

# Growing Interest:



a flavour of community  
growing in Scotland

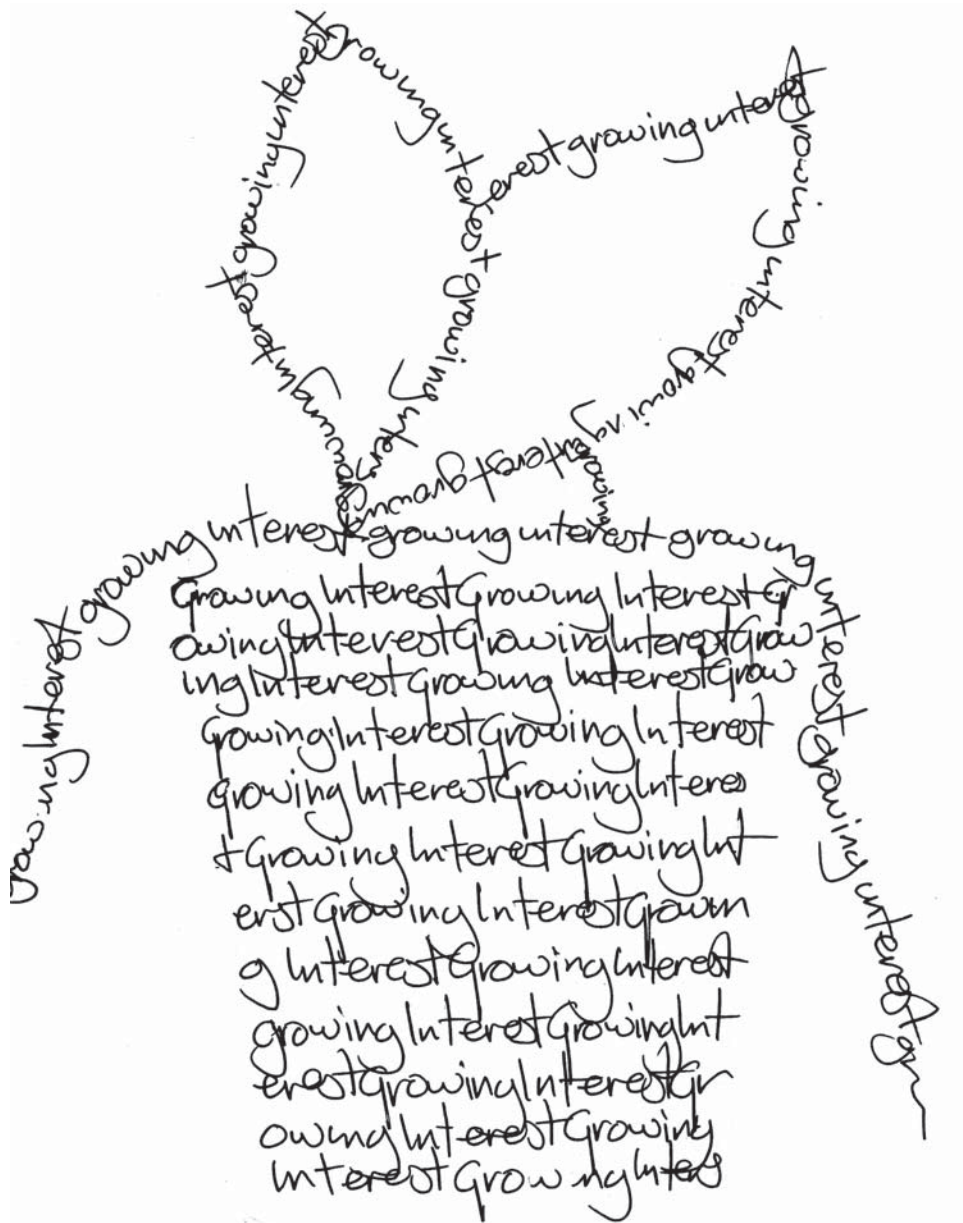
**Scottish Community Diet Project 2002**





## Growing Interest :

a flavour of community growing in Scotland



## Acknowledgements

The Scottish Community Diet Project would like to acknowledge the many contributions that have resulted in 'Growing Interest: a flavour of community growing in Scotland'

The need for such a publication arose from SCDP's contact with a number of local and national agencies, particularly the Federation of City Farms and Community Gardens, without whose collaboration this publication would never have come about. As well as contributing the section 'Creating a Community Growing Project', the Federation have acted as consultants (unpaid!) on the entire undertaking.

Having recognised the need for such a publication, SCDP were delighted when David Black of Communicable Health agreed to take on the task of producing 'Growing Interest'. David's depth of knowledge of public health, his track record of producing practical and accessible publications, and his genuine enthusiasm for the topic are all reflected in the final product.

We were delighted when Scotland's Food and Health Co-ordinator agreed, at quite short notice, to contribute her 'vision of a growing society'.

However, 'Growing Interest' would be of no interest whatsoever without the contribution of all those local projects who gave up their time to share their experience with the rest of the country.

Finally SCDP would like to thank colleagues in the Scottish Consumer Council for all their support.

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# Vision for a Growing Society

What we eat has a profound effect upon our health

The Scottish Diet Action Plan was published in July 1996 in recognition of the effect of diet on our health.

The plan was a blueprint for action over the following decade and there was widespread recognition that it would take the combined and concerted efforts of everyone to turn the Scottish diet around. It will take the nation to change the nation's diet. All of us, in the public and in the private sectors, in our work lives and in our home lives, have a part to play.

A balanced and nutritious diet is vital for health but how we choose to make up that diet is also important. We need to consider (those of us lucky enough not to be living from hand to mouth and who have the freedom and capacity to choose) where the food comes from, how it is grown, how far it has travelled, and the environmental and social impact of the food production system. How we feed ourselves is important in so many ways.

## Growing locally

The products of the vegetable patch or the orchard are so much more than the produce itself. Health, good diet, exercise, food knowledge, biodiversity, that 'look I made it myself!' feeling, too often lost from our adult lives.

The World Health Organization in 2001 published an urban and 'peri-urban' Food and Nutrition Action Plan. In this it presented what it called

*'...elements for community action to promote social cohesion and reduce inequalities through local food production for local consumption.'*

I think this is an exciting confirmation of the value of local growing and of local growers. A mandate and a call to action from the WHO. Its aim is to promote health and quality of life through joined-up approaches to food and nutrition policy in local communities. The benefits of increasing the amount and the distribution of locally grown food, especially fruits and vegetables, are extolled. I believe these benefits are to be gained whether you are growing for yourself and your family, your community or your region. In Scottish terms this means identifying, and shouting about, the environmental, social, and direct and indirect economic benefits of boosting home production as well as the health outcomes.

Growing, buying, and eating more vegetables and fruits will reduce our risk of the 'big three', heart disease, stroke and cancer, at the same time promoting a healthier environment and sustainable development.

And you thought you were doing it all for the taste!

Growers will find that they can link into a wide array of activities within their communities, adding value to existing projects: food co-ops, community farms, community cafes and herb gardens. Growers can be an enormous asset to schools, disability resource centres, youth training centres and a range of community projects. Growing projects themselves should find assistance, support and, potentially, funding by linking to local authorities, NHS Boards, local enterprise companies and voluntary organisations.

The most exciting potential for me is the impact that growing can have on children's attitudes and awareness of the food they eat, the planet they live on and the people with whom they share their lives.

*'That, my grumpy girls, is why you are going to turn off that telly and get out here and help me pull up these dockens!'*

Gillian Kynoch  
Scottish Food and Health  
Co-ordinator







# Background

## What this booklet is for

This booklet forms an introduction to community food growing in Scotland. It gives an overview of what's happening in Scotland and looks at some ideas that you may wish to translate into action.

Work for this booklet began by trying to find out how many community food growing projects there are in Scotland. The directory of Scottish community food initiatives 'Food in the Community'<sup>(1)</sup> listed 180 projects undertaking over 300 activities around food, but only four per cent of those activities were food growing.

However a search of the databases of the Scottish Community Diet Project and the Federation of City Farms and Community Gardens suggested that more growing initiatives were in existence and further exploration led to the information presented here.

This booklet is not comprehensive, for it is in the nature of many community organisations to change or sometimes fade away. It should be thought of as a snapshot of community growing activity and an introduction to starting and maintaining them.

## Shape of this booklet

The booklet starts by looking at the background to food and nutrition and why we need to change our food growing and eating practices. The

booklet then gives a flavour of community food growing projects around the country. Other sections give advice on how to set up your own project, potential sources of funding and information and contacts.

## Why food?

You can't open the paper or turn on the TV these days without another article about producing, selling or eating food. Slow food, fast food, cheap food and food shopping, food poisoning, the lack of local production and as this is Scotland, lots of views about why Scots are killing themselves with frying pans. This booklet is slightly different. While it is also about food it is essentially concerned with practical measures to improve food production and access in local communities.

It is difficult to ignore the fact that Scotland has food related problems. The main concerns could be summarised as follows:

- nutrition and health
- poverty and access to food
- public health and food safety issues, and
- our growing 'fast food' culture.

## Nutrition and health

Concern about the effect of our diet on our health isn't recent or new. Over the past twenty years much more evidence has been gathered

about the links between poor diet and poor health. One result has been the development of health promotion and education action aiming to change eating patterns

## Poverty and access to food

Market power is concentrated in the big five supermarkets leading to many local shops being priced out of the market<sup>(2)</sup>. More than seventy per cent of all food is now bought through the six major Scottish retailers<sup>(3)</sup> and local food shopping (particularly in poorer areas) is scarce and expensive.

## Public health and food safety issues

We are more aware than ever of the public health risks related to the production of food, such as BSE, CJD and Foot and Mouth disease, and food poisoning incidents related to food preparation and storage.

