

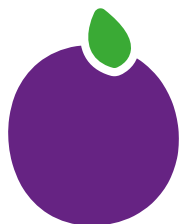


What is Growing Manchester?

Growing Manchester is the City of Manchester's community food growing network. (A partnership between Manchester City Council, Department of Public Health and award winning social enterprise, Sow the City.) It helps make sure that local people with the enthusiasm to grow food can get the support they need to help their projects succeed.

Since its inception in 2011 with just 10 gardens, the programme has grown rapidly to include 140+ community garden groups and more than 1300 growers. Projects are located across the city and range from a few neighbours greening up an alleyway to large scale market gardens providing food for sale.


For more information about Growing Manchester please visit the [Growing Manchester website](#).



What support is available for local people / groups?

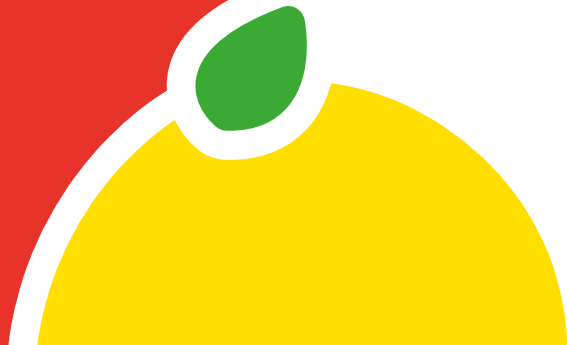
Site Assessments — to help transform derelict and unused land. We assess need through community engagement and co-design sessions. If necessary, soil contamination tests can be completed to ensure the land is suitable for food growing.

Community Development — to encourage groups to become more resilient, realise their long term aims, and to achieve financial sustainability. We help groups engage with the wider community, attract more volunteers, apply for funding, and put appropriate policies and systems in place.



Workshops and Training – to teach people practical growing skills and increase wider awareness of how food production relates to climate and ecology. Our practical sessions include ecotherapy, social and therapeutic horticulture, healthy eating, and environmental sustainability.

Community Networking — to enable them to share knowledge, skills and equipment with other similar groups, and build their expertise and resilience.

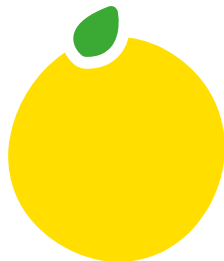


Why is Growing Manchester needed?

Growing Manchester provides an abundance of free and nutritious food and important greenspace for some of the most disadvantaged communities in the city, including people experiencing homelessness, mental ill health, and those in food poverty.

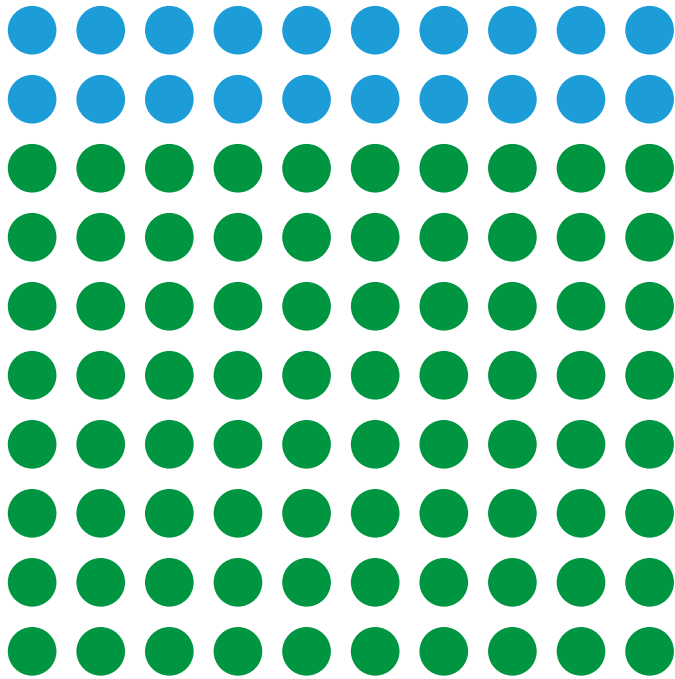
We believe everyone should have the opportunity to grow food as part of a healthy and resilient food system.

