

October 2019

Let's  
**GROW**  
PRESTON

...WELCOME TO OUR AUTUMN 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?

Summer is always an incredibly busy time for us here at Let's Grow Preston, so here's a quick recap of what we've been up to over the past 3 months.

## Southport Flower Show

What a fantastic time we had entering our best ever show garden at Southport Flower Show this year.

The volunteers coordinated the entire project including the organising, designing, resourcing, researching, fundraising and executing.

The awards received from Southport Flower Show speak for themselves - **Gold Medal and the Challenge Trophy for best in our category as a community garden!**

It's such a tribute to the volunteers that many of our gardens have featured on the Southport Flower Show website over the last 3 years and we are always delighted for our volunteers when we see photos of their achievements on the show website.

**We have an awesome team.  
Such a fantastic effort  
thank you everyone!**



# Holiday Markets 2019

This summer also saw the second year of our project to support the Holiday Markets that run across Preston over the school summer holidays, aiming to give families access to affordable and nutritious food. We worked with local allotmenters to donate any surplus produce, along with the fruit and veg grown on our two community gardens and provide veg boxes to 52 markets over a 6 week period (up from 21 last year!) that supported over 3,000 people.

In many cases these were the only source of fresh produce in the markets, so our hard work really made a difference. However, again, this was only possible with the help of lots of amazing volunteers who helped to sort, collect and deliver the boxes - it was a real community effort.



The Holiday Markets project is part of our ongoing Abundance programme, working to find good homes for surplus harvests across the city. As you can imagine this is a big job and so we are always looking for help identifying sources of produce, collecting it and then distributing it. If you would like to find out more or get involved please contact us.

## Grange Community Garden Outdoor Kitchen

Last year we were awarded a grant of £2,000 from Community Gateway Association to build an outdoor kitchen at Grange Community Garden - and we are finally on our way, with the fabulous chaps from Preston Vocational Centre building us a work area space with a concrete top and installing a fantastic pizza oven!

There are still a few jobs to finish off including building a roof structure over the space, but we are hoping to have this finished by the end of the year.



# Alley Proud

We have been working with residents in St George's Ward to tidy and green up their gated back alleys.



We were approached by the CLAHRC Local Oversight Group for the area that were looking for support for this community project. The aim being to create shared spaces in what had previously been unloved dumping grounds. A group of LGP volunteers used lots of donated plants and simple accessible materials such as pallets to create planters, and worked with the residents to revolutionise their alley. The idea is now for those residents to pass their knowledge onto the next street and so on.



# And also....

The summer has also seen us:

- Holding successful community engagement and plant sales stalls at Chorley Flower Show, Preston City Mela, Longridge & Goosnargh Agricultural Show and Preston Pulse, where we also greened up the terrace of the Harris Museum with a fabulous display of plants
- Working with corporate volunteers from NSG Environmental Ltd and Total UK to improve the Corn Exchange Beds, work in Ashton Walled Garden, undertake balsam bashes at Highgate Woods, plant trees and paint benches on Ashton Park and there are also plans in the pipeline for further volunteering activities at Andy's Bee Meadow.



# Your Story...

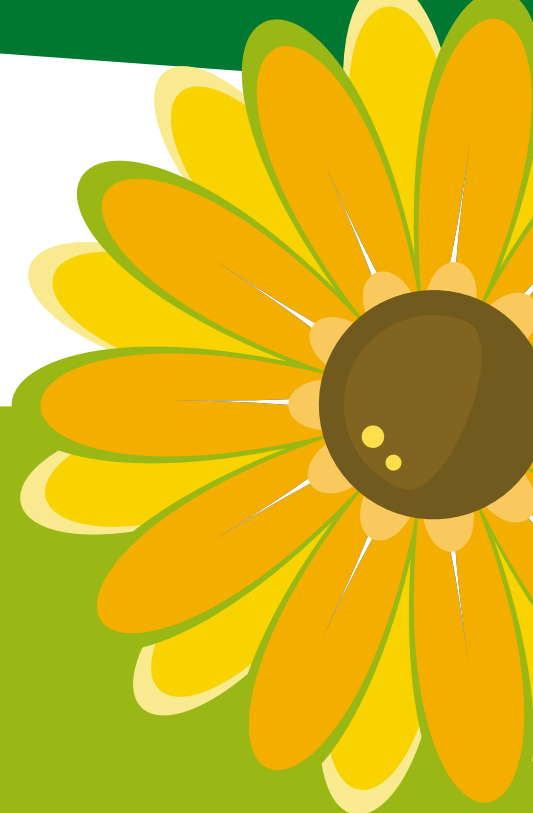
Our volunteers are the beating heart of Let's Grow Preston, we couldn't do what we do without you. So each newsletter we will ask one of our volunteers to chat about volunteering for Let's Grow Preston. Mike is Let's Grow Preston's Treasurer and a regular volunteer at Ashton Walled Gardens.

