make decisions about either composting the dead plants or trying to bring some back to life, under the reassurance of our staff, means that the volunteers make important decisions that can be used to help to improve their life decisions and self esteem.**

**And through this partnership we are reducing landfill and even if the plants die, we have the empty pots we can reuse!**



# Unite The Union

Donated £500 which was allocated to our award winning garden design at Southport Flower Show this year, the surplus of which will go towards entertainment at our Spring Fair and National Garden Scheme Open Days next year.

# Mr & Mrs Duncan Turner And The Residents Of Winmarleigh Road, Ashton

This local couple hold an annual cheese and wine evening to raise funds for local charities. This year, we received over £600! We used this amazing donation to cover our costs for Southport Flower Show and the surplus will be used towards the costs of entertainment at next year's big events - the Spring Fair and the National Garden Scheme Open Days.

# Newgate Nurseries

Michael and his team at Newgate Nurseries have been a constant support to Let's Grow Preston, they will provide us with plants at the drop of a hat with professional and friendly assistance. We could not have achieved Southport Flower Show without their support, nor would we have been able to flower up the Harris Library Terrace for Preston Pulse!

# Jenny Bennion

Who has been a stalwart Community Engagement Officer for Let's Grow Preston! Jenny, our Community Engagement Officer, has decided to leave the charity for pastures new. LGP would like to thank her so much for all of the hard work and wish her well in her new job.



# Our Network

Let's Grow Preston is a network of community gardens, green spaces and growing projects across the PR postcode. Most of these projects are completely volunteer lead, benefitting from support from the network - such as public liability insurance, bulk buying discounts, help with governance and the regular monthly meetings that encourage us to share our successes as well as our failures.

This issue's featured network member is **Galloway's Society for the Blind Gardening Club.**

The club is run by Jim Towersey and pairs sighted volunteers with those who experience sight loss to create a fantastic garden in the grounds of Howick House in Penwortham.

**Jim said,**

*"Jim said:*

*I think being part of the Let's Grow Preston is what's helped us keep going. There had been gardening clubs here in the past but they'd only ever lasted a couple of weeks. I was determined to make this one work and the advice and support I was given by Let's Grow Preston at the outset was invaluable. We also met with the Friends of Ribbleson Library who came for a visit and gave us lots of advice too - and now we've been going for over 4 years!*

*I keep the group here informed of what's going on with Let's Grow Preston, reading out the minutes of the monthly network meetings and I printed off a large scale copy of the last newsletter. We are also planning on going to visit some of the other members soon, and we would be delighted to welcome anyone who wanted to come and see what we're doing.*

*Bob is one of the sightless volunteers who regularly attends the club, he commented: I'm really enjoying the gardening, because apart from just keeping you busy we have such a good bit of fun, and working in pairs of a sightless person along with a sighted person works wonderfully. Also what we are producing in the way of vegetables now means that I don't have to fiddle about growing them at home!*

*Maureen is one of the club's sighted volunteers, she said: I come along nearly every day as a way of keeping busy and getting a bit of exercise - and we do have a laugh planting all sorts of funny things! We have a lot of success with cucumbers and tomatoes and everything else can be a bit hit and miss! It's great being involved in the garden, especially growing vegetables as I don't have the space at home.*

**Galloways Gardening Club meets every Wednesday, 10am-12noon, for more information or to get involved please contact Jim on [jim.towersey@galloways.org.uk](mailto:jim.towersey@galloways.org.uk), 07802 635687**



# Gardening Tips...

Whether you are planning for your community garden, green space or growing project, or thinking about plans for your own garden at home, our top tips for the next 3 months should help you keep on top of things. But remember if you ever need any extra help or advice please just get in touch and we would be happy to help.

Let's Grow Preston regularly receives donations of plants and seeds, so contact us to put your requirements on the wish list or just call in for help with your community garden or open space.

## JANUARY

The new year is the perfect time to take stock and start planning for the year ahead. If you are looking for inspiration or assistance, Let's Grow Preston's AGM also features a seed swap which could introduce you to some fantastic new plants and varieties.

- Order your seed potatoes, onion sets and asparagus crowns now for Spring planting - don't forget that if you order through Sutton seeds, you can get 50% with our discount code! Just come along to the network meetings for the code and other opportunities for bulk buying discounts
- Prune apple and pear trees whilst they are still dormant - if you come to the Fruit Tree Grafting Course, there should be some time to learn about pruning, or simply attend one of the volunteering days at Ashton Walled Garden or Grange Community Garden
- Check any stored tubers of dahlias, begonias and cannas and remove any that have rotted

## FEBRUARY

As the first signs of Spring appear it's time to get ready ready for this year's growth

- Prune Wisteria, cutting last summer's side shoots back to 2 or 3 buds above the main framework
- Prepare vegetable seed beds and start sowing some early crops under cover
- Cut back autumn fruiting raspberries to the ground to encourage new growth
- Cut back deciduous grasses and remove dead growth from any evergreen varieties
- Chit your seed potatoes by standing them on end in a cool, bright, but frost free location

## MARCH

Now is the time to really get going in the garden, taking advantage of the longer and warmer days.