## Our growing 'fast food' culture

Basic food products are cheap, the real profits come from food processing and retailing. Consequently, pre-processed and 'fast' foods have become the norm in society resulting in a loss of cooking and preparation skills. As Eric Schlosser points out in 'Fast Food Nation'<sup>(4)</sup>

*'The whole experience of buying fast food has become so routine, so thoroughly unexceptional and*



*mundane, that it is now taken for granted, like brushing your teeth or stopping for a red light.'*

In an update of the old hippie maxim of 'You are what you eat' he points out that;

*'.. a nation's diet can be more revealing than its art or literature.'*

### What's next?

In terms of the history of humanity the recent changes in our diet have taken place over a relatively short time span, about 100-150 years.

These changes were driven by the farming and industrial revolution and the urbanisation of society. Most of us now live in cities and have lost the connection our forebears once had with the land. Increasingly food culture is influenced by what is on supermarket shelves and advertised on television.

As a society we are now more aware of the need to change our diet and the way in which we produce food. We can see opportunities for change but these are against a backdrop of an increasing level of centralisation of power over food production and sale. This booklet does not argue against the food industry or supermarkets. What the booklet hopes to show is that communities can take back some control over food and what they eat and through this take away some of the power of the food industry to tell us what we want to eat. However it is not simply about food, it is about supporting and building stronger communities through successful and fun action at local level.

There are a huge range of opportunities for growing healthy

food locally in Scotland. Before looking at the projects it would be useful to look at what support is there and what are the outcomes possible from the projects.

### Policy framework

Scotland has always had policies and laws around food production and selling. These have a long history and in the early days were concerned with the need for stable and self-sufficient agricultural production. However by the time of the industrial revolution with the growth of large towns and cities and associated developments in food retailing these policies were about minimum quality standards and adulteration. Nowadays with growing concerns about food, health and social inclusion a new approach to public policy around food has been developed.

*'Scotland is unusual in having a very carefully calculated, nutritionally-consistent food policy which was written with multi-disciplinary input with health as its primary motivation. The Scottish Diet Action Plan ... was pioneering by uniting in pursuit of long-term health improvements the initially disparate (and some opposed) interests of the entire 'food network': farmers, fishermen, food processors, retailers, caterers, educators, health services and media, as well as consumers. The SDAP represents a remarkable consensus between these disciplines. All agreed to support every aspect of the plan.'* <sup>(5)</sup>

The Scottish Diet Action Plan<sup>(6)</sup> was continued by the new Labour Government in 1997 and the Scottish Parliament is further developing it.



One of the nine areas identified in the SDAP as being key to a healthier Scotland is that of local community action. Over the past twenty years there has been a range of community action around food and health. It could be argued that these actions have helped the development of policy ideas around Health and Social Inclusion. The contribution of community development and in particular community food initiatives have been recognised in Scottish policies on health, social inclusion and rural development.

### Community action

As well as working in collaborative and inclusive ways, local community projects are very good at developing innovative approaches to local problems.

Some initiatives are purely food focused while others are part of wider health, environmental or anti-poverty initiatives. A number of projects will have staff (both lay and professional) working for them. Both they and projects with no staff of their own, also rely on access to specialist staff particularly from local authorities, the health service and the voluntary sector. Some initiatives have their origins in an anti-poverty agenda while others come from a diet, health or environmental perspective. Invariably these agendas merge as the initiatives highlight in practice the much sought after joined-up thinking.

A common theme however is that no initiative is claiming whether individually or collectively that it is the sole or even primary solution to the problems of food and diet facing

their community or the country as a whole. What they do make, is the fundamental contribution of their skills and knowledge to an ongoing national strategy to tackling Scotland's unacceptable inequalities in diet and health.

### What can we get from community growing?

Over the past 10 years there has been a developing interest in small scale food growing in cities, around the world this can be seen in an international context in the work of the United Nations around Urban Agriculture<sup>(7)</sup> and nationally by the work of Sustain<sup>(8)</sup> and the Federation of City Farms and Community Gardens.

Food grown in cities in the third world is a key part of the local food production network with many small businesses providing a much needed local service. In contrast, in the industrialised west, small scale growing projects are peripheral to the mass production of foodstuffs and service 'niche' markets eg small organic producers.

Some community growing projects attempt to address issues around poverty and food access; often including the development of work skills and better health as outcomes.

There is also a strand of this work that sees the activities as supporting a return to the ideal of active and supportive communities. For example the Earthshare Project in Forres has described itself as:

*'... a shared community allotment to which subscribers commit a full year's*

*support ... they have the option of doing part of the labour intensive work needed ... healthy food is produced locally at cost price with no intermediaries'* <sup>(9)</sup>

Earthshare believes that the Community Supported Agriculture approach that they use helps build strong communities and that this is reflected in their levels of subscriber support.

### How we found the projects

There has not yet been a specific audit of Scottish community growing projects and this publication has grown from a 'scoping exercise' using contacts from both the SCDP, and the Federation of City Farms, databases to find out what is happening at the moment. The databases provided the contact list for a series of exploratory telephone interviews. Telephone interviews were also carried out with workers in Health Promotion Departments, Food Futures projects and other active organisations. These discussions provided a framework for shaping this description of growing projects in Scotland.

A set of visits to, and interviews with, workers gave information about projects and recommendations for further contacts and exploration.

Inclusion of projects in this publication is not intended to be a judgement on those either included or excluded. They have been chosen to reflect the variety of activity that can be found, not to be a representative sample of the spread of projects. The choice reflects the diversity of work going on in the country and is intended to give readers a flavour of what is there.

Projects are presented under one (or more) of the headings found below.

- city farms and community gardens
- school growing projects
- training and therapy projects
- allotments, and
- growing and selling.

One of the difficulties of describing the projects in categories is the

breadth of activity that can be found in many projects. For example the LETS work in Stirling could be described as a training organisation, a support organisation, an organic grower, a food provider and part of a local exchange scheme. Therefore our categorisation has been carried out in order to produce as interesting a booklet as possible with apologies to projects who may have entered themselves in a different category.

*One of the issues identified by many of the people interviewed for this publication is the loss of understanding in our urban communities that growing food is something everyone can do. This was highlighted by the story of a visitor to Glasgow who came from Albania and was being taken on a tour of one of the city's deprived peripheral estates. As she was being driven through this housing estate she asked, 'Why are the gardens empty?' After a puzzling few moments on both sides, the locals understood her being perplexed by the notion that deprived people would not grow food to feed themselves, and the local guide was puzzling over our culture which values crisps and frozen chips over home grown 'tatties'.*

## Benefits of community growing projects

In looking at proposals for the development of urban agriculture in London, Sustain identified a number of benefits to the City and Community. These covered:

### Environmental

- greater biological diversity of plants and animals
- less waste, resulting from more composting activity and less food packaging
- reduced food transportation through greater availability of local produce
- less pollution and lower pollution related costs from the greater environmental awareness generated by urban agriculture.

### Economic

- some commercially viable jobs in food growing, processing and marketing, and in composting and related industries
- a boost to the leisure industry, through increased sales of gardening inputs
- a stronger sustainable food and agriculture industry (urban and rural)
- business benefits through greener, more attractive local environments, a better public image and more skilled and motivated workers
- contributions to the alternative economy through LETS and social enterprises.

### Health

- health and social benefits, so reducing the burden on statutory services
- increased consumption of fruit and vegetables through greater availability of affordable fresh produce
- opportunities for physical activity stress relief for everyone and mental health gains for those with specific difficulties.

### Community development

- more active participation in community life and a practical focus for working with others across a variety of social divisions
- opportunities for delivering many of Government's area-based regeneration objectives.

### Educational

- opportunities for school curriculum teaching, vocational training and for lifelong learning, training and employment
- opportunities, particularly for disadvantaged people.

(adapted from 8)





# City Farms

*The City Farms movement started in the 1970s. There are now around 60 City Farms across the UK and there are two farms in Scotland: Gorgie City Farm in Edinburgh and Knowetop in East Dunbartonshire. In the farms there is some horticultural production and animal keeping. A tuckshop or cafe and during the season a stall selling some of the farm's produce.*

*City Farms primarily serve a community and educational role, providing a day out for families and a range of educational activities for school groups. Some have developed teaching packs which link the farm's activities with school curriculum requirements. For many urban children, particularly those from the inner city, a visit to the City Farm can be the first time they come into contact with agricultural animals and food actually growing in the ground.*

*On a City Farm the emphasis is on involvement rather than observation, and the Federation is at pains to correct anyone who thinks of its member Farms as 'zoos'. All members of the local community are encouraged to make visits and become involved in farm activities, and there are often regular and strong links with local schools and other community groups.*

*A range of training activities is undertaken. Many farms participate in Youth Training, Employment Training or other official schemes, and have contact with local schools and colleges. Weekend clubs for local children are also a feature of some farms.*



Federation of City Farms  
and Community Gardens

## Gorgie City Farm

This community project was initiated in 1977 by a group of local residents in the Gorgie area of Edinburgh. The farm opened to the public in 1982. Gorgie City Farm is situated in a densely populated urban area, squeezed into a 2.5 acre site. Originally derelict, the site is in an area that was identified by the City Council as being short of open space.

The farm aims to advance the education of users in agricultural and horticultural practices, in the care and husbandry of animals, in home crafts, country life and related subjects and in this process to liaise closely with schools and other educational organisations.

It also provides opportunities for all users for recreation and leisure time occupations, particularly those with special needs. It aims to promote community development by involving users (of all ages) in the activities of the farm.



Gorgie farm produce for sale

The farm is open seven days a week, including public holidays, and admission is free. The farm runs many activities. As well as a working farm, with a range of animals and growing areas. The farm also has a pet lodge, a cafe and a range of clubs, activities and projects. Education and community inclusion are high on the agenda of the farm.

The farm's community inclusion project (lottery funded) has a range



Greenhouses and teaching area at Gorgie





David Black

Millennium education garden at Georgie of activities and courses, one of the most popular being the bread-making course. It also provides pottery, gardening, herbal remedy and soup-making courses as well as office skills and mobile pet service courses

The farm has an education garden and associated greenhouses that support a range of activities including school visits and training courses.