*"I've worked in the horticultural industry for over 40 years; firstly as a tree surgeon, then latterly in grounds maintenance working for, or with, local authorities throughout England. I have a strong belief that parks and open spaces provide areas for health and wellbeing. Let's Grow Preston is an excellent organisation to continue being involved in horticulture; to learn and help others"*



## 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.



## MONTHLY NETWORK MEETINGS...

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.

- Tuesday 12th November
- Tuesday 10th December

## LET'S GROW PRESTON CONFERENCES

Have your say in how Let's Grow Preston could help to improve both your local environment and the wider city by coming along to one of our World Cafe events, Think about what you would love to see improved and what could we work together to achieve? There will be free refreshments and the opportunity to shape our potential future projects. All dates and locations are currently TBC.

**Saturday 9th November, 2.30pm-4.15pm, Friends Meeting House, 189 St George's Rd, PR1 6NB**  
**Saturday 16th November, 10am-1pm, Oaktree Court, Preesall Road, Larches, PR2 1PQ**  
**Saturday 7th December, 9.30am-12.30pm, St Cuthbert's Church, Lytham Road, PR2 3AR**

## APPLE DAY & FARMERS MARKET

**Saturday 19 October, 9am-1pm**

**St Michael & All Angels Church, Egerton Road, Preston, PR2 1AJ**

This annual event helps to redistribute surplus apples, so either bring your apples or a big empty bag! We will also be using our apple press so bring along plenty of empty bottles to take home your own freshly squeezed apple juice.

## INTACT PUMPKIN FESTIVAL

**Thursday 31st October, 3pm-5pm**

**Intact Community Centre, 49 Whitby Avenue, Ingol, PR2 3YP**

We will be willow weaving and helping to donate and carve pumpkins at this annual event. Any help would be gratefully received, or just come along and help support this community event.

# WILLOW WEAVING WORKSHOPS

- **Saturday 23rd November, 10am-12noon,**  
**St Michael & All Angels Church, Egerton Road, PR2 1AJ**
- **Saturday 30th November, 10am-12noon,**  
**The Bowling Pavilion, Ashton Park, off Pedders Lane, PR2 1HL**

Come along and learn to weave your very own Christmas wreath from willow, or other willow shape such as stars and fishes. Greenery and some decorations provided but feel free to bring any extras of your own.  
Suggested donation £15 per wreath.



# GRANGE COMMUNITY GARDEN CLEAR UP

**Wednesday 20th November, 1pm-4pm**

**Opposite number 79, Fir Trees Avenue, Ribbleton, Preston, PR2 6QW**

Volunteers needed to help us clear up the entrance to Grange Community Gardens and make it more inviting. We will be working to litter pick and generally tidy up and then you will be rewarded with delicious pizzas made in our new wood fired pizza oven!

# FULWOOD ECO FAIR

**Saturday 23rd November, 9.30am-1pm**

**Fulwood Methodist Church, Watling St Rd, PR2 8EA**

We need volunteers to help to run a stall at this new event, promoting what we do and selling willow wreaths. Please let us know if you could come along and help out.

