

£25,000 provides for the complete transformation of a derelict plot of land into a **community growing space**, providing fresh fruit and vegetables for low income families over one year.



Who we help and why now?

Many lower income families in Dorset are unable to access, or afford, fresh fruit and vegetables. Food insecurity is on the rise, with the current inflation crisis disproportionately affecting low income communities. A recent Joseph Roundtree report showed that as of May 2022, over 2 million UK families were neither eating properly nor heating their home adequately. Up to 50% of the families supported by some family hubs in Dorset have children in receipt of free school meals.

The change Seed2Plate will achieve:

With your help we can build and run for one year, one Seed2Plate community growing space in a deprived community, giving around 80 families access to fresh fruit and vegetables. You would also be supporting 30 volunteers, to improve their employment prospects, with gardening/green skills training. Wider benefits will include volunteers feeling more involved in their communities, as well as families and young people being better educated in healthy eating and more resilient to the cost of living crisis.

What your £'s will support:

- £25,000 for the development, build and running of the plot for one year, 30 people involved in training and support and around 80 families having access to fresh fruit and veg.
- £2500 will pay for a workshop/training space (shed).
- £500 will provide a raised bed for growing fresh veg.
- £550 will pay for someone to achieve a Level 1 accredited qualification in horticulture.
- £30 will pay for one person to attend a garden eco therapy experience – picking, cooking and eating produce from the plot along with mindfulness support.

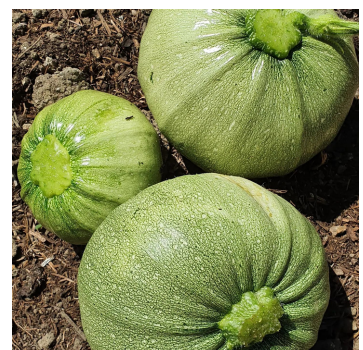
Want to get involved?

Contact Alex on either Alex.Picot@dorsetcommunityaction.org.uk or 01305 216415



“
SEED 2 PLATE HAS REALLY HELPED ME
GET BACK ON MY FEET.
I'VE MET NEW PEOPLE AND GET TO
DO SOMETHING WORTHWHILE.
”

Previous project participant



www.dorsetcommunityaction.org.uk

Dorset Community Action is a Company Limited by Guarantee,
Registered in England and Wales (No.3320011) and Registered as a Charity (No.1060910).