

**Building a
healthier
city where
everyone
can grow
their own
food.**



**Sow
the
City**

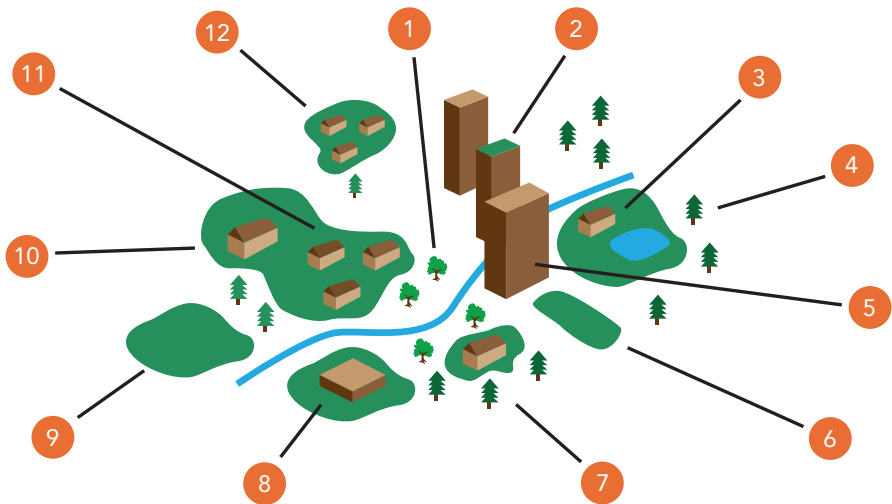
About us

Growing food in cities makes a lot of sense. Gardens, allotments, patios, rooftops and window-ledges all have the potential to provide us with an abundance of free and nutritious food. Plus food grown in urban environments can help reduce food transportation, create jobs, and strengthen communities.

We all have food in common. We eat it, crave it, and dream about it. So let's celebrate and grow it.

Sow the City is an award winning social enterprise based in Manchester. Established in 2009 with a few packets of veg seeds and some compost, we're now helping thousands of people across the North West to grow their own food.

Our vision



- 1 Urban fruit tree planting to provide shading, food and reduce air pollution.
- 2 City centre dwellers grow food on roofs and balconies.
- 3 Jobs created through food enterprise.
- 4 Urban parks and nature reserves used as places to forage for free food.
- 5 Green infrastructure used as green setting for investment and economic regeneration.
- 6 Allotments created to increase urban food production and decrease food related carbon emissions.
- 7 Urban soil protected and quality improved through proper care and management.
- 8 Schools, hospitals and public buildings used for growing food and horticultural therapy.
- 9 Unused public land developed into permanent or 'meanwhile' food growing sites.
- 10 Farms in and around the city used to provide locally sourced seasonal food for city dwellers.
- 11 Food growing at home in gardens and yards.
- 12 Community gardens and allotments created to provide local food and build stronger, more cohesive communities.

What we do

Sow the City doesn't just garden. We provide a whole range of advice and services.

Workshops

We run food growing / environmental workshops.

Community food projects

We support and develop community groups.

Events

We organise events and create special installations.

Funding

We provide advice or partner on funding applications.

Therapeutic horticulture

We provide sessions to improve mental and physical health.

Hydroponics

We provide advice on designing and building hydroponic systems.

Corporate volunteering

We organise and run corporate volunteering days with local community projects.

Consultancy

We provide professional advice on food growing and community engagement.

