



# **H.O.P.E**

## **Community Allotment Project**



**We offer supervised gardening sessions to adults who have learning difficulties and to adults with mental health problems, in a friendly, supportive and safe environment**

**The sessions take place on our allotment sites on Windmill Lane, Firth Park.**

**Lunch is provided at the end of each session.**



## The support we offer:

- We run sessions from 9.30 am to 1.30 pm on Mondays, Thursdays and from 10.00 am to 3.00pm on Saturdays.
- You will learn a wide range of practical gardening skills which vary with the seasons. The gardening activities include digging, sowing seeds, planting out seedlings and small plants, watering and weeding.
- You can also learn some basic woodworking skills when helping with the making of raised beds, wooden planters and bird boxes.
- Each session is supervised by a minimum of two experienced staff. In addition, our volunteers provide extra support to individuals and small groups.
- We provide a refreshment break mid-session and a light lunch, usually homemade soup and bread, at the end of each session.
- We provide protective clothing, boots and all gardening tools.



## Other Activities:

During the year we organise a wide range of events and trips that all users can enjoy. These include:

- Trips to other community allotments outside Sheffield and outings to the seaside during the summer.
- Regular events such as Harvest Festival, Open Days, Barbeques and our annual Achievement Awards and Xmas Social.
- Cooking sessions where you can learn to make healthy meals, jams, chutneys and pickles from allotment-grown fruit and vegetables.

## You will benefit by:

- Learning to grow your own food and other practical skills
- Getting some fresh air and exercise
- Learning to cook healthy meals and to make jams & pickles
- Making new friends and growing together

## The cost:

£1 per session, inclusive of lunch and equipment hire.

To find out more please call Phil Webster on 07815533287

or email [enquiries\\_tradebase@yahoo.co.uk](mailto:enquiries_tradebase@yahoo.co.uk)

or visit <http://tradebaseallotment.btck.co.uk>

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