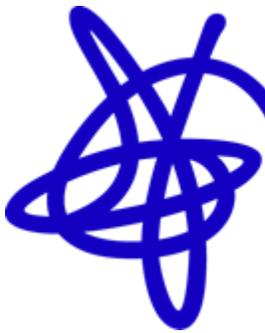


Supportive

Safe



Mind Manchester

Food for All

Allotment Project

Accessible

Inclusive





Openness, Belonging, Strength & Collaboration



Project Overview.

Food for All Service

Tackle food insecurity, nutritional inequalities and associated health impacts. During the pandemic –over 50,000 meals using food waste and allotment grown produce for those experiencing severe food poverty.

We support **mental health**, **boost nutrition** and **provide access** to green space and sustainably produced fruit and vegetable crops.

Working with the community, our allotment project uses growing activities to reconnect people with food production, nature and one another.

Healthy Soil – Healthy Food – Healthy Minds

The People



Volunteer Coordinator



Allotment worker



Volunteers with Lived Experience



People referred for support managing their mental health



The Model

Nature based - Therapeutic - Peer Support

Facilitated/Led by trained staff member

Supported Volunteering
by referral

Trained Volunteers with
Lived experience offer
enhanced Support

Participants work in small groups.

Social Eating Option

Short sessions – 2 Hours

CHOICE: Flexible, Varied, Skill Building activities

Be Active

Take Notice

Keep Learning

Connect

Give

Co-production - Collective Community Goal - Sustainable Organic food supply for Food Projects



VOLUNTEERING



Risk Management

DBS Check + Exclusion Criteria
References
Probationary Period
Mandatory Training
Regular Supervision

Mandatory Training

MHA,
Safeguarding, Communication,
Professional Boundaries +
additional if needed (Such as
Suicide Interventions)

Recruitment

Values Led recruitment + lived
experience (personal, family)

Role Description → Application Form
→ Informal Interview
→ Probation Period

Always LOTS of interest. Desired
Volunteering Role.
Currently → 10



People Referred for Support

Risk Management

- Referral with professional RAx
- Criteria – Role description

Accessible & Inclusive

- Support offered to people with complex needs – Severe & Enduring MH
- Adaptations made – Mental and Physical Health
- Can attend with carer – support worker
- Regular feedback/communication with care team

Skills and Experiences

- Gardening
- Coping Strategies
- Nature Based Mindfulness
- Peer Support
- Access to Nutritious Food
- Access to Manchester Mind & local partners opportunities & services



Creative activities

Recycling and re-using

Foraging/nature Walks



Planting, growing, harvesting and cooking vegetables

General Gardening tasks and Maintenance

Opportunities to work with food across our projects

Drinking Tea and lots of chatting



Sensory Garden

Mindfulness



Access to wider Manchester Mind services such as advice team

Activities

Activities are volunteer designed and led where possible and appropriate

Outcomes

Volunteering



- Learn, develop and share new skills
- Increased Confidence
- Improved and supported mental health

Supported Volunteering Placements



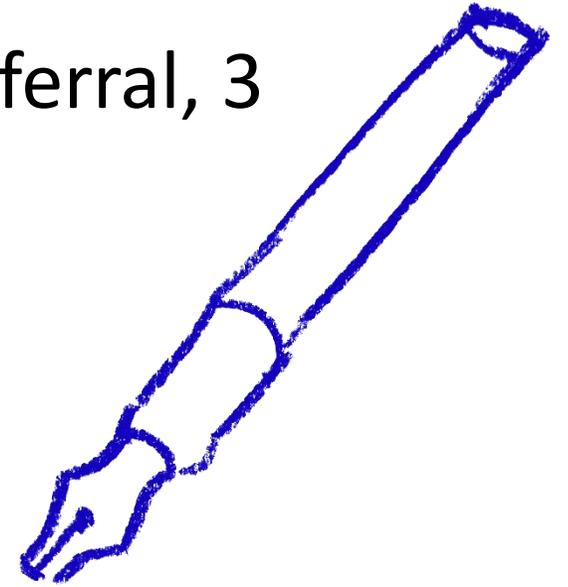
- Increased sense of belonging
- Greater Connection to local community
- Reduced Isolation

Evaluation

A range of health and well-being measures at referral, 3 monthly, and post engagement

Personal Stories and Case Studies

Regular feedback opportunities – responsive and flexible activity design.



Additional Support and Progression Opportunities

Food for All

Support around access to food & nutrition: Meal Support (Recipe Kits) Cookery Lessons – Larder filling.

Volunteering Opportunities: Allotment, Catering Unit, Driving, outreach opportunities

Wider Charity

Training opportunities, Mindfulness, Peer Support, Advice Team.



April 2020 – April 2021

60 individuals (23 Allotment)
1523.5 hours of activity outside the home



The Yield for 2020 – 2021 Year was 680.9kg

“ You are all amazing, thank you for your understanding
“This allotment is a safe haven”
“The range of opportunities is excellent”
“I feel more confident now..”



@manchestermind_allotment