A range of foodstuffs are grown on the farm for use in the cafe and for sale. Some of the clubs/schools also take part in growing, eg the photograph below is of the farm's 'Soup Barrels'- these are large container gardens growing carrot and coriander or potato and leek- all you need for soup, bar cooking!



David Black

'Soup Barrels' at Georgie

## Knowetop Community Farm

Knowetop Community Farm in West Dunbarton started in 1980. Initially the farm consisted of makeshift huts, a few goats, chickens, rabbits and a band of committed people. Hard work was the order of the day. Pallets were collected and laid so that work could begin regardless of the mud. Twenty years on the farm covers six acres, has five paid staff and many volunteers and is a registered training centre for animal care and horticulture as well as a New Deal provider.

Admission to the farm is free but a small charge is made for group school visits if they require a guided tour. The farm takes great interest in work with schools and is putting together its own educational pack. 'We have children who come here who have never seen a goat or chicken before' says David Gallacher the projects and volunteer co-ordinator. 'One boy couldn't believe that a chicken came from an egg' David is keen to install an incubator so that if schools book 21 days in advance they can see eggs hatching on the day of the visit.

The farm has a range of funders which it works closely with; Lennox Partnership, West Dunbartonshire SIP Partnership, West Dunbartonshire Council and many other organisations.

The farm garden producing vegetables in accordance with organic principles was developed three years ago and will shortly be seeking certification from the soil association. The vegetable garden has been established by a devoted adult volunteer (Rose Harvey) who maintains the vegetable plots throughout the year. Assistance is given from the Community Fund and a small grant from the Scottish Community Diet Project. In the summer the farm sells vegetables at low cost directly to local residents and visitors. the farm is open 7 days, 10a.m. - 4p.m. (late opening in summer months)



Farm Vegetables for sale at Knowetop



Knowetop

# Community Gardens

*What exactly is 'Community Gardening'? Broadly speaking it describes projects which use gardens or the process of working on the land to enhance or improve communities. Many of these communities are made up of disadvantaged or marginalised individuals. Prisoners, the poor and those suffering from mental health problems are among those represented in such communities. 'Community Gardening' is not a subject that fits easily into one discipline. It encompasses horticulture, city planning, landscape design, education, community regeneration and development, natural history, social history... all of these have an impact on the quality of life in the community.*

*(People Land and Sustainability website)*

## Renfrewshire community gardens

As part of their Sustainable Communities Programme Renfrewshire Council has developed an extensive project which includes the development of 11 community gardens. The Sustainable Communities Programme was developed to drive forward the local Agenda 21( LA21) process by involving and empowering communities. The programme is funded by the Social Inclusion Programme, European Regional Development Fund and Forward Scotland. Piloted as a one-worker project in three priority areas, it has now been rolled out to cover eleven Partnership areas and has a staff of five.

### Community empowerment

This project has focused very closely on what communities actually want, and developed groups to work on and deliver quick, practical, low cost means of meeting those needs.

### Community benefits

Benefits to the community have been immediate and tangible. Eleven local gardening projects have been established involving 57 adults and 90 children. Nine communities entered 'Beautiful Scotland in Bloom', so pleased were they with the transformation they themselves had brought about in their areas. People have been empowered to access jobs and training, (more than 35 project volunteers have been supported to find jobs) while the

focus on children's play and leisure helps stimulate young minds and encourages them to learn more effectively.

Community garden at the Cherrie Centre Based mainly in schools (see next section) and family centres the work of the project has had many spin-offs. The development of the community garden at the Cherrie Centre has been fun for all users of the centre from the nursery children to pensioners, after-school care to the disabled groups, all have contributed. Although the project group started with the intention of creating a green oasis in a bleak area the garden has been anything but just green with its blaze of annual colour in planters and hanging baskets, bulbs in spring and herbs growing in tubs. Last year the shrubs were established and the group will continue to develop a sustainable garden area with perennial planting this year. The Sustainable Communities Programme has matched fund with the local council grant to finish off the garden with a wheelchair accessible path and decorative entrance to the garden. With the help of art students a wall mural, sculpture (totem poles) and a mural for the shed is planned. A learn-to-garden course has been running for two years. Trips with the children, local planting of seeds and bulbs and community clean-ups have developed from the work in the gardens.

### Moorpark Family Centre

As in the Cherrie Centre, work with



Big vegetables in a community garden

FC&CG



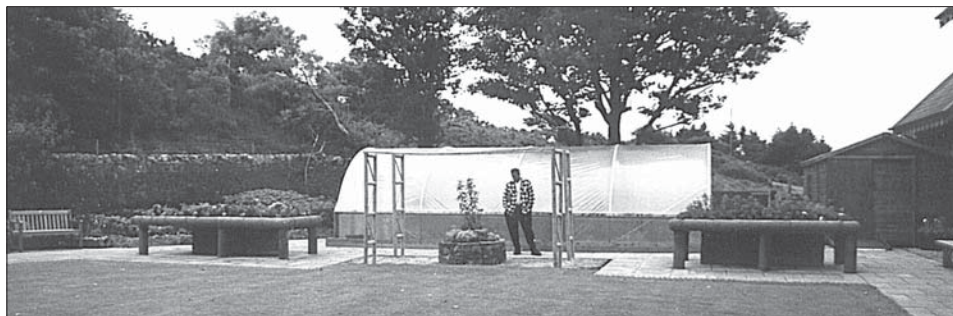
under 5s in the Family Centre in their play area/garden has been a catalyst for the centre's staff and parents to develop the environmental aspects of their curriculum and the school has been recognised with an Education Department Award for their efforts in this area. With the help of the 'Organic Resource Recovery Project' a wormery has been re-established in the centre. Potatoes are planted in stacked recycled car tyres in the play area and vegetable seeds have been sown in the flower planters to allow the growing of vegetables along with annual flowers.



Everybody helps in the Renfrewshire community gardens

## Islay IDEA Garden

On the island of Islay the Islay Disabled Endeavours and Action (IDEA) team has developed a community garden for people with special needs and disabilities. The IDEA horticultural project has been up and running (with development support from the Beechgrove Garden) since 1997. With raised beds and a wheelchair accessible polytunnel they have flowers and herbs under cultivation. They have accessed a two-acre field which is just about to be cultivated. This will grow carrots, cabbages, potatoes and broccoli -all organic- these will be



IDEA garden-raised beds and polytunnel

used in the centre's lunch club and sold to the community.

## Buchanan Street Project

A community garden in Coatbridge in North Lanarkshire, this project has been set up to encourage integration of people with learning disabilities within the wider community. The garden is designed as a training environment, with recreation areas, potting sheds, greenhouse and polytunnel area and raised growing beds. Now in the second stage of its development it is intended to grow produce for use in the adjacent resource centre and to be sold to the public at large.

### Stages of development of the project

Start 1996-1997

1. Piece of ground identified
2. Ground handed over to group by North Lanarkshire Council
3. Volunteers clear area plant perimeter hedge
4. Potential funders identified
5. Register project with Environmental Trust Scheme Regulator (registration allows access to Landfill Monies).

### Second stage

1. Employment of development worker plus training provision. This was funded through local small grants for community-led projects scheme.
2. Development worker came into

post mid March 2002 (one-year contract, 20 hour post)

3. Contract for training with Langside College (Glasgow FE College)
4. Training starts in April 2002.



Buchanan Street Gardens - Before

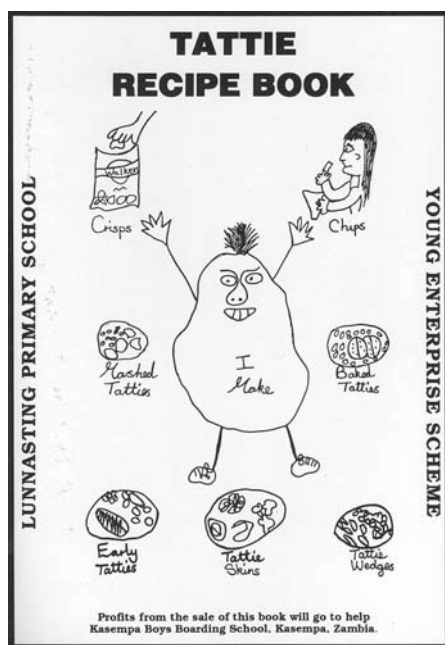


Buchanan Street Gardens - After



# School Growing Projects

School gardens and growing areas are to be found throughout Scotland. They are the most common kind of growing project that the research found. There are a number of reasons for this, a key one being the support provided by organisations like Grounds for Learning, the Eco-Schools project, local organisations like the Kippen Environment Centre and local countryside rangers services.



'Preparing tatties' at Lunnasting

## Lunnasting School Garden

The school grounds at Lunnasting School in Shetland have been developed since the school was rebuilt on the site in 1995. Faced with a difficult slope and newly acquired schoolhouse garden they sought the help of the BBC Beechgrove Garden 'Hit Squad' and six months later had a sloping garden planted with trees and bushes, an area of trees and a greenhouse and a garden shed. Since the first year there has been a small growing area in the garden.

They have grown different produce each year, and so far have grown onions, potatoes, salads and peas. Inside the greenhouse are miniature apple and cherry trees and a vine which as yet has produced no grapes. They have also grown tomatoes, carrots and other vegetables inside as well as various flowers.

The children take responsibility for preparing the vegetable garden, adding manure and seaweed from the beach as fertiliser. The local playgroup has also been involved, growing vegetables and flowers in their own garden. Some years the younger class grow things as part of their project work. Time spent gardening is limited by the demands of the curriculum but it fits into certain areas like Personal and Social Development, Science and Maths.

The school is an Eco-School and maintaining the garden is an important part of this programme.

