




Estates and Facilities ▶ Grow Your Own Project

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Join our journey and become a friend of the **"Grow Your Own"** Project



We would like to invite all members of the Trust to help ensure the project's success for a sustainable and fulfilling future .If you would like to become a project volunteer assistant please follow the link to the volunteering Services Programme :'[Grow Your Own' Project Volunteer Assistant \(C0044\)](#) .You can also help by donating any spare plant pots or seeds that you no longer need by contacting Elizabeth Harrison ,Tel 01772 773578 or email Elizabeth.Harrison@lancashirecare.nhs.uk.

The Estates and Facilities Team are committed to delivering high quality and professional services that encourage and improve healthcare outcomes for Service Users and Staff throughout the area. The SDU (Step Down Unit) provides highly supported open accommodation for the rehabilitation of patients, the focus of the care is to develop skills such as cooking, budgeting and socialising to help people live as members of the community.

Working in Partnership with the SDU (Step Down Unit) in Secure Services. The **"Grow Your Own"** project will bring people together and promote an active and engaging lifestyle and will benefit the local wildlife and the environment .Together we will be dedicated in providing a sustainable project with the purpose to grow our own produce and harness the mood-boosting power of gardening .The project will provide fresh produce that will be prepared and served in the Guild Lodge kitchen promoting healthy eating and living .

The project has already been able to supply the new self-catering Step Down Unit (SDU) with local, seasonal and fresh vegetables along with suggested recipes to match. This has been a great success and has been achieved entirely through staff volunteering their spare time.

Here is some feedback about the produce we have received from Forest beck and Fellside:

- *Texture- Very good, normal produce, smooth.*
- *Taste / Flavour - lovely fresh taste and full of flavour,home grown no chemicals.*
- *Freshness- very fresh produce, good better that what we get from our suppliers.*
- *Quality- very good quality and produce was well presented on arrival looking very fresh and tasty.*



AQA Training in Plant Health

The Grow Your Own team recently took part in an AQA training day in Plant Health and learned plenty of new skills giving us the knowledge and skills required for the project to produce organic produce.

Melanie from Forest Beck , said of the day:

"The 3 of us from Forest Beck had a great day and really enjoyed it. We've all come back with a renewed enthusiasm and can't wait to get going".

Apple Harvest Event 20th October 2012



The Harvest event saw volunteers descend on the site's orchard to harvest the apples and distribute to the new self-catering Step Down Unit, as well as to the site kitchen. Volunteers of all age groups ranged from members of Trust staff, partner groups, local residents and campers from nearby Whittingham camp site, all working together. On site was an apple juicer, provided by the Abundance Project which allowed volunteers to taste the produce and provided excellent refreshments throughout the day.

Elizabeth Harrison, Lead for the Grown Your Own project said of the day:

"We are thrilled with the outcome of the recent event. Part of the project's aim is to introduce a more sustainable way of living and utilising the local environment. Using produce we have grown onsite not only reduces our carbon footprint but encourages teamwork as well as reducing costs for the Trust. "I would like to thank everyone who attended the harvest, and we hope to be able to build on the success of the event and continually develop to create a healthier way of living for the future."

Chris Taylor, Community Food Growing Project Officer from Lancashire Wildlife Trust speaks of the project:

"The Grow Your Own Project is a great resource for the Trust and we are pleased to be working alongside the team. The purpose of the Abundance Project is to gather volunteers to collect fruit that may usually be unpicked and thus be wasted."



Apple Cakes made from the harvested apples down at Guild Lodge kitchen , don't they look great.

Content Editor [5]

Links of Interest



The NHS Forest Centre for sustainability , Lancashire Care is now fully registered as an NHS forest Estate : [NHS Forest Website](#)

The grow your own project team attends any training required from BKA for bee keeping, next course starting in January 2013 : [Preston BKA Homepage Website](#)

Are you a good corporate citizen [NHS Sustainable Development Unit Website](#)

NHS Forest Event

A great time was had at the NHS Forest event on Thursday of this week. We made lots of new friends and enjoyed building communication links with Incredible Edible from Todmorden. We enjoyed a great tour of the town with the different areas that had been replanted with edibles formally planted with inedible produce. They are doing great things in Todmorden and the "Grow Your Own Project" brought back plenty of positive ideas that can be implemented at the Trusts Guild Park site making us more sustainable for the future.