# DIG IN NORTH WEST CHRISTMAS OPEN MORNING

**Saturday 30th November, 10.30am-2.30pm (TBC)**

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

Escape the shopping frenzy and indulge in some festive family crafts. Open to all the family, everyone welcome - with or without military connections. Free entry to the garden - donations for activities welcome. For more info: call 07810128019 or email [info@diginnorthwest.org](mailto:info@diginnorthwest.org)

# WILLOW WEAVING AT GALLOWAYS

**Tuesday 3rd December, 10am-3pm**

**Galloways Society for the Blind, Penwortham, PR1 0LS**

Volunteers needed to help us run a willow weaving workshop for visually impaired people. This is a fantastic day working with some truly inspirational people creating gorgeous Willow Christmas Wreaths. Please email [letsgrowpreston@gmail.com](mailto:letsgrowpreston@gmail.com) if you can come along and help. Lunch will be provided! You will need some experience/training in willow wreathing.

**Also please keep an eye out for details of our AGM which will be held in January and will include supper and a seed swap!**

# 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.

Our website is currently being redeveloped but will shortly feature a list of all of our network members and their contact details if you would like to find out more.

One great project can be found at the **St Barnabas Place Community Allotments in Deepdale.**

Tony and Erika Clarkson, along with Robin Maudsley, are two of the volunteers who regularly attend this community space, and are active members of the LGP Network.

## They said,

*"Being involved in the community garden is great, it gives us something to do and is a great place to spend your time. It's surprising the number of people who come along either to sit in the sunshine or get involved - and we always get lots of people asking us questions. The local kiddies come on too, often helping us to water, and the local nursery have brought their children to come bug hunting.*

*Let's Grow Preston is a great group. The social aspect is great, and we all learn from each other, giving each other tips - you can never stop learning! We also really like the courses, which are not at all pressured - it's just like going into a room with a gang of friends. And if there's ever anything else we don't know we just ask Annie! The network is great because you're not on your own."*

**St Barnabas Place is situated just off Kent Street in Deepdale.**

**Their usual volunteering times are Tuesdays between 4pm and 6pm.**

**For more details about the garden or to arrange a visit, please contact Robin Maudsley.  
[robin\\_maudsley@hotmail.com](mailto:robin_maudsley@hotmail.com).**



# 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.

## OCTOBER

Now is the time to start planning for the winter frosts and all of the lovely plants you want to see in Spring.

- Plant spring flowering bulbs
- Lift dahlia tubers once the frost has blackened the leaves, cut back to 5-10cm of top growth and then store upside down in a dark, dry place until March.
- Plant garlic and plant out spring cabbages
- Plant any new perennial plants
- Lift and divide herbaceous perennials - and don't forget to donate any surplus plants to Let's Grow Preston for us to find a new home in great community project!

## NOVEMBER

Although it may feel that winter is well and truly on us, there are still a few jobs for the intrepid gardener - just don't forget your thermals!

- Plant raspberry canes in a sunny or semi-shaded position, just make sure that the soil isn't frozen or waterlogged
- Prune apple and pear trees if necessary as soon as the leaves drop off
- Insulate containers from frost, bubblewrap works well
- Aerate your lawn
- Remember to check your bonfire for hedgehogs before lighting

## DECEMBER

While you have a break from many of the jobs that kept you busy over summer, now is the time for garden maintenance and protecting it from the cold.

- Plant bare root trees
- Lift any remaining leeks and root veg and heel them into a trench so that they are easy to access when the soil freezes
- Clean and oil your garden tools and wash any leftover plant pots, ready for use in spring. Why not give your shed a bit of a tidy out too?
- Take hardwood cuttings
- Pop a couple of tennis balls into your pond to prevent the surface from completely freezing over
- If you are thinking about ordering next years seeds, make sure that you get your 50% discount code for Sutton's Seeds from us. We also order vegetable seeds in bulk, ready for our seed swap in January



# 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**



### JENNY

(Community Engagement Officer)

Responsible for working with the local community to further our objectives and engage people in our work.

**Jenny 07535 836281**



### 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.

**In exciting news we are also hoping to soon be in a position to appoint a part-time Horticultural Project Officer. This person should have a sound knowledge of horticulture and a passion for supporting volunteers and community projects.**

**Contact us to find out more**

## 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**

**Jenny 07535 836281**

**Chris 07967 820744**