Community gardens

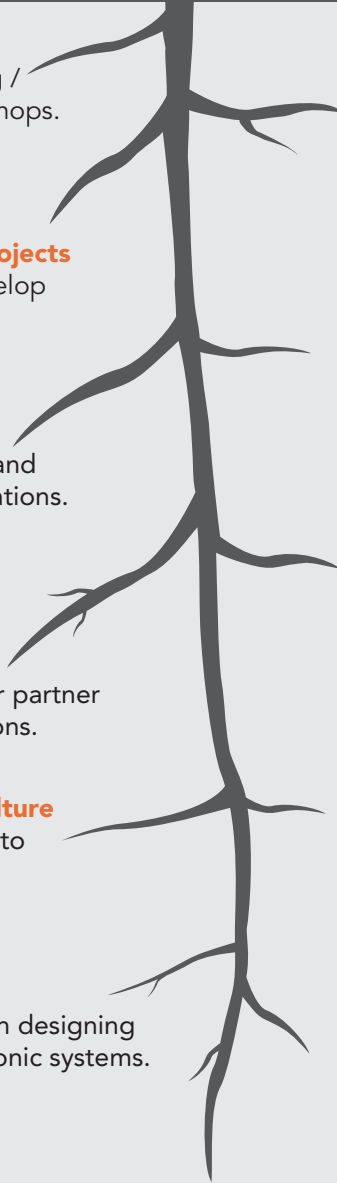
We support local community gardens.

Landscape design

We design and construct attractive and productive gardens.

Research

We research urban agriculture.



Who we work with

We work with local authorities, businesses, the health sector, housing providers, the voluntary sector and schools.



Local authorities

As a small social enterprise, our cost effective projects strengthen the local economy, provide health benefits to residents and help to make cleaner and greener neighbourhoods.



Businesses

Getting involved in our projects is an excellent promotional tool, a fun and engaging team building activity, and a positive way to demonstrate your corporate social responsibility.



Health sector

Our therapeutic sessions are a cost effective way to achieve better health outcomes for your patients or service users. Gardening can significantly improve people's health and wellbeing.



Housing providers

We run one off workshops and events as well as larger strategic programmes, such as food growing projects involving local champions and multiple partners across your housing area.



Voluntary sector

Our gardening and food growing programmes are a great way for you to engage with a wide range of ages and groups and can be used to develop new projects or support your existing activities.



Schools

Let your students get their hands dirty with our fun and educational outdoor workshops. Not only will they enjoy some fresh air, they will learn more about the natural environment.

The benefits

Community



Common green areas in neighbourhoods encourage **social bonding between neighbours**.



Our projects have up to **6:1 return on investment** for society.



Community gardens offer a resource for **education and learning**.

Environment



The food we eat accounts for **30% of the UK's carbon footprint**.



Urban greenspace provides important **habitat for wildlife**.

Economy

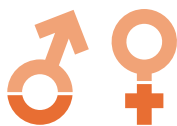


Allotment holders spend on average **£202** growing veg that would sell for **£1564** in the shops.



Urban agriculture creates **jobs and volunteering opportunities**.

Health



Only **24% of men** and **29% of women** are regularly consuming their recommended **daily five portions of fruit and veg**.



Daily gardening **reduces** the risk of **Dementia** by **36%** in older people.



Trees, greenery, flowers and water **improve mood**.

Example projects

Project: Growing Manchester

Client: Manchester City Council

Helping more than 60 community food growing groups develop successful food growing projects in their area through site assessments, workshops and community development.

Project: Grow Cook Eat

Client: Stockport MBC

Creating food growing spaces in Central Stockport with events, workshops and community outreach.

Project: #Thrive Ecotherapy

Client: Heywood, Middleton and Rochdale CCG

Delivering a horticultural and environmental therapy programme for young people in Rochdale as part of the #Thrive Wellbeing Service.

Project: Growing Schools

Client: Federation of City Farms and Community Gardens

Supporting teachers and practitioners to use the outdoor classroom as a resource across the curriculum for pupils of all ages.

Project: Helping Old Moat Eat (HOME)

Client: Manchester City Council

Addressing food poverty within a South Manchester estate through community engagement and activities promoting growing your own food and healthy eating.

Project: Green Minds

Client: Manchester Health and Care Commissioning

Growing Food in North Manchester General Hospital and supporting community gardens to work people with mental ill health in north Manchester.

Project: Allotment of the Future

Client: Marketing Manchester

Developing an innovative solar powered hydroponics system for the Manchester European City of Science 2016 programme.

How to get involved

With your help we can build a healthier, greener city.
Somewhere that's full of beans. The kind of city you
want to live in.

Get in contact to find out how we can get growing together.

Web. www.sowthecity.org Tel. 0161 465 6954
Email. info@sowthecity.org Tweet. @SowtheCity

Our clients and partners:

