

To: S Hutchinson, The Nineveh Charitable Trust, 8 Mill Lane, Saffron Walden, Essex, CB10 2AS

From: Leila Eddakille, Project Manager, North Glasgow Community Food Initiative, St. Andrews Church, Liddesdale Square, Milton, G22 7BT.

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Monitoring Report for £3000 awarded 6th August 2021 to support outdoor sessions and gardening programmes at Milton Community Garden from 1st April 2021-31st March 2022.

This funding enabled us to continue to provide weekly outdoor sessions, giving local children and adults an opportunity to get outdoors and make friends in a safe and beautiful community garden, whilst also being given the opportunity to learn in a fun way about growing, cooking and eating their own home-grown produce. A copy of our latest annual accounts to 31st March 2022 is attached.

Successful outcome indicators are:-

10 adults learning to grow fruit and vegetables and improving their diets.

We have had **19 garden volunteers** and 48 weekly gardening sessions delivered. We have had better success recruiting new volunteers through word of mouth and speaking to passers-by. We offered a 'Grow your Own' course to the local community. We had six participants who came to the garden to help learn more about how they can grow fruit and veg in their own gardens. Further, our regular gardening sessions cover various aspects of Organic growing and related subjects, the 'Grow Your Own' course being a condensed extension of this.

There has been a general sense from most of our volunteers that they have enjoyed the sessions they have attended and gone home feeling rejuvenated from spending time outdoors and in company again after lockdown. Here are some of the quotes from people attending sessions:

- It gets me out of the house
- It is lovely to be back in nature. To touch it feels grounding
- Coming here breaks up my week.
- I was feeling anxious this morning, and after coming here I feel a lot better.
- Nature is amazing, I never really took an interest in plants until I started coming into the garden.
- I have been in a rut for week and coming here, has helped a lot. I really needed this.
- I feel so happy to have come here and to have met you.

Currently we have 5 regular volunteers who come for a mix of socialisation, spending time outdoors, and helping to improve their English.

20 toddlers attending outdoor play and gardening sessions every week.

We provided space and support in the kids garden for c.50 visits from 2 local nurseries and 16 nursery forest school sessions. Each nursery brings groups of 6-8 toddlers for each visit so we would estimate that **16 children** (3-5 years) have benefitted from these visits. Further, we have been running 2 Teeny Greenies sessions a week with children aged 0-5 and their carers. We have had 12 families attending these sessions over the past year with **12 toddlers** benefitting.

50 families attending picnic and story telling sessions

In September 2021, we held a Harvest event which attracted **100 local residents**, the adult to child ration was approx. 1:1. We obtained further funds from the Scottish Book Trust to enable us to hire a storyteller, Tawona Sithole, to provide 2 interactive storytelling sessions and perform music on his Mbira. He was brilliant and the children and adults alike thoroughly enjoyed his performance.

We also had music sets performed by a group of musicians from the Milton Arts Project, an activities stall run by Froglife, apple pressing activities run by the local minister and a guess the weight of our pumpkin challenge.

Further to this we held a plant sale with help from our Young Planters, arranged a day trip to our sister site at Springburn Allotment, held a foraging workshop, a Dream-Catcher craft workshop, den-building workshops, put on a Halloween party, held a kids-movie day at the St. Andrews Church, hosted a community meal for our families and held Science workshops as part of the Glasgow Science Festival, in collaboration with students and staff from Glasgow Caledonian University. We also had 2 community meals for families that we work with, attracting around 14 families and 30 children.

In total we reached around **202 children** (including 50 children attending our Harvest event), **135 adults** (including 50 adults who attended our Harvest event) and had help from **6 volunteers**. This does not include staff and students from GCU and staff from Froglife who helped deliver some of the above.

Photos of participants in the outdoor sessions and gardening programmes at Milton Community Garden