The children have used the produce of the garden in cooking lessons in the school. The harvest of onions were used to tie-dye material and in the production of a buffet for an Eco-School presentation. Potatoes were used to make different recipes and a recipe book was produced as a mini-enterprise with proceeds going to charity. So far £500 has been sent to a school in Africa to help repair their toilet blocks and dining room. Food grown is usually added as an extra to the school lunch.



Fruits of our labour



National Support Agency for growing activities in school grounds



Not all school growing takes place in the school grounds; there are examples of schools making use of local Allotments and being involved in local community gardens.

## Renfrewshire Schools

The Sustainable Communities Project (see page 12) provides local support for school growing activities within Primary Schools and Nurseries in Renfrewshire.

Teaching fruit and vegetable growing has proved to be very popular with children, adds to the environmental curriculum and helps to develop other environmental actions in the schools eg Eco-schools.

### Auchenlodment Primary School

The vegetable garden started four years ago with Primary 2 children. Every Wednesday afternoon sustainable communities staff took children out of the classroom to sow vegetables. After the Easter holidays the children planted the garden and harvested in time for the school harvest festival.

The school takes part in the Eco-schools project and the children have gained confidence in their own practical abilities. The children have also developed a wildlife garden.

### Moorpark Primary School

Primary 5, 6 and 7 children have been involved in creating a vegetable garden with project staff over the last three years. Vegetables are grown organically and the children have learned about composting, recycling, companion planting and have planted vegetable seeds and grown potatoes and onions. Children are able to harvest their own produce. They prepare and cook the

vegetables in the classroom so that they are able to taste what they have grown.

Children learn about healthy eating and healthy living through gardening. Children whose experience of vegetables is limited to the freezer cabinet of the local supermarket, or tins, experience the real thing and find that they love the taste of fresh vegetables. The area of the school grounds set aside for vegetables gardening is part of a large grass area. The children are currently designing a wildlife garden for the remaining grass area.

## What are Eco-schools?

*Eco-schools is an international programme for promoting environmental awareness in a way that links to many curriculum subjects, including citizenship, personal, social and health education and education for sustainable development. It is based upon a simple methodology which can be used by any school. The Eco-schools process is holistic. It works by involving the whole school (pupils, teachers, non-teaching staff and governors) together with members of the local community (parents, the local authority, the media and local businesses). It will encourage teamwork and help to create a shared understanding of what it takes to run a school in a way that respects and enhances the environment.*



'Are we at Australia yet?'



'We did grow them!'

## Local Support Structures: an example

*Local support is very useful in the development of action in schools. As well as national structures like Grounds for Learning and Eco-schools there are a number of local projects who provide this support. The Kippin Environment Centre in Stirlingshire is an environmental education resource centre for local school children. It works with a range of community and educational initiatives, in schools it provides advice and support to help make school grounds into more stimulating environments for pupils and wildlife. The Centre has had inputs into most of the schools in their area and works closely with Grounds for Learning. The Centre has many other activities eg it works with churches to make them and their grounds more environmentally friendly, it develops family and community events to encourage understanding of environmental issues, it has spun-off a number of projects -food co-op, woodland group and a community composting project.*



# Training and Therapy Projects

*There are many therapeutic gardens and training projects spread across Scotland. These projects had their beginnings in the patient-managed gardens in the old 'Asylums' and some are still in the same premises; however a growing number of voluntary mental health organisations now work in this way. Gardens can be found in a range of settings from small city centre plots to large walled gardens. Many of these projects grow food as well as flowers and plants.*

*A number of activities and settings come under the umbrella of 'horticultural therapy'. These can range from: the use of growing skills as part of a rehabilitation programme within hospital occupational therapy departments; the creation of specially adapted gardens for disabled people; to training or sheltered work schemes for people with learning disabilities or mental health problems. It can take place in settings as diverse as hospital glass houses, community gardens, community allotments and small nurseries.*

*Elements of training and support can also be seen in many of the projects in this booklet, eg community gardens and the school growing projects.*

## Coachhouse Trust

The Coachhouse Trust based in the west end of Glasgow seeks to challenge the economic and social exclusion of adults who are recovering from problems associated with mental health, addiction and learning difficulties. It provides personal, social and vocational development opportunities to people in settings which reintegrate them to the mainstream community.

Based in refurbished coach houses in Belmont Lane in the west end of Glasgow, the Trust provides indoor and outdoor training workshops in topics such as horticulture, computing, woodworking, fabrics, ceramics and landscaping. Its clients work in and with the local community so that mutual trust and respect is built and integration is achieved.

The Trust believes that work is the key to inclusion in our society, and organises supported work placements for its clients as a bridge to full employment. It hopes to



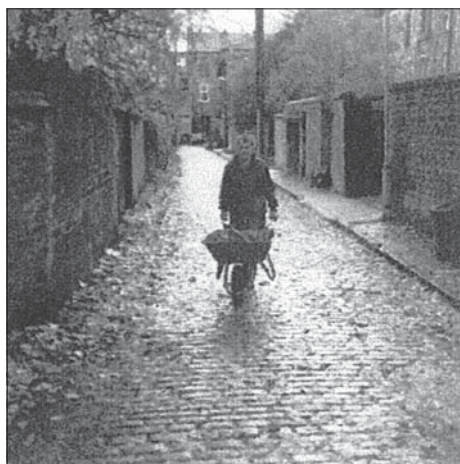
The Triangle Garden

create jobs through the various training and trading activities it is developing eg cafe, gallery and performance space. The project's new cafe will be using produce from their gardens.

The Trust has two main sites for growing at the moment. Herbs, flowers and vegetables are grown in the walled garden. The main garden site has herbs and vegetables growing both in a polytunnel and on raised beds. A wide range of produce is grown which can be bought by local residents or organisations. The Trust has recently started working with a group of unemployed men from the south of the city and are supporting them in developing an allotment in Queen's Park with plans to grow foodstuffs there also.



*National Support  
Agency for growing  
as training and  
therapy*



Barrowing Belmont Lane



## Redhall Walled Garden

Redhall Walled Garden was built in the 18th century as the kitchen garden of a large estate. It is now run as a horticultural training project by the Scottish Association for Mental Health. It is funded and supported by the Edinburgh City Council Department of Social Work, and Lothian Health. It offers training through the medium of horticulture. Redhall is operated in conjunction with Sprout Training Centre, in the grounds of the Astley Ainslie Hospital.

The garden provides horticulture training opportunities, in a supportive environment for people with, and recovering from, mental health problems and stress related difficulties. The training is available to adults aged 18-65. No previous experience is required and every attempt is made to accommodate people with physical disabilities and special needs.

The centre has 36 full-time places and grows a range of flowers, fruit and vegetables, most of which is eaten on site. The project grew vegetables and fruit for sale to restaurants in Edinburgh in the past.



Working at Redhall

However with changes in funders and much stricter regulations over health and safety, eg need for separate areas for weighing and washing it became too difficult to continue this aspect of the work.

The centre has an ongoing program of school visits and is often used for picnics and barbecues. It also has links with Edinburgh training colleges for visits and placements, eg art therapy students and others.



Working at Redhall

*'For people experiencing mental health problems, gardening can offer great potential for comfort, pleasure and an increased sense of self-esteem. The garden can represent a safe place, separate from life's anxieties; there can be respite in the sense of being somewhere quiet... It might also become easier to acknowledge distress in such surroundings, where external pressures are reduced.'*

<sup>(10)</sup> Gardening, Mental Health and Community Care:

Val George



# Allotments

Allotments are the traditional urban growing space and they have a long history. In 1944 300,000 acres of allotments and gardens produced nearly half of the UK's fruit and vegetable needs. While the number of allotments available has reduced markedly since the 1950s, over the past 10 years interest in allotments and demand for gardens has been growing.



Glasgow Allotment

*'In an age when most of our serious problems are social ones, allotments provide social cement of a type previously provided by the Church, but conspicuously lacking in today's society. Thus allotments bring together men and women from all age groups (20s to 90s) ethnic and national origins, occupations, social and educational backgrounds and income groups, including the retired and the unemployed.'*

*'They are daily witness to a thousand acts of kindness - gifts of seeds, plants and produce, help with watering and heavy work, sharing of equipment, refreshments and experience - to name but a few. The exercise that allotments provide for individuals lightens the National Health bill ... most importantly allotments promote contentment.'*

Prof K Vickerman, FRS  
(Glasgow allotment plot holder)



Glasgow Allotment  
Allotments

With about 4000 growing spaces across Scotland, allotments are probably the most common form of community and personal growing in the country. The Scottish Allotment and Gardens Society (SAGS) has 2000 members -about half the plot holders in Scotland- and aims to protect, preserve and promote allotment sites. They argue that growing plays a part in promoting healthy lifestyles for all age groups, that the plots give a space for relaxation and social interaction and help reduce stress and alienation.

SAGS are aware that increasing numbers of women, young people and ethnic minorities are using allotments to grow their own food. But much wider uses of these growing spaces are becoming common; school plots and visits, youth training and urban renewal projects are developing in allotments around the country.

Produce grown in Glasgow allotments

*artichokes, asparagus, courgettes, capsicum, corn, tomatoes, potatoes, carrots, beetroot, radish, turnips, swedes, parsnips, celeriac, onions, garlic, leeks, shallots, broccoli, cauliflower, brussels sprouts, cabbage, spring cabbage, kale, lettuce, spinach, celery, chicory, chard, peas, runner beans, broad beans, rhubarb, raspberries, strawberries, gooseberries, currants-red white and black.*

Stirling Community Allotment Project

In Stirling an innovative initiative between the Local Exchange Trading System-LETS Make it Better Project-and Forth Valley NHS Board, has seen the development of a community allotment project which aims to:

- provide a therapeutic environment at various stages for people recovering from severe mental illness
- provide organic vegetable produce for the LETS Community Cafe
- provide a weekly 'vegetable basket' for the participants.

This project has a number of benefits. It promotes a healthy diet for participants, it provides a local project with locally grown (organic) produce and demonstrates the viability of local vegetable produce groups.



