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## Harvest to promote healthy living

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Fruits of labour: Apples are pressed into juice

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An apple harvest took place at an NHS site in Lancashire as part of a gardening initiative to promote an active lifestyle and a more sustainable way of living.

Volunteers visited the Guild Park site at Whittingham near Preston to harvest the apples from the extensive orchard to distribute it to the service's new self-catering step down unit for people with mental health issues and the site's kitchen.

The Grow Your Own project was supported by volunteers including trust staff, residents and campers from a nearby Whittingham camp site.

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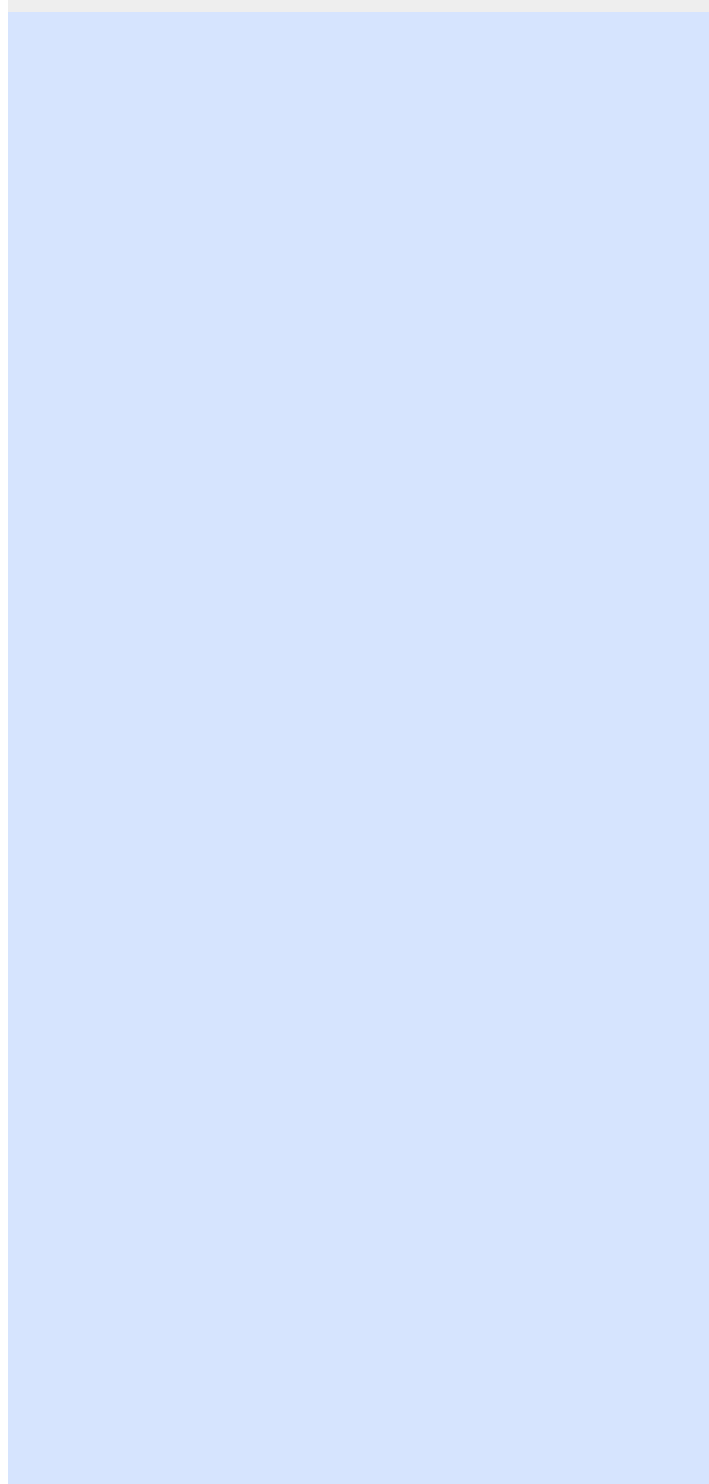
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There was also an apple juicer on site provided by the Abundance Project which allowed volunteers to taste the produce and provided refreshments throughout the day.


Elizabeth Harrison, lead for the Grow Your Own project, said: "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 its success and continually develop to create a healthier way of living for the future."

Chris Taylor, community food growing project officer from Lancashire Wildlife Trust, said: "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."

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