There is also abundant evidence that exposure to green and blue space is associated with health benefits at both population level and in individuals.



Our Impact

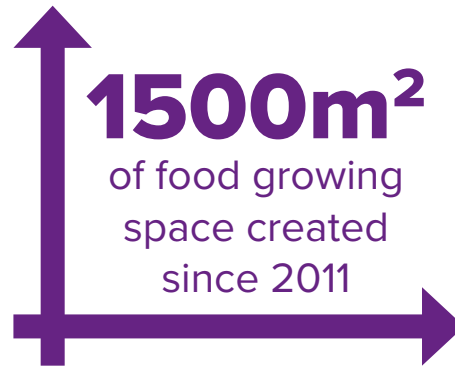
20% of Growing Manchester participants are from Ethnic Minority Backgrounds



out of over

5000

people who have attended workshops since 2011



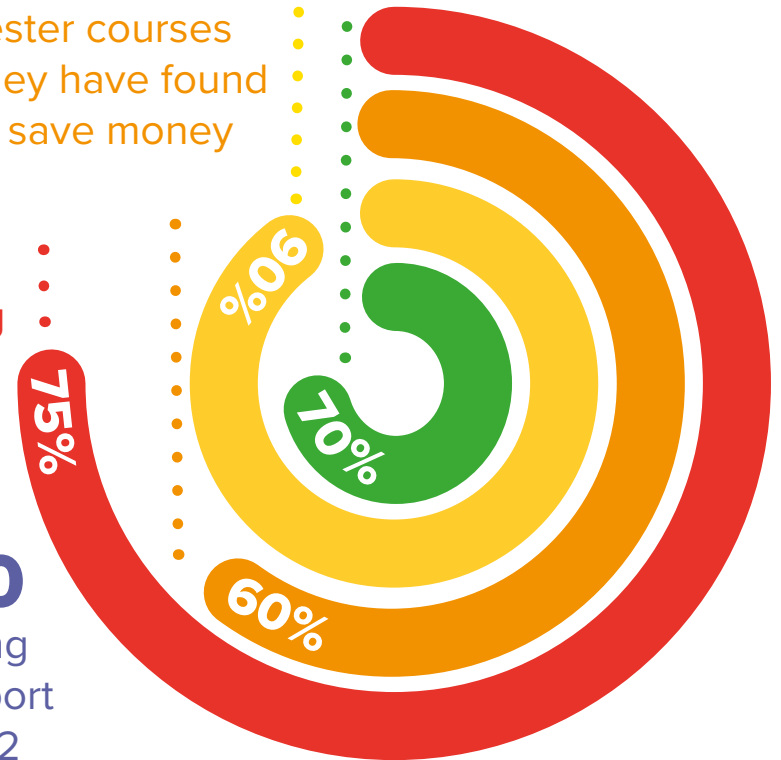
60% of participants at our Growing Manchester courses believe they have found ways to save money

75% of customers are satisfied or very satisfied with Growing Manchester¹

£100,000 External funding secured to support groups in 2022

90% groups find the support provided extremely useful or very useful¹

70% of our Growing Manchester participants access fresh fruit and vegetables



¹ 2019 Growing Manchester Customer Service Evaluation

What are Growing Manchester's Aims?



1. Assist projects to be resilient and realise their long term aims.



2. Increase the health and wellbeing of the wider community.

3. Improve the physical and mental health and well-being of people involved in the projects.



4. Increased awareness of the effects of food production on climate change.



5. Increase access to sustainable, locally grown food.



How can I get involved?

Any organisation thinking about setting up a food growing project within the City of Manchester is eligible to join. However, projects must meet the following criteria:

- You must have permission from the landowner to grow food
- At least five people must be involved
- The project must benefit the local or wider community
- Membership to join Growing Manchester is open from September to Mid-October. Applications made at other times of the year will be considered (in special circumstances).



To request an application contact Info@sowthecity.org



Individuals that would like to join an existing community group can visit the [Good to Grow Manchester map](#).

Or for more information go to our website www.manchester.gov.uk/growingmanchester



Contacts

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