## Allotments and community growing

When discussing community growing allotments are often the first example that people identify.

Allotments, however, are viewed as being only focused on the needs of one person or family. This is not strictly true as there are a number of examples of educational and regeneration activities taking place in allotments around the country.

A good example of this was the work of the Groundwork project which took place in Hamiltonhill allotments in Glasgow (the project is now in the process of relocating to another site)

This project developed over four years, with support from CSV Environment before it disbanded, and then with extensive focused voluntary input from one of CSV's

workers (Danny Lowe). With the award of a grant from the UVAF in 2001, supported the development of its work. It developed as an organic growing project working with unemployed and homeless people, developing gardening skills through the regeneration and development of the Hamiltonhill Allotments in Glasgow. The project also developed good links with local schools and school leavers and the local children's inclusion partnership. It was able to access support from the City Council to install toilets and a bothy. The bothy hosted regular events eg training demonstrations by the chefs from Glasgow's Grassroots Cafe on vegetarian cooking with allotment produce.

The use of allotments for training and support can be seen also in Stirling where the LETS project has been using their allotment for this.

*'Allotments are an important resource. Although a product of a bygone age, they are as relevant to the urban scene as ever. Outdoor exercise, fresh home-grown produce and the enjoyment of nature are just a few of the benefits of having an allotment. They are also vital Green Spaces which, with careful stewardship, will be a valuable legacy.'*

### Social Inclusion

*Almost all parts of society are found as plotholders on a typical Edinburgh Allotment site. This can be seen from the backgrounds of 18 neighbouring plotholders at the Midmar site.*

1. retired polish miner (78)
2. working family (35)
3. technical college lecturer (50)
4. Friends of the Earth staff member (30)
5. young Asian mother (30)
6. retired scientist (80)
7. practising lawyer (50)
8. retired G.P. (65)
9. spinster (75)
10. retired teacher (75)
11. whole family
12. consultant (50)
13. manageress (35)
14. retired nurse (65)
15. school master (70)
16. research scientist (50)
17. mental health group (various ages)
18. long-term unemployed (45)

*Each plot-holder has a common interest and are brought together by this and the frequently changing successes and failures to share with neighbouring plot-holders.*

*(Amended from the FEDAGA website see page 32)*



David Black

Groundwork at Hamiltonhill

*According to Judy Wilkinson, SAGS secretary more women, families, young people and minority groups are allotment gardening than ever before...*

*In Edinburgh the ground rent for a plot ranges from £6 to £30 per year; in Glasgow allotments are a uniform £26.50 a year or 50p per week. The amount of produce achievable can be fantastic - Wilkinson talks of 200 onions, 250 leeks, 40 marrows, 60 cucumbers, 60 sweetcorn cobs, plus 25lbs of blackcurrants, 40lbs of raspberries, and 20lbs of gooseberries from one plot, plus herbs, beans, and potatoes. That's enough to feed a family and have plenty to give away or swap with other gardeners.*

*The Scotsman, 12th January 2002*



# Growing for Resale

Three examples of projects involved in growing for resale are given. These are the CSA approach of Earthshare in Nairn where 200 subscribers share the risks and benefits of funding organic food growing. The Skye and Lochalsh approach is one of providing a supportive infrastructure to enable a range of small growers develop a market for locally grown foods. In Stornoway the Cearns Community Development project is providing training, and through this growing food for sale in the local shop. Projects like the LETS cafe in Stirling (p18) also grow for resale although in their case the raw materials are not sold rather the finished cooked dish is sold in the cafe. A number of other projects are developing this approach eg the Skypoint centre cafe in Faifley plans a growing project to provide foodstuffs for the cafe.



Earthshare subscribers at work

## Earthshare

Earthshare is a not-for-profit Community Supported Agricultural (CSA) scheme based in the north-east of Scotland in which the subscribers share the risks and benefits involved in growing their food using organic methods. Subscribers sign-up for a full year, and have the option of contributing part of their share through work eg weeding, tattie picking etc

Earthshare grows about 47 different varieties of fruit and vegetables and distributes these to its 200 local subscribers 51 weeks of the year. Social events are organised throughout the year and the project has a quarterly newsletter, 'The Onion String'.

Crops are harvested each week and boxes packed each Friday. These are then taken to three pick-up points. Subscribers collect their own boxes and are encouraged to share in a rota scheme to collect for their nearest neighbours.

The organisation has grown from strength to strength since its inauguration and is now close to achieving financial stability through economies of scale. Half of the subscribers are individuals and half groups. Expansion has been achieved largely through word of mouth with minimal advertising. The value of the produce is exceptional when compared to imported produce of similar standard.

In addition to growing produce on the land it farms, Earthshare obtains produce from two other organic contractors. These provide vegetables for early and late season salads and covered summer crops like tomatoes as well as organic fruit. Having outside contractors for those products has allowed Earthshare to concentrate on the staple crops like brassicas, potatoes and carrots suited to its more extensive field and tractor-based systems.

There has been growing interest from community groups and individuals throughout rural Scotland and many have visited the project. Earthshare believes that CSA has great potential for community building, and that this helps to achieve the level of subscriber support necessary to ensure a truly sustainable operation. Earthshare is hoping to broaden the ownership of the organisation in a way which will benefit the local community and promote the development of similar CSA schemes elsewhere.



'Tattiefest' at Earthshare



## Skye and Lochalsh Horticultural Development Association

Skye and Lochalsh Horticultural Development Association (SLHDA) was established in February 1994 with the objective of developing all aspects of the horticulture trade that could be of local economic or environmental benefit in Skye and Lochalsh. It aims to displace unnecessary imported skills and products by developing local skills and resources to supply the market requirements and thus create more employment locally.

Skye and Lochalsh is traditionally a crofting area, however, in recent years there has been a shift from the traditional crofting methods to the permanent grazing of land and the skills involved in growing have been lost because of this. With the downturn in income from livestock production, the Association has recognised the potential for alternative land use in the area. Sustainable developments such as horticulture, with opportunities existing for a number of full-time and part-time horticulture-related business developments, are suitable to this area. It was felt that crofting was particularly well suited to the small scale production of fruit and vegetables for supply to the local market, and its seasonality fits in very well with other aspects of crofting, ie sheep, cattle, fishing and tourism.

Over the past five years, the SLHDA, has established a number of trial sites throughout the area to produce crops (soft fruit and vegetables) and has supported and developed these sites to produce for the local market.

It has been established that a wide variety of crops can be grown successfully throughout the area, both protected (polytunnel) and unprotected and the produce from these sites has been marketed and sold locally to both the hotel and catering trade and subsequently to the general public through a market stall.

## Cearns Community Development Project 'Grow Our Own'

This is an initiative fostered by the local community health project through 'New Deal' which involves unemployed Stornoway residents in the growing of fresh fruit and vegetables in two polytunnels. The produce will be sold through the community shop and a market stall.

This project has attracted a wide range of support with funding from Western Isles Enterprise, SCDP, local ward initiative monies and the Health Board's Health Improvement Fund. The project is acting as a pilot project for the 'Fas Feallain' initiative (see sidebar).

## Fas Feallain 'Grow Healthy' project

*Fas Feallain is an innovative rural project in the Western Isles that attempts to join 'grow your own' /horticultural activities with healthier eating initiatives at a local level. The New Opportunities Fund Healthy-Living-Centre programme has given it a grant for three years from 2002.*

*The Fas Feallain project will help address some of the health inequalities experienced by the Western Isles, including higher costs of living than the Scottish average (for example, the cost of food can be up to 24% higher). With training and advice, individuals will be helped to grow their own food for home consumption, with surpluses to be sold through rural shops and local produce markets. The project will deliver training in horticulture, cookery and business development, as well as providing healthy eating advice and guidance for families on low incomes. A full-time community dietician/project manager and two part-time co-ordinators will be employed, with services delivered from existing local centres.*



Subscribers helping with the tatties at Earthshare



# Creating a Community Growing Project

## Getting organised

If you aren't already organised as a group, you will need to get one started. You will be looking for individuals who have the same aims and who have a commitment to shared responsibility. Once you have a group of people together, carry out a skills audit - find out what different people have to offer. There may be builders, artists, and youth workers, as well as gardeners, who can offer valuable skills to the project.

Encourage people to join in and share their ideas and listen to their comments, creating an environment of openness.

Setting up a community growing project involves leasing or owning land. It may also lead to raising funds, recruiting volunteers, and even employing paid staff. Therefore, once a group of people decides to set

up its own project they must establish a set of rules, usually known as a constitution.

A constitution is a legal document. It should:

- set out the aims of the group
- show how the group is structured
- show how decisions are made by the group
- show who is responsible for what.

The group may also want to register as a charity with the Inland Revenue<sup>(a)</sup>. If you plan to apply for grants or receive donations, or if you propose to hold land in trust, you should get registered as a charity. This can take time, and you should get advice. You can get a model constitution from the Federation of City Farms and Community Gardens (FCF&CG)

Get help from your regional FCF&CG development worker, or other support agencies.

## Finding a site

Most growing projects start where there is an identified piece of land, which is derelict or under-used. But some groups have to look for a site.

Most community gardens do not own the land they use. Some land is on licence but most land is leased. The majority of community gardens pay a peppercorn rent.

Possible sources of land are derelict allotments, land owned by a charity for public benefit, old churchyards, waste ground, land within parks and recreation grounds, common land on housing estates, urban fringe agricultural land and school or hospital grounds.

Start by getting in touch with your local authority who will know what land is available. What long-term plans they might have for an identified site, or whether your group can use part of an existing public facility. Good contacts will be your Local Agenda 21 officer and your local councillor. The local authority should be able to help with advice, support and, hopefully, funding.

You may need to negotiate for a site with the owner, whether this is the local council, a charity, or private landowner. You will probably want:



Coachhouse Trust

Coachhouse Trust Log Cabin and Market Garden



- a licence to allow short-term (up to one year) improvements, which can then be renewed.
- a long-term agreement giving the group security of tenure
- a lease with a low rent
- as few restrictions as possible
- planning permission.

