Introduction

Community growing spaces provide a space to grow your own food. It is great to be part of a community project where you can get to know new people and enjoy spending time outside too. If you have time and want to learn more, then why not use these contacts to find out more about your local project.

Villages

To find out if there is an **allotment** in your village or nearby, contact your Parish Clerk

 $\frac{https://modgov.cherwell.gov.uk/mgParishCouncilDet}{ails.aspx}$

Or for an **edible garden** try the online search: www.incredibleedible.org.uk/find-a-group/

Heyford Park Community Garden:

www.heyfordpark.com/heyford-park-communitygarden/ or contact: heyfordparkcg@gmail.com Also see Facebook for volunteering opportunities: www.facebook.com/heyfordparkcommunitygarden

Other useful resources

If you are interested in nature, you might also be interested in place-based 'Wild Projects':

Wild Kidlington:

www.wildoxfordshire.org.uk/projects/wild-kidlington
Wild Banbury:

www.bbowt.org.uk/wildlife/living-landscapes/wildbanbury Wild Bicester:

www.bbowt.org.uk/wild-bicester

General support and resources

Growing space maps -The place to find and volunteer in community gardens:

www.goodtogrowuk.org/map/ www.goodfoodoxford.org/map/

Information on growing your own food:

www.lovethegarden.com/uk-en/article/grow-yourown-food

www.salvationarmy.org.uk/get-growing-guide

Cherwell District Council

www.cherwell.gov.uk 01295 227001 Free advice and support.

www.cherwell.gov.uk/connect-with-nature

Or get out walking to observe nature around you - many wellbeing walks are free. Find out more: www.cherwell.gov.uk/info/3/leisure-and-wellbeing/246/countryside-walks-and-health-routes

Schools/community groups: contact us for our resource 'Space to Grow' healthyplaceshaping@cherwell-dc.gov.uk

Oxfordshire service guide for adults:

<u>livewell.oxfordshire.gov.uk/</u>
Find community, health and wellbeing support.

Oxfordshire County Council Family Information Service

fisd.oxfordshire.gov.uk/

Support for families including local activities, schools' advice, disability advice and holiday play schemes.

COMMUNITY GROWING SPACES

In the Cherwell District –

Get involved in growing your own food and find new opportunities to enjoy being closer to nature.





KIDLINGTON

Harvest @ Home in Kidlington

Contact: harvestathomeuk@gmail.com
Hazel Walk Allotments OX5 1ED -community
allotment plots with weekly volunteer sessions

Harvest@home - offering food security

Supporting people to learn the skills to grow their own food at home, through community food gardens, home project kits, seed/ling swaps and a group mentoring Facebook group: <u>Co-grow Ox</u>.

To volunteer, email the team at:

harvestathomeuk@gmail.com

Or see website for more details:

www.cherwellcollective.com/about-us/harvesthome/

Kidlington Community Gardens

Regular sessions tending plots and planters around the village – all are welcome. For more information contact Kidlington parish council:

growspace@kidlington-pc.gov.uk

Various growing spaces across Kidlington, please get in touch to find out more.

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BICESTER

Bicester Community (wellbeing) Garden OX26 6BB

Contact: grassrootsbicestercag@gmail.com

Langford Community Orchard OX26 6WQ

Volunteer sessions are on the first and third Sunday for two hours from 10.30 - 12.30.

Contact: langfordcommunityorchard@gmail.com

Harvest @ Home in Bicester (see gardens below)

Contact: harvestathome.bicester@gmail.com
Volunteering sessions run throughout the week
(including weekends/evenings) so email for the latest information. Registered volunteers are then able to access the gardens at their leisure:

The Nightingale OX26 6XX -in the grounds of the pub. Weekly volunteering sessions.

Grebe Road OX26 6EL - Volunteering once a month second Sunday each month 10am -12, in addition to ad-hoc sessions, contact Bicester harvest@home for more information.

Garth Park walled garden OX26 6PS Volunteering session Friday 10am-12, in addition to ad-hoc sessions, contact Bicester harvest@home for more information.

Bicester Green Gym

Offering outdoor growing and conservation tasks for fit minds and bodies-Tuesday 9.30am-12.30pm various locations contact: bicgreengym@gmail.com Or see website for more details: www.bicestergreengym.org/join-us/

BANBURY

Bridge Street Community Gardens OX16 5QF

Contact: banburycag.org.uk/projects/bridge-street-garden/lnstagram and Facebook pages

Browning Road Orchard OX16 9LA

Contact: <u>banburycag@gmail.com</u> <u>banburycag.org.uk/projects/browning-road-orchard/</u>

Harvest @ Home in Banbury

Contact: banburyharvest@gmail.com
regarding regular volunteering sessions

BYHP OX16 4TL, RVS Cornhill Centre OX16 5NT
and Redlands Centre OX16 2NT

St Francis Church Garden OX16 1FA

stfrancischurch.org/community-garden/ First Saturday of month 10.30-12.30 (Mar-Nov)

The Hill OX16 0JJ

Gardening Club Wednesday 10am-12 www.thehillbanbury.com

Banbury's Urban Orchard

For more information on Banbury Town Council's project: <u>www.banbury.gov.uk/Banburys Urban Orchard 45987.aspx</u>

Banbury Trees

A community tree planting group. See Facebook for more details <u>Facebook group</u>.

Grimsbury Community Garden

Grimsbury Community Centre, OX16 3WT
Wednesday volunteering sessions 2-5pm or groups by arrangement at other times contact:
grimsburycommunity5@gmail.com