

Grow your own

Rather than buying fruit, vegetables and herbs from the shop, how about growing your own? Even if you haven't got space to grow fruit and vegetables at home, there are community gardens and allotments. Some people manage to grow smaller items on windowsills or in pots.

You get a supply of fresh, seasonal food

Your wellbeing can improve and it can relieve stress



It is enjoyable and rewarding

You keep active and get outdoors

Growing and eating your own fruit and vegetables can improve your diet

You can learn new skills and make new friends

Community Gardens and Allotments

Find your local community garden

A community garden is a shared, free project where people from all age groups, abilities and backgrounds come together to grow their own fruit, flowers and vegetables.

These are open at different times so check with the garden beforehand.

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| ○ Avoniel | Beside Avoniel Leisure Centre |
| ○ Ballysillan | Beside Ballysillan Allotments |
| ○ Donegall Pass | 61 Donegall Pass |
| ○ Finlay Park | Finlay Park (behind Spar shop on lower Whitewell Road) |
| ○ Glenbank Park | Glenbank Park, Ligoniel Road, Ballysillan |
| ○ Grosvenor | Beside Grosvenor Recreation Centre |
| ○ Grove Playing Fields | Grove Wellbeing Centre |
| ○ Holylands Community Garden | City Church, University Avenue |
| ○ Knocknagoney | Knocknagoney Linear Park |
| ○ Lenadoon | Beside Glen Road Community Centre |
| ○ Musgrave Park | Musgrave Park, opposite the pavilion |
| ○ Ormeau | Beside Indoor Tennis Centre and Ozone Complex |
| ○ Shankill | Shankill Leisure Centre |
| ○ Suffolk | Beside Suffolk Community Centre |
| ○ Waterworks | Waterworks Park |
| ○ Whiterock | Beside Whiterock Leisure Centre |
| ○ Woodvale | Woodvale Park |

Groundwork NI have 4 community gardens under the Meanwhile Garden Scheme supported by the Public Health Agency:

- Connswater Street, off the Newtownards Road
- Clandeboye Street, at the junction of Castlereagh Street/Castlereagh Road/Beersbridge Road
- Glenbryn in Ardoyne behind the Jolly Rodger Community Centre
- Shankill Road, just below the Shankill library.

www.facebook.com/inthemeanwhilecommunitygardensbelfast

Find your local allotment

Allotments are plots of land where you can grow your own fruit and vegetables. Allotments across Belfast are very popular and you may need to join a waiting list. There is usually a charge for the use of an allotment. For more information, please contact: **028 9027 0611**.

For more information on accessing green spaces for community use:

www.groundwork.org.uk

www.cvni.org