In return you should be clear what you are offering the owner. By putting the land back into use for community benefit, the owner will receive good publicity. If the local council is the owner, you can help them meet service targets, eg education, facilities for children's play, leisure and recreation, composting, environmental improvements.

### Promoting a project

It is important to promote your project to gain local support, attract funding, and get more people involved. It is useful to identify someone to be responsible for co-ordinating publicity.

Use existing channels of communication, such as other groups' newsletters and publications, noticeboards, and local authority websites. Try also to reach a wider audience through the local media. Send out press releases and photos to local papers and radio to publicise events, celebrate achievements, or generate more community involvement. It can also be useful to link in with other groups' national and local campaigns (see page 32 for contacts)

### Managing money

You will need to find out what financial skills you already have in your group and identify someone to

be responsible for managing the money. If you need specialist help, find out about local community accountancy projects.

You will need to set up a system of basic book keeping, whether you are spending £50 or £50,000 each year, and you will need to prepare a budget. A budget will ensure that you have the relevant financial information at the right time, and can make the difference between a project failing or thriving.

### Raising money

How to get hold of money is an issue that dominates many community projects, but it is important to remember that good volunteers and donations in kind may meet many of your needs.

You may be able to reduce your need for money by doing some careful research, eg into discounts, donations, rate relief, buying consortiums, recycling, Local Exchange Trading Schemes. You should also get as much help from your local community as possible through help and donations in kind, eg displaying a 'wants list' board asking for plant cuttings, trees, tools etc.

Ideas for income generation include selling plants and window boxes, charging an entrance fee to community events, and running training sessions, eg on building a composting unit or making a herb hanging basket.

Funding may be available from charitable trusts, through service agreements with the local authority or Scottish Executive, from the



Coachhouse raised herb beds

Coachhouse Trust





Sustainable Communities

Sustainable Communities at a school garden

National Lottery, or from companies. Volunteer time can sometimes be counted as 'match funding'.

### Membership

Community growing projects can become membership organisations. This is a good way for local people to show their support and enables them to have a say in how the project is run. You are likely to gain greater commitment by members feeling responsible for the project, and members may become management committee members. In addition, membership fees - if you opt for them - can help with running costs.

Accountability to a membership also ensures that individuals won't control and take the project in a direction that the local community disagrees with.

### Involving volunteers

The most valuable resource to your project is the people involved in it. Growing projects can offer a wide variety of opportunities for

volunteering and, if you have a well managed and supportive project, within a year new volunteers will have developed new skills and gained a great deal of experience.

Volunteers can come from your own members, users, other local residents, other local groups, schools, special needs support groups and conservation groups. You should be able to get advice on recruiting and supporting volunteers from other local groups, Volunteer Development Scotland, and others (see page 34)

Volunteers require as much support and managing as staff, so make sure that they feel a part of the project. A successful volunteer programme needs to include: comprehensive induction, support structure, welfare structure (it should not cost people anything to volunteer), training opportunities, organised programme, record keeping and, of course, having fun.

### Investing in training

A growing project which cares about its volunteers and staff is one that provides them with opportunities to develop and contribute - if it doesn't, people will leave. Training can help people learn new skills and move into more challenging roles on the project.

For a training plan to make sense it needs to fit into the overall direction that your project is taking. Training can be on a one-to-one basis, in groups, demonstrations, discussions, lectures, visits, distance learning - you will need to use a combination of methods.

### Getting specialist advice

Advisers with specialist knowledge, skills and experience can help save you time, money and future problems. For example, a landscape architect can turn your ideas into a sustainable and welcoming garden, a solicitor can advise on leasing land, a community worker can give information on local resources and services. Before looking outside, tap your own networks. Your own members may have the skills you are looking for.

A written brief and contract is useful and should be amended if any alterations are made to the original specification. Without a contract you will not be able to insist on a certain standard, or detail, of work, or delivery dates. It is also important that any adviser you use listens to your group's ideas. Make sure that your group maintains control and makes important decisions

### Managing health and safety

If your growing project plans to



employ staff then you will have obligations for ensuring their health, safety and welfare. Even if you do not employ staff, then it is still recommended that your project implements a health and safety policy for volunteers, members and users.

The 1974 Health and Safety at Work Act outlines the duties employers have in ensuring the health, safety and welfare of their employees. As a growing project you should aim to develop good practice around: identifying and managing poisonous plants; keeping pathways clear; proper use of tools; well-managed compost heaps; considering a dog-free, apart from guide dogs, and poo-free zone.

### Insurance

To operate a community growing project you should have public liability insurance that should cover any person on your site for personal injury. If you are going to employ people you will also need employers' liability insurance. And in addition it is good practice to have an all-risks policy to cover against theft, vandalism, fire etc. You may need other insurance depending on the activities on the site.

### Being legal

You need to be aware of legal requirements regarding employment, fire, food, and finance:

- if you have - or plan to have - a building, invite the local Fire Safety Officer to assess your proposals
- if you intend preparing and /or selling food, either regularly or at one off events, then invite the

local council Environmental Health Officer to give advice

- all projects should keep accounts and in most cases are legally obliged to do so.

### Keeping records

You should keep records as evidence of decisions or achievements, and as a way of learning for the future.

Information recorded can also be useful for publicity, funding applications, new members, or to look back at what you have done.

Records can take many forms:

- visual records - photos, slides, video, planting plans, drawings
- a day book - so members coming to do some work can check what has happened since their last visit
- a horticultural calendar
- comments book/suggestions box - to encourage users and visitors to input their ideas.

### Evaluating progress

It is important to measure the quality of what your project is offering and the progress it makes in order to:

- show value for money to funders
- show you have achieved your objectives to your members and supporters
- evaluate and learn from users' experiences
- help the project manage development and change.

These guidelines cover the basics of setting up a new project and there will be many other aspects, such as learning about plants and growing techniques, to find out about. The main thing to remember is that community growing should be good fun!

For further details see the 'Community Garden Starter Pack', available free to community groups, from the Federation of City Farms and Community Gardens.

<sup>(a)</sup> See Guide to Constitutions and Charitable Status this includes model constitutions, trust deeds, memorandum and articles of association and guidance on applying for charitable status. Available from SCVO see pp32 for contact details





# Funding

The term 'community growing project' describes a range of projects with differing and sometimes complex activities. These projects often have complicated funding arrangements. Funding was an issue for most of the projects interviewed and a great deal of time was spent researching and applying for it. Few of the projects had a single funding source and all were aware of the need to develop fundraising as a key part of their workplans. Fundraising takes time and effort, this section provides an introduction to some of the issues that have to be considered when developing a funding strategy. The section has four themes:

Key points  
Getting advice  
Funding opportunities

## Key points

Be clear about the aims, objectives and strategy of your project. Have strong reasons for your project with clear objectives and outcomes. However try to develop a range of options, different ways to take the work forward; this will help to broaden out the opportunities for funding. Develop a plan for future funding and have an evaluation framework. Communicate and make friends, remember that you will have to publicise your work outside the area that you work in; the more people know about you the wider the net of opportunities and support for

funding. Not all the best ideas get funded! In raising money from any source it is important to be able to make a good case and to have a range of options. While you may feel that your project should be funded through the Social Inclusion Partnership (SIP) or the Health Board there is an increasing demand on these sorts of funds and other (possibly larger) local projects will also be making bids. If you are a new project and an unknown quantity in the local fund-raising market it might pay to explore other sources of funding. This may allow you to get started, to build up a track record, and make it easier for you to access more mainstream funding. Being able to show that you have built evaluation into the proposal is very important-different funders will make different demands in relation to evaluation.

## Getting advice

There are a range of sources of advice available in Scotland on funding from bodies who provide support to the voluntary sector and from development and funding agencies themselves. The national voluntary sector support agencies are covered in the final theme of this section.

## National organisations

Useful advice and information on funding and development-related issues can be gathered from national organisations such as the Scottish Community Diet Project (publishers

of the booklet) and Forward Scotland. Both of these have small grant schemes. There are also UK wide organisations who cover Scotland, eg Thrive (therapeutic and training gardens), Grounds for Learning, (growing in schools) and the Federation of City Farms and Community Gardens (co-publisher of this booklet).

## Local organisations

There are a number of local sources of advice and funding. Some are stronger in some areas than others. It is worthwhile looking to the health promotion departments and public health departments of your local health board, your local council Local Agenda 21 (LA21) officer or sustainable development worker. There may be specific projects in your local area eg in Glasgow the Healthy City Partnership is a useful source of information there may be Social Inclusion Partnerships or economic and social development agencies in your area. Local voluntary sector support agencies, eg Midlothian Voluntary Action, local community development workers or food co-op development workers are also useful sources of advice.

## Other projects

Don't forget that some of the most focused advice can come from projects that are attempting to do the same work as yourself. This publication is an attempt to bring growing projects together and the

contacts listed here and available through the databases of the SCDP and the FCF&CG are good starting points. As this is a developing area there will be many projects coming along. This is a good reason for sharing information and advice about your project, for this will help you stay abreast of what is happening across the country.

## Funding opportunities

Growing projects often include activities such as: training, retail, regeneration, environmental action, community development, health promotion, nutritional awareness, therapy, poverty action and land reuse as well as being about growing. Projects often address multiples of these activities. While this can make the description of the projects complex and the definition of there outcomes difficult, it also opens up a range of funding opportunities to these projects. As can be seen in the examples in this booklet it is not uncommon for projects to have a collection of funders.