- Plant, lift and divide herbaceous perennials - but don't throw them on the compost, pass them to Let's Grow Preston and we will find a good home for them in another community garden, or open space, or we will pot them on and sell them to raise funds for Let's Grow Preston
- Plant onion sets and early potatoes
- Mulch your beds and around the base of young or new trees
- Top dress containers with fresh compost
- Prune hydrangeas, cutting back to just above a healthy pair of buds

<https://www.rhs.org.uk/advice/in-month/december>  
[www.vanmeuwen.com/what-to-do-in-the-garden-calendar](http://www.vanmeuwen.com/what-to-do-in-the-garden-calendar)

# WHO ARE WE AND WHAT DO WE DO?

Let's Grow Preston is a Charitable Incorporated Organisation registered with the Charity Commission (charity number 1159007).

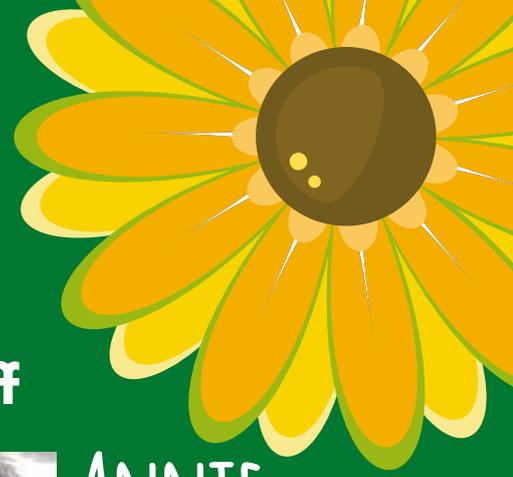
## Our objectives are:

1. To improve and maintain for the benefit of the inhabitants of Preston and its visitors, the gardens, landscaped areas, open spaces, playing fields, playgrounds and recreational amenity spaces with the object of improving the conditions of life of the public by providing resources and support which are ancillary to those provided by the local authority.
2. The advancement of education in the conservation, protection and improvement of such places.

We are currently funded by the National Lottery Community Fund as part of their Help Through Crisis stream. This gives us a further 4 outcomes to achieve:

1. People who have experienced hardship crisis are better able to improve their circumstances
2. People who are at high risk of experiencing hardship crisis are better able to plan for the future
3. Organisations are better able to support people to effectively tackle hardship through sharing learning and evidence
4. Those experiencing, or who are at high risk of experiencing hardship crisis, have a stronger, more collective voice to better shape a response to their issues

We achieve all of these by running our two community gardens, supporting our member network, delivering projects, providing training and supporting community organisations and schemes.



## Our Staff



### ANNIE

(Project Development Manager)

Responsible for managing the charity, overseeing all works and ensuring that the charity continues to fulfil its objectives.

**Annie 07535 836364**



### CHRIS

(Volunteer Coordinator)

Based at Grange Community Gardens and responsible for the volunteers on site. If you would like to volunteer for LGP, contact Chris to get you started.

**Chris 07967 820744**

# HOW CAN YOU GET INVOLVED?

We are always looking for new volunteers to come along and get involved at any of our, or our network members, sites. There are lots of things that you can get involved with as well as gardening and horticultural activities. For example at the moment we are looking for volunteers to help us with:

- **Abundance - collecting the surplus bounty from fruit trees on public land and finding it good homes**
- **PR and Marketing**
- **Social Media**
- **Admin and Filing**
- **Acquisitions and Stock**



You can also support us by donating plants and materials and financial donations/sponsorship.

**We are advertising for 2 part-time Horticultural Project Officers.**

**We would expect applicants to have. a sound knowledge of horticulture and a passion for supporting volunteers and community projects.**

**Please see**

**[www.environmentaljob.co.uk](http://www.environmentaljob.co.uk)  
for more information**

## VISIT US -

**We run two wonderful community gardens.**



**Come and visit us to find out more and see how you can get involved.**

### **Ashton Community Garden**

Visit us at Ashton Walled Garden, Ashton Park, Pedders Lane, Ashton, PR2 1HL

Drop in volunteering is on Wednesdays, 10am-3pm. Please contact us to make an appointment to come along at any other time. 1:1 sessions can also be arranged at £40 per hour.

### **Grange Community Garden**

Find us off Fir Trees Avenue, Ribbleton, PR2 6QW (turn right opposite number 79).

Drop in volunteering is on Mondays and Tuesdays 10am-2pm. If you require 1:1 support please contact us to arrange an appointment during these times.

**We can also connect you to other great sites and schemes in your area**

### **Contact us**

If you want to keep up with what we are doing and what our members are up to:

- Check out our website [www.letsgrowpreston.org](http://www.letsgrowpreston.org)
- Contact us on [letsgrowpreston@gmail.com](mailto:letsgrowpreston@gmail.com)
- Like us on Facebook [www.facebook.com/letsgrowpreston](http://www.facebook.com/letsgrowpreston)
- Follow us on Twitter @letsgrowpreston

**Annie 07535 836364**

**Chris 07967 820744**

