Introduction

Community growing spaces provide a space to grow your own food. It is great to be part of a community project where you can get to know new people and enjoy spending time outside too. If you have time and want to learn more, then why not use these contacts to find out more about your local project.

Villages

To find out if there is an **allotment** in your village or nearby, contact your Parish Clerk

https://modgov.cherwell.gov.uk/mgParishCouncilDet ails.aspx

Or for an **edible garden** try the online search: www.incredibleedible.org.uk/find-a-group/

Heyford Park Community Garden:

www.heyfordpark.com/heyford-park-communitygarden/ or contact: heyfordparkcg@gmail.com Also see Facebook for volunteering opportunities: www.facebook.com/heyfordparkcommunitygarden

Other useful resources

If you are interested in nature, you might also be interested in place-based 'Wild Projects':

Wild Kidlington:

www.wildoxfordshire.org.uk/projects/wild-kidlington
Wild Banbury:

 $\frac{www.bbowt.org.uk/wildlife/living-landscapes/wild-}{banbury}$

Wild Bicester:

www.bbowt.org.uk/wild-bicester

General support and resources

Growing space maps -The place to find and volunteer in community gardens:

www.goodtogrowuk.org/map/ www.goodfoodoxford.org/map/

Information on growing your own food:

www.lovethegarden.com/uk-en/article/grow-yourown-food

www.salvationarmy.org.uk/get-growing-guide

Cherwell District Council

www.cherwell.gov.uk 01295 227001 Free advice and support.

www.cherwell.gov.uk/connect-with-nature

Or get out walking to observe nature around you - many wellbeing walks and the Go Jauntly app are free. Find out more:

https://www.cherwell.gov.uk/north-oxfordshirewalks

Schools/community groups: contact us for our resource 'Space to Grow' healthyplaceshaping@cherwell-dc.gov.uk

Oxfordshire service guide for adults:

<u>livewell.oxfordshire.gov.uk/</u>
Find community, health and wellbeing support.

Oxfordshire County Council Family Information Service

fisd.oxfordshire.gov.uk/

Support for families including local activities, schools' advice, disability advice and holiday play schemes.

COMMUNITY GROWING SPACES

- In the Cherwell District -

Get involved in growing your own food and find new opportunities to enjoy being closer to nature.





KIDLINGTON

Harvest @ Home in Kidlington

Contact: harvestathomeuk@gmail.com

Hazel Walk Allotments OX5 1ED - community allotment plots with weekly volunteer sessions (Fridays 10am-12pm)

Harvest @ Home - offering food security

Supporting people to learn the skills to grow their own food at home, through community food gardens, home project kits, seed/seedling swaps and a group mentoring

Facebook group: <u>Co-grow Ox</u>.

To volunteer, email the team at: harvestathomeuk@gmail.com
Or see website for more details:

www.cherwellcollective.com/about-us/harvest-home/

Kidlington Community Gardens

Join friendly groups meeting to tend beds and planters around the village – all are welcome. Come and meet like-minded people, grow some food for yourself, enhance community spaces and help to protect local wildlife. For more information contact: growspace@kidlington-pc.gov.uk To sign up to receive

details of the sessions, scan the QR code below.



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BICESTER

Bicester Community (wellbeing) Garden OX26 6BB

Join volunteering sessions Wednesdays 10am-12:30pm

Contact: grassrootsbicestercag@gmail.com

Langford Community Orchard OX26 6WQ

Volunteer sessions are on the first and third Sunday for three hours from 10am-1pm

Contact: langfordcommunityorchard@gmail.com

Harvest @ Home in Bicester (see gardens below)

Contact: harvestathome.bicester@gmail.com
Volunteering sessions run throughout the week
(including weekends/evenings) so email for the latest information. Registered volunteers are then able to access the gardens at their leisure:

The Nightingale OX26 6XX -in the grounds of the pub. Weekly volunteering sessions.

Grebe Road OX26 6EL - Volunteering once a month second Sunday each month 10am-12pm, in addition to ad-hoc sessions, contact Bicester Harvest @ Home for more information.

Garth Park walled garden OX26 6PS Volunteering session Friday 10am-12pm, in addition to ad-hoc sessions, contact Bicester Harvest @ Home for more information.

Updates also on Facebook and Instagram

Bicester Green Gym

Offering outdoor growing and conservation tasks for fit minds and bodies, Tuesday 9.30am-12.30pm various locations contact: bicgreengym@gmail.com or see website for more details:

www.bicestergreengym.org/join-us/

BANBURY

Bridge Street Community Gardens OX16 5QF

Contact: <u>banburycag@gmail.com</u>
See website or social media for more details:

banburycag.org.uk/projects/bridge-street-garden/

Instagram and Facebook

Browning Road Orchard OX16 9LA

Contact: banburycag@gmail.com

banburycag.org.uk/projects/browning-road-orchard/

Harvest @ Home in Banbury

Contact: <u>banburyharvest@gmail.com</u>

regarding regular volunteering sessions in grounds of:

BYHP OX16 4TL and RVS Cornhill Centre OX16 5NT

Further information on social media: Facebook, Instagram

The Hill OX16 OJJ

Seasonal Gardening Club Wednesday 10am-12pm www.thehillbanbury.com 01295 675921

Banbury's Urban Orchard

For more information on Banbury Town Council's project:

www.banbury.gov.uk/Banburys Urban Orchard 45987
aspx

Banbury Trees

A community tree planting group. See Facebook for more details Facebook group.

Grimsbury Community Garden

Grimsbury Community Centre, OX16 3WT
Wednesday volunteering sessions 2-5pm or groups by
arrangement at other times contact:
grimsburycommunity5@gmail.com