

A School Garden for the Whole Community



A partnership project, coordinated by Come Outside! has been set up at Ysgol Hendre in Caer-narfon, between parents, pupils, Bangor University, The Wildlife Trust, Communities First and NRW to establish a community garden from scratch on an area of unutilised land, in the school grounds.

One of the aims of the garden is to give the children the opportunity to see things grow and taste different fruit and vegetables from the garden. The 8 vegetable beds were built by the school caretaker and filled with soil by the newly established Garden Club. A mixture of shrubs and climbers have been planted along a fence as well as native hedging to attract beneficial wildlife.

The pupils have also been using the garden for sessions that will benefit their curricular studies, social skills and health.

The Garden Club meets at the school every Thursday morning, and is being run by Anna Williams, from the North Wales Wildlife Trust, thanks to a £3k grant from Bangor University 'Reaching Higher, Reaching Wider' Fund. The project has been a great success and well supported by the parents who are enjoying the social aspect of the club with the added benefit of a physical workout!

The area has given the school a new safe environmental resource which will increase the amount of outdoor learning opportunities available to the pupils and has led to increased confidence, pride and new transferable skills.



Cadoxton Parents Transform School Garden

Cadoxton Primary Parents group have been involved with Come Outside! for over a year. They lead regular walks in the community and members have had health walk leaders training. Purchase of GPS units has allowed them to share Geocaching with all the children in the school; now they're turning their hand to gardening.

The group have transformed an unused space at the back of the school and it is having a huge impact on the pupils and parents.

With support and funding from Come Outside! and Keep Wales Tidy the garden is looking amazing, the fairy gardens are inspiring imaginations and the chickens 'Tikka' and 'Jalfrezi' are settling in well and supplying their fresh eggs to local families.



Skills Now — Veggies Later



With support from Come Outside!, Women's Aid RCT has created a vegetable garden outside one of their refuge homes.

This outdoor area was previously an uninspired patch of grass and weeds used only by smokers for their fag break.

For a lot of the women who don't feel safe leaving the refuge home, finding things to do to keep busy can be a challenge.

And so when some of the women expressed interest in gardening and wanted to grow some herbs to add to their cooking, the answer was clear.

We brought Women's Aid RCT together with the expertise of Federation of City Farms and Community Gardens (FCFCG) and coordinated the delivery of top soil donated by the housing development company Persimmon Homes.

Once the top soil was delivered, the women came outside and got their hands dirty! Using old pallets given away by a builder's yard, the women first set out taking the pallets apart, sawing them into pieces, and arranging them into raised beds. Some of the women had never used power tools before, and despite some initial misgivings, they were soon drilling like professionals. The words "who needs a man when you've got power tools" were heard more than once!

By the end of the day, four raised beds were complete, one with a variety of herbs planted in it. With this tangible and visible difference made, smiles were on the faces of all.

A couple of women from another Women's Aid residence also made a windowsill herb garden to take back to their



home which doesn't have an outdoor area. And the women will continue to add more to the raised beds including beans and peas, potatoes, courgettes, pumpkins, and strawberries. They are enjoying workshops this summer run by FCFCG to learn about composting, taking cuttings and seeds, gardening for wildlife, and upcycling waste into useful garden containers.

Once the vegetables are harvested, they are hoping to incorporate them into their healthy cooking classes. There is already enthusiasm about extending into other areas, perhaps getting some chickens, and getting a vegetable garden started at other refuge homes across the county.

Working the Land

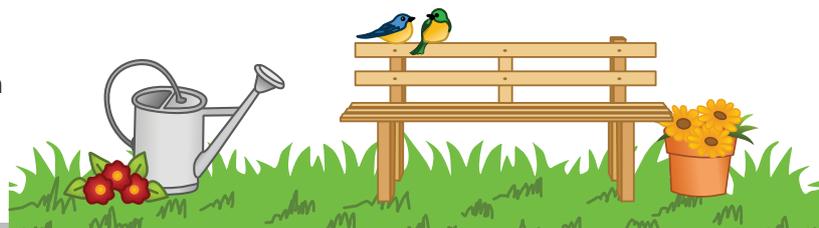
Adref Homeless Charity have been busy tending to their newly secured allotment at Royal Crescent, Merthyr Tydfil. Project Lead Colin Neagle has found his green fingered side and is keeping himself busy drumming up support with several residents who have paid regular visits to the site, watering and weeding and generally tending to the plot.

The plot was cultivated prior to a planting scheme where carrots, runner beans, lettuce, cabbage and onion were sown in the potting shed and planted on.

A register is now being kept on a weekly basis with the

incentive to participate in an exciting gorge walk in the Afon Mellte having undertaken 5 sessions of maintenance at the plot.

With this level of enthusiasm the outdoor activity future of Adref looks very bright indeed!



How are we doing?

The Come Outside! Interim Evaluation Report is now available via this link:

https://drive.google.com/open?id=0B_O5hGfzADIHaWp-mTHM2N3paQms&authuser=0