



## Ten Years of the Community Allotment at Milton Piece, Portsmouth 2002 - 2012

The community allotment is a Portsmouth City Council initiative that was established in 2002 and has since made an important contribution to improving the health and wellbeing of many of the residents of Portsmouth.

The allotment provides specialist support, guidance and training to individuals and groups across our city on how to grow fruit and vegetables. Participants have the opportunity to improve their health and wellbeing by:

- learning about healthy eating and the importance of incorporating fruit and vegetables into their diet
- addressing social isolation and increasing their social networks
- benefiting from gentle physical activity in the outdoors
- relaxing in a calming and peaceful environment
- developing links and friendships with others who have similar interests
- taking care of the environment, reducing their carbon footprint and learning more about nature

The community allotment was initially established with funding from the Health Action Zone in 2002 and has continued to receive support from a range of initiatives including Big Lottery funding and Healthy Towns.

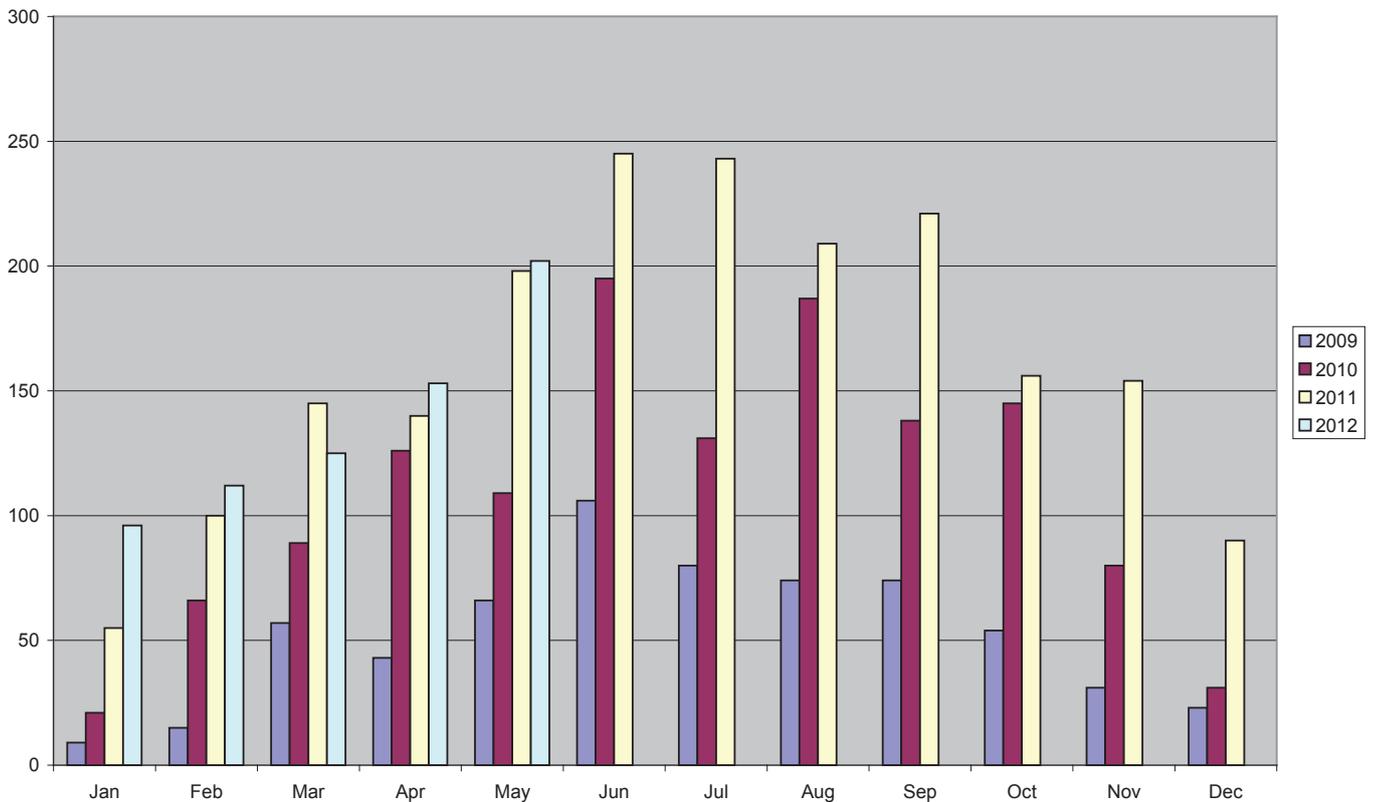
Over the past 10 years more than 4,000 people have participated making this one of the best used community allotments in the country. People of all ages are welcome and a wide range of groups and organisations have been involved. Our oldest regular participant is currently 87 years old and our youngest is seven! Regular groups include young carers, schools groups, local brownie packs, older residents, as well as adults with learning difficulties, mental health problems or physical disabilities.

The site has been improved and developed in a range of ways over the years, including the addition of concrete paths and raised beds to facilitate wheelchair users. A large shed, two poly-tunnels and an office pod have also been installed, all of which provide sheltered working spaces during inclement weather conditions.

Special acknowledgement and thanks should be given to the many participants and volunteers who have made such a fantastic contribution to developing and supporting the community allotment over the years.

For further information on how to find out more about the allotment or on how to become involved contact Tony Keen on 023 9268 8388 or [tony.keen@portsmouthcc.gov.uk](mailto:tony.keen@portsmouthcc.gov.uk)

## Visitor figures for the past four years up to May 2012



## 10 Years of achievements

- We have given out thousands of bags of fruit and vegetables to people who have participated in the project. Each person who helps goes away with at least one bag of produce
- We have developed a site with excellent disabled access
- We created a safe healthy and relaxed environment for the residents of Portsmouth to learn about and participate in growing
- We have added an all weather teaching training facility; the 'Pompey Pod'
- We have had hundreds of school children visit the site and take part in growing activities
- We have helped hundreds of vulnerable residents of Portsmouth to take part in a purposeful activity, learn new skills and to improve their health and wellbeing