The picture on the right is the old Todmorden Health Centre land. Incredible Edible has planted the area with fruit trees from the Ambulance service and is now registered on the NHS forest web site.



The picture on the left is beside the canal that the Increbiles have planted with many different varieties of herbs available for the town to harvest. It

was great to meet many other organisation's that have the same shared interests and common goals.

The project is building positive links and relationships with other groups who will be helping us with the journey.

- The Northern Fruit Group, Phil **will be teaching the group how to graft from the Orchard in October.**

Phil Ranford, 'I am a committee member of two very active orchard groups, The Northern Fruit Group (based at RHS Harlow Carr Harrogate) and The South Lakeland Orchard Group (SLOG!). Basic aim is to promote the growing of fruit in the North of England. Many diverse activities. Presence at shows, grafting, budding, pruning, apple and pear ID workshops, help in ID at numerous Apple Days'.

- Lancashire Wildlife Trust, Chris **will be helping with the Orchard harvest on the 20th October.**

Chris Taylor a Community Food Growing Project Officer from Lancashire Wildlife Trust 'We have recently been awarded some funding to launch an Abundance Project similar to those that exist in Sheffield, Manchester and London. The idea is to use volunteers to pick fruit from trees that may have gone un-picked'.

- Community Payback Team, **Helping with the construction of the project area.**

James Williamson, "Offenders can be sentenced to carry out up to 300 hours unpaid work by the courts as an alternative to prison. The offenders do not replace paid workers, but instead complete additional work that would not normally be done and at the same time repay a debt to their community. The offenders are supervised during their work and wear orange hi-visibility vests branded with the words Community Payback. If offenders fail to attend or their work is unacceptable they will be subject to enforcement measures and they could be sent back to court. One of the main purposes of Community Payback is to give offenders the skills and work experience that can help them find employment and break the cycle of reoffending. Getting up early and completing a day's work, in some cases, will also give the offender's life greater structure. In the last financial year almost 212,000 hours of Community Payback was completed in Lancashire, which is the equivalent of putting nearly £1.3m back into the Lancashire economy. Lancashire Probation Trust is part of the National Probation Service, a statutory criminal justice service. As a law enforcement agency we have a clear role to protect the public, to ensure the proper punishment of offenders and to rehabilitate offenders. We work together with the other criminal justice agencies: Police, the Prison Service, the Courts and the Crown Prosecution Service. In Lancashire our work is serving local people - building safer communities, cutting crime, ensuring public protection and fewer victims. We work in partnerships with many agencies in the county. We manage risk, change lives and improve communities Follow us on twitter! We're @lancsp probation."

- Preston Bee keeping Society, Helping **establish bee hive colony with guidance and support.**

Viki Cuthbertson member of the Preston Bee keeping Society "have been keeping bees for 10 years and currently have 12 colonies, some in my own garden and some in out apiaries. I hold the BBKA Advanced certificate in Apiculture (theory) and am working towards the Advanced Husbandry certificate. (Practical) I am the Education Secretary for the Preston branch of the Lancashire and NW Bee Keepers association - which is a charity and affiliated to the British bee keepers association. This means I am one of a team of local beekeepers who deliver training for beginners and improvers in beekeeping in the Preston area. We are currently working on a project to improve our Club Apiary facilities, so that we can deliver a really good learning experience for our new beekeepers - this is based at Myerscough College."

Volunteer Helpers of the Project

Amos Harrison , Grounds Team Leader , Estates and Facilities.



Amos became a volunteer in May 2012 and has worked very hard to establish the first polytunnel. He has enjoyed delivering fresh vegetables to the SDU on many occasions. He is a qualified bee keeper and looks after the Honey bee hive on site. He volunteers most evenings and every Saturday helping with the construction of the project area along with the payback team from Kirkham.



Graham Horne Environmental Manager, Estates and Facilities.

Graham Volunteers as much time as he can to the project and works hard in other areas of environmental matters. He is working on a dashboard that will provide live information to staff such as Energy and water consumption, Low carbon technologies, Transport information and trust news.



Stephen Beardwell , Information Officer, Estates and Facilities.

Stephen takes a great interest in project work and is currently looking to gain funding for a borehole at guild park giving clients and staff a local resourced natural aquifer, the quality will be once filtered a pure unchlorinated product .