In its publication 'How to Raise Funds - A Guide for Scottish Voluntary Organisations' SCVO lists the funding sources that are accessible in Scotland. It groups them into:

- central government
- local government
- european union
- non-departmental public bodies
- company giving
- national lottery
- grant-making trusts

### Central government

Central government funding is either in the form of direct grants from

departments who can involve voluntary organisations. In the delivery of departmental aims, in terms of community growing initiatives this could come under headings such as the Sustainable Action Fund or the Active Communities Initiative (see links on the Sustainable Scotland website). As government policy priorities and statutory responsibilities can develop over time, it is necessary to keep yourself informed about new areas of work coming through in policy papers. The other area of government funding is through indirect grants usually managed by non-departmental public bodies who have a responsibility for the development of certain areas and issues. Some of the projects in this publication have received funding from: Forward Scotland, the Unemployed Voluntary Action Fund (UVAF), Highlands and Islands Enterprise and local SIPs.

### Local authority, health boards and trusts

Many projects in this publication had parts of their funding from local authority and health sources. These are particularly useful sources of funding for local innovative projects as the funders are local, visible and lobbyable. Voluntary organisation support from local authorities can be in a range of shapes, it's not always money! While it can be grants, it can also be service contracts or free premises, rates relief, staff secondments or free training. Local authority funding can often be

### Example funding package (Buchanan St Community Gardens)

1. **Entrust** Small start-up grant
2. **Forward Scotland** Small grant from this environmental agency
3. **North Lanarkshire Forward** Company set-up by North Lanarkshire Council to administer Landfill Tax funding applications
4. **Wisestart Training Group** Provided on-site training in process of building garden this attracted government training monies
5. **Scottish Enterprise North Lanarkshire** Provided shortfall monies plus access to business expertise
6. **Fundraising by group** Small contribution.



matched with funding from other sources. SCVO estimates the total local government support of the Scottish voluntary sector at £100m-£150m a year. Similar (albeit lower in total spend) funding and support can be accessed from health boards.

### Non-departmental public bodies

A range of these bodies exist, having public funding to support the development of their specific areas of interest. Targeted approaches to them can provide rich rewards. A number of projects in this publication have funding from two or three of these organisations as part of their funding portfolio eg Forward Scotland's Small Project Grant Fund has, since May 1997, successfully assisted, advised and financially supported over 150 projects Scotland-wide covering 31 local authority areas.

*'This year (2001), Forward Scotland has already supported over 40 community groups to develop and realise a variety of different projects*

*including: seminars, publications, community gardens and shore developments.*

*The geographical, issue and financial diversity of these projects has provided Forward Scotland with a unique working portfolio of expertise in the small grants arena.'* (Annual report 2001)

Local Enterprise Companies are organised in two networks: Scottish Enterprise-12 local enterprise companies (LECs) with local bases and a Glasgow central office; and Highlands and Islands Enterprise-9 LECs with local bases and an Inverness central office. Other national bodies that have funded parts of growing projects are Scottish Natural Heritage, Health Education Board for Scotland and the UVAF.

### Company giving

Private companies can be sources of a range of supports, not just cash, such as use of facilities, gifts of materials and staff. The Groundwork project in Glasgow is looking for new premises for their project

approached an advertising company for the use of some vacant land for placing a Portakabin and ended up with a £5000 donation. In approaching private companies, often personal contact works best. There is useful advice on raising money from industry in a number of the Directory for Social Change (DSC) publications listed on pp 32.

### National lottery

At the moment the appropriate National Lottery fund sources for community growing are the fresh Futures and Sustainable Communities programme managed by its Award Partners, Forward Scotland and Scottish Natural Heritage. The Western Isles successful bid for a local growing project under the (now finished) Healthy Living Centre programme received a grant of £112,630 for the Fas Feallain 'Grow Healthy' project.

### Grant making trusts

Charitable Funding doesn't yet appear to be a major source of funding for growing projects. It is however an area of funding which has a great deal written about it (see SCVO publications on their website). The advice from SCVO about the best way to research trusts is to use directories of trusts or one of the computer databases of all published directory information. However because Scotland does not have a formal charity register, Scottish-based grant making trusts are relatively unresearched. SCVO has identified around 4000 grant-making trusts of all types in Scotland, of which around 500 are listed in its Directory of Scottish grant making trusts.

*'These may be small grants but with the added ingredients of local skills, understanding and enthusiasm they make a big impact. We were delighted when the Health Department agreed to increase the funding available for small grants by 50% ... However, we were even more delighted when we discovered the quality of this year's applicants. Successful applicants will be tackling the barriers to an acceptable diet faced by communities from Lerwick to Kelso. Some are growing food, some retailing, some catering. The activities will be taking place in settings that vary from a church to a family centre. All age groups are included, from a weaning initiative to an elderly lunch club. Most cover geographical areas, while a few are specifically aimed at groups facing even more barriers such as users of mental health services and the homeless. Many link the health agenda to the environmental agenda, while others promote social inclusion and multiculturalism. ... This rich diversity is only matched by their common determination to tackle the barriers they experience in ensuring a healthy, varied and acceptable diet for themselves, their families and their communities.'*

*Press release for SCDP small grants scheme.*



# Way To Go

This overview of community growing in Scotland gives a positive picture of a developing area, however only looking at Scotland means that it misses out on the examples of, eg the rooftop city gardens of St Petersburg and the skyscraper beekeeping in New York (See [www.cityfarmer.org](http://www.cityfarmer.org)). Closer to home there are many interesting examples of both urban and rural community growing to be found in the rest of the UK (many are to be found in the Sustain publication 'City Harvest')

## The Way Forward

As Gillian Kynoch says in her vision for a growing society:

*'Growing, buying and eating more vegetables and fruits will reduce our risk of the 'big three' heart disease, stroke and cancer and, at the same time, promote healthier environments and sustainable development'.*

As well as these benefits the mix of practical action, philosophical rightness and plain good health that comes from participating in community growing seems to be of increasing interest to people across Scotland.

## Reality check

However it is not all plain sailing. In the year in which this publication was being developed a number of very interesting projects have folded or had to change direction due to problems with funding and or

support. Even in the the very popular development of school growing there have been problems- some teachers have concerns about the level of support needed and available to them to carry out this work. However this collection of tales of woe can be seen as just part of the development of new areas of working. For example the Sandwell (near Birmingham) Community Agriculture Project a well funded development project with good levels of support, discovered that many of the potential growing plots identified had soil contaminated with heavy metals (lucky white heather! as we say in Scotland). These are all just developmental problems that have to be addressed.

## Dig In

The support for community growing in Scotland is increasing, funding and help is coming from the Scottish Executive and from Health Boards, Local Authorities, regeneration, economic development and environmental agencies and from the private and charitable sectors. There are also more support organisations working in Scotland, eg Thrive, Grounds for Learning, FCF&CG and SCDP. All of this underpinned by a 'Growing Interest' in the production of good quality local food.

Maybe we should revisit the 'peanuts' cartoon that told us: '...the best way to make the world a better place is to give every newborn baby a Banjo' and give every baby a spade and a packet of seeds instead.

## 'Happy Digging'





# Scottish Projects

**Gorgie City Farm**

51 Georgie Road,  
Edinburgh, EH11 2LA.  
Tel: 0131 623 7031

**Knowetop Community Farm**

David Gallagher/ Eliza Mitchell  
113 Castlehill Road, Castlehill,  
Dumbarton, G82 5AT  
Tel: 01389 732734

**Sustainable Communities  
Programme**

41-43 Highcraig Avenue  
Johnstone, Renfrewshire, PA50LZ  
E-mail: susan.whitefield  
@renfrewshire.gov.uk  
Tel: 01505 331424

**Islay Disabled Endeavours and  
Actions (IDEA)**

Kilarrow House, Bowmore,  
Islay, PA43 7HL  
E-mail: centre@ideas.f9.co.uk  
Tel: 014968 10963

**Kippen Environment Centre**

Main Street, Kippen, Stirlingshire  
FK8 3DN  
Tel: 01786 870247  
E-mail: waley@kec-  
stirling.freerve.co.uk

**Grow our Own (Stornoway)**

Mary Maclean  
Cearns Community  
Development Project  
Cearns Resource Centre,  
Cearn Shulasgeir  
Stornoway, Isle of Lewis, HS1 2YD  
E-mail: cearnsmaty@aol.com  
Tel: 01851 701909

**Buchanan Street Garden Project**

E Wardhaugh 01236 440274

**Lunnasting Primary School**

Norma Smith (Head teacher)  
Vidlin, Shetland, ZE2 9QB  
E-mail: head@lunnasting  
.shetland.sch.uk  
Tel: 01806 577253

**Coachhouse Trust**

84 Belmont Lane, Kelvinbridge,  
Glasgow, G12 8EN  
Tel: 0141 334 6888

**Redhall Walled Garden**

97 Lanark Road,  
Edinburgh, EH14 2LZ  
E-mail redhall@samhservices.org.uk  
Tel: 0131 443 0946

**Scottish Allotments and  
Gardens Society**

Secretary Judy Wilkinson  
0141 357 0204  
e-mail: chrisandjudy@atlas.co.uk

**LETS Cafe and Community  
Allotment projects**

17-19 Irvine Place, Stirling FK8 1BZ  
Tel: 01786 474459

**Earthshare**

Pam Bochel  
65 Society St, Nairn, IV12 4NL  
e-mail: earthshare@tiscali.co.uk

**Skye and Lochalsh Horticultural  
Development Association**

Catriona MacLean (secretary)  
Tigh Na Sgire  
Isle of Skye IV51 9GP  
catriona.maclean@highland.gov.uk



# References

- 1 SCDP (2001) *Food in the Community: Directory of Scottish Community Food Initiatives* SCDP Glasgow.
- 2 T Lang and G Rayner (eds)(2002) *Why health is the key to the future of farming and food* UKPHA/ Thames Valley University [www.ukpha.org.uk/health\\_key.pdf](http://www.ukpha.org.uk/health_key.pdf)
- 3 Leigh Sparks (2000) *Issues in food retailing in Scotland* in J McCormick Healthy Food Policy: On Scotlands Menu Scottish Council Foundation Edinburgh.
- 4 E Schlosser (2001) *Fast Food Nation*, Penguin Press London
- 5 M Lean and A Anderson (2000) *Healthy Food Policy: An Overview* in J McCormick Healthy Food Policy: On Scotlands Menu Scottish Council Foundation Edinburgh.
- 6 Scottish Office (1996) *Eating for Health: A Diet Action Plan for Scotland*, HMSO Edinburgh.
- 7 UNDP (1996) *Urban Agriculture: Food, Jobs and Sustainable Cities*, United Nations New York.
- 8 Tara Garnett (1999) *City Harvest: The feasibility of growing more food in London*, Sustain London.
- FCF&CG has a range of publications Community Gardening Starter Pack, The Compost Box, Teacher Resource Pack, Good Practice Case Studies , FCF&CG Bristol.
- 9 S Noble (1999) *Earthshare Moray Agriculture Scheme* <http://www.caledonia.org.uk/socialland/earthsha.htm>
- 10 Val George (1999) *Gardening, Mental Health and Community Care* Paper from Redlands Garden.



