

SEED TO PLATE

What is Seed to Plate?

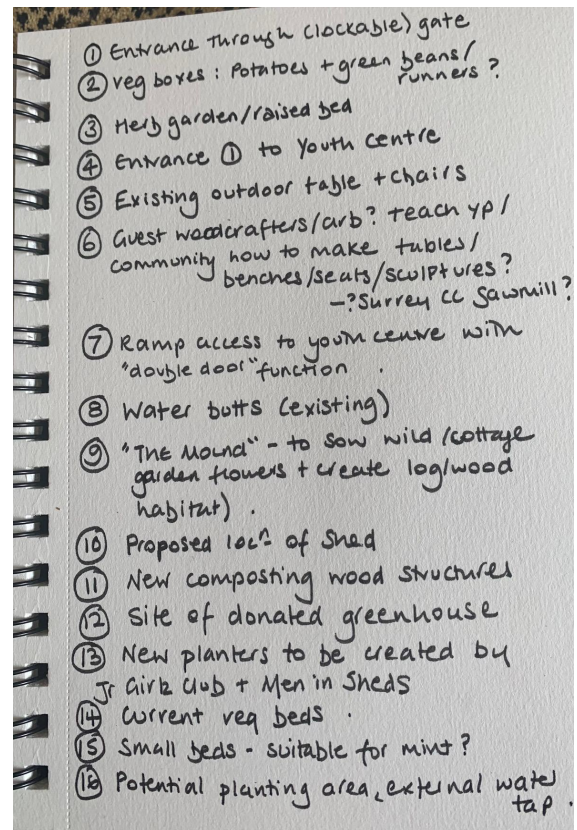
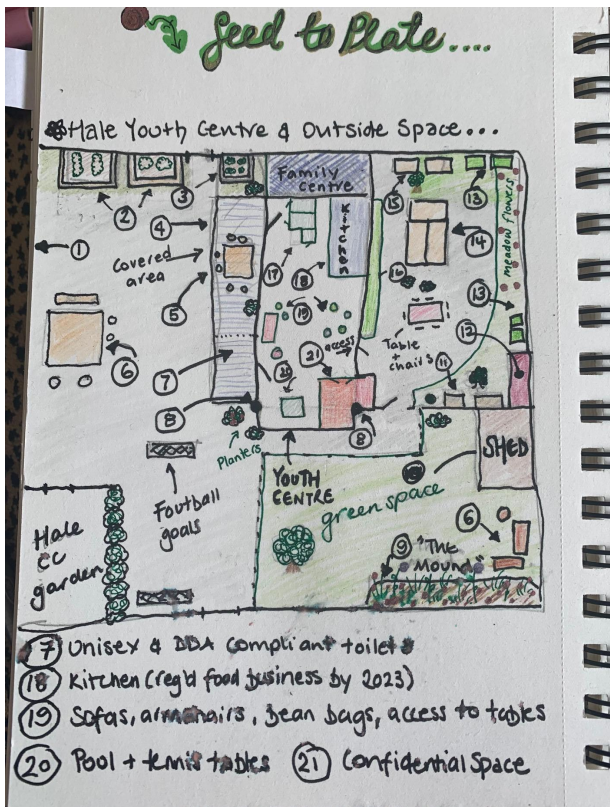
- The overall aim of 'Seed to Plate' is to create an outdoor space at Hale Youth Centre where young people can learn to grow their own produce from seed, get involved in outdoor activities, be involved with landscaping and learn about the natural environment.
- The sessions will be delivered both as part of our current youth club sessions (evenings) but also offering the opportunity to attend with volunteers in the day time (particularly if someone is not currently in education, employment or training) and during school holidays when they will have the opportunity to help out with community volunteers.
- Young people will have the opportunity to learn how to cook what they have harvested in our accessible kitchen, making the produce part of a healthy, nutritious meal, and being able to take home any surplus to their families.
- We aim to encourage volunteers from all walks of life to help with both the gardening and cooking elements of the project. This will help us to create a cross-generational project where everyone in the community is learning about, and supporting each other in a kind and safe environment.

- We aim for this project to raise aspirations and inspire young people as well as reducing the sense of social isolation and creating a sense of belonging. A lot of this process is built around raising self-esteem, encouraging self-care and developing trusting relationships. Seed to Plate will not only enable us to support this development for young people but will enable them to feel part of the wider community and be inspired by the volunteers who are supporting them to learn new skills.
- We also hope that through connecting with local specialists such as wood crafters and arborists we will be able to teach young people how to make sculptures from wood and create pieces for the outside spaces.
- There are 4 main themes to our project - Sustainability, Education and Wellbeing, Environment and Aspiration.
- **Sustainability:**
 - We are aiming to create a Share and Swap scheme in the local community, encouraging people to share seeds, open bags of compost and garden goods for example.
 - By encouraging use of the space by other groups and extending our volunteer database we will not need to rely so heavily on fundraising for core costs and equipment and we can generate even more ideas to help our services grow!
 - We will actively encourage recycling and upcycling
- **Education and Wellbeing:**
 - We are committed to educating young people in a non-formal way and enhancing their wellbeing and sense of belonging
 - We hope that Seed to Plate will also help us in our pledge to support tackling loneliness. Through opening up this

project to the wider community and encouraging adults to help share their skills and experiences with young people, we can help to break down generational barriers and encourage an enhanced sense of community.

- Our current volunteers have reported how beneficial volunteering with us is on their mental health and wellbeing and reducing feelings of isolation