# Useful Contacts and Sources

## Scottish Community Diet Project

c/o SCC, 100 Queen St, Glasgow G1 3DN. Tel: 0141 226 5261  
The Scottish Community Diet Project contributes to the government's national strategy to improve Scotland's diet and health, and the inequalities that exist within both, by increasing the effectiveness of those working within and with Scotland's low income communities to improve access to and take-up of a healthy varied balanced diet.

It works by:

- encouraging and enabling community-based activities
- operating a grant-making system for community initiatives
- facilitating information exchange and networking
- developing partnerships between communities and other sectors eg statutory, voluntary, academic and commercial
- developing methods for local communities to participate in national policy debates
- exploring strategic issues which could inform and influence policy debates.

The website includes information about all of its activities and application forms for its small grants programme.  
[www.dietproject.org.uk](http://www.dietproject.org.uk)

## Federation of City Farms and Community Gardens

The Greenhouse, Hereford Street, Bristol BS3 4NA. Tel: 0117 923 1800  
Provides advice for community-run city farms and gardens has a useful set of publications.  
Website has a wide collection of links to other farms/gardens and organisations.  
[www.farmgarden.org.uk](http://www.farmgarden.org.uk)

## Scottish Allotments & Gardens Society (SAGS)

The SAGS website is a useful source of information about allotments in Scotland. The Society exists to inform and enthuse about allotmenting this site and the website of the Edinburgh Federation provide a first step in allotmenting in Scotland.  
[www.sags.org.uk](http://www.sags.org.uk)

See also the website of the Federation of Edinburgh and District Allotment and Garden Associations  
[www.fedaga.org.uk](http://www.fedaga.org.uk)

## F3 -Foundation for Local Food Initiatives

The Foundation promotes and supports the growth of healthy local food economies, as a key contribution to sustainable development. They can help develop: farmers' markets; box schemes; community-owned farms; local food directories; community gardens and

orchards; and city farms.  
Web site has a wide collection of relevant links.  
[www.localfood.org.uk](http://www.localfood.org.uk)

## Henry Doubleday Research Association (UK)

Researches and promotes organic gardening and food.  
[www.hdra.org.uk](http://www.hdra.org.uk)

## Sustain: The alliance for better food and farming

94 White Lion Street  
London N1 9PL. Tel: 020 7837 1228  
Fax: 020 7837 1141  
Sustain aims to improve: the health and welfare of people and animals; working and living environments; and the equity of society.  
Sustain's City Harvest Project promotes urban food growing in a wide range of settings.  
The website gives information about all of the work undertaken and also provides good links into food and food growing links around the world.  
[www.sustainweb.org](http://www.sustainweb.org)

## Grounds for Learning,

Airthrey Castle, University of Stirling  
FK9 4LA. 01786 445922  
Grounds for Learning is the school grounds charity for Scotland, developing and offering to everyone connected with education in Scotland a bespoke programme of advice, contacts, programmes and grant and award schemes tailored for

Scottish schools and the Scottish curricula. They are developing and publishing a set of Scottish curriculum materials - 'Learning Outside Inside' which will build into a teaching materials and training set showing the range of opportunities to use the outside to learn and teach every curriculum area in Scotland.  
[www.ltl.org.uk](http://www.ltl.org.uk)

### Community Composting Network,

67 Alexandra Road Sheffield S2 3EE.  
Tel/Fax: 0114 258 0483,  
email: [ccn@gn.apc.org](mailto:ccn@gn.apc.org)  
Community compost projects are set up by groups of local people to pool organic materials to recycle larger amounts of waste and make larger amounts of compost than is possible at home. The Community Composting Network provides advice, support and loanable resources for community composting projects. Can advise on fundraising and legal issues.

[www.othas.org.uk/ccn](http://www.othas.org.uk/ccn)

### Thrive

Scottish contact: Fiona Thackeray  
0776 4894 396  
[fionat@thrive.org.uk](mailto:fionat@thrive.org.uk)  
National horticultural charity supporting and researching horticulture for disadvantaged, disabled, and older people. It supports a network of specialist projects and provides expert advice on gardening, specifically for people with disabilities and older people. Web site has a wide collection of links.  
[www.thrive.org.uk](http://www.thrive.org.uk)

### Common Ground

Gold Hill House, 21 High Street,  
Shaftesbury, Dorset, SP7 8JE, UK.  
Tel: 01747 850820;  
Fax: 01747 850821  
Common Ground is internationally recognised for playing a unique role in the arts and environmental fields, distinguished by the linking of nature with culture, focusing upon the positive investment people can make in their own localities, championing popular democratic involvement, and by inspiring celebration as a starting point for action to improve the quality of our everyday places.  
[www.commonground.org.uk](http://www.commonground.org.uk)

### Eco-schools

Eco-schools, c/o The Tidy Britain Group, Elizabeth House, The Pier, Wigan WN3 4EX Tel: 942 824 620  
Eco-Schools, an international schools based programme for environmental education many Scottish schools are participants.  
[www.eco-schools.org.uk](http://www.eco-schools.org.uk)

### Forward Scotland

Portcullis House,  
21 India Street, Glasgow G2 4PZ  
Tel: 0141 222 5600  
email: [enquiries@forward-scotland.org.uk](mailto:enquiries@forward-scotland.org.uk)  
Forward Scotland is an independent company with charitable status. It receives development funding from a range of sources including The Scottish Executive Sustainable Development Fund. It uses these resources to promote sustainable development in Scotland through practical projects and policy development.  
[www.forward-scotland.org.uk](http://www.forward-scotland.org.uk)





## Volunteer Development Scotland

Stirling Enterprise Park,  
Stirling FK7 7RP

Tel: 01786 479593

Fax: 01786 449285

E-Mail: [information@vds.org.uk](mailto:information@vds.org.uk)

Volunteer Development Scotland is the representative voice for Volunteering in Scotland. It promotes the value of volunteer action in Scotland and celebrates its achievements. It works to expand the boundaries of volunteering at national and local levels and is the key resource for good practice in volunteering  
[www.vds.org.uk/](http://www.vds.org.uk/)

## SCVO

The Scottish Council for Voluntary Organisations (SCVO) is the umbrella body for voluntary organisations in Scotland, with offices in Edinburgh, Glasgow, Inverness.

It aims to:

- to promote and advocate the independence, interests and values of the voluntary sector among the major players in Scottish life and in the wider community
- to encourage voluntary organisations to realise their full potential by improving their effectiveness and capacity through providing access to training, information, analysis, funding opportunities, and services.

[www.scvo.org.uk/](http://www.scvo.org.uk/)

## Sustainable Scotland

The Scottish Executive,  
Victoria Quay,

Edinburgh, EH6 6QQ

Tel: 0131 244 1750

Fax: 0131 244 019

Sustainable Scotland Website

This site is an information source where you can find out:

- about the benefits of sustainable practices
- what current projects the Scottish Executive are involved in
- who is responsible for driving forward the message of sustainability in Scotland and beyond.

In each section there are relevant publications you can download, and useful links to external sites.

[www.sustainable.scotland.gov.uk](http://www.sustainable.scotland.gov.uk)

## City Farmer's Urban Agriculture Notes

City Farmer's home on the World Wide Web promotes urban food production and environmental conservation from a small office in downtown Vancouver, British Columbia. Urban Agriculture is a new and growing field that is not completely defined yet even by those closest to it. It concerns itself with all manner of subjects from rooftop gardens, to composting toilets, to air pollution and community development. It encompasses mental and physical health, entertainment, building codes, rats, fruit trees, herbs, recipes and much more. This wonderful site covers it all  
[www.cityfarmer.org/](http://www.cityfarmer.org/)

# Further reading



**Why health is the key to the future of farming and food** T Lang and G Rayner (eds)(2002)  
UKPHA/ Thames Valley University  
[http://www.ukpha.org.uk/health\\_key.pdf](http://www.ukpha.org.uk/health_key.pdf)

**People, Land and Sustainability: a global view of community gardening** Conference report, J Ferris, M Morris, C Norman and J Sempik(eds) 2000, Humanities Research Centre, University of Nottingham.

**Urban Agriculture: Food, Jobs and Sustainable Cities** UNDP 1996, United Nations, New York.

**City Harvest: The feasibility of Growing more Food in London,** Tara Garnett, 1999, Sustain, London.

**Fast Food Nation,** E Schlosser 2001, Penguin Press London.

**Consuming Passions: food in the age of anxiety,** S Griffiths and J Wallace (eds) 1998, Times Higher Education Supplement, Mandolin, MUP.

**The Food System: a guide,** G Tansey and T Worsley, 1995, Earthscan, London.

**Food for wealth or health,** R Jenkins, 1991, Socialist Health Association, London.

**A share in the harvest: A feasibility study for Community Supported Agriculture,** 2001 The Soil Association

See also the range of publications from FCF&CG: Community Gardening Starter Pack, The Compost Box, Teacher Resource Pack, Good Practice Case Studies, FCF&CG Bristol.

**Feeding Scotland** Catherine Brown, 1996 National Museum of Scotland.



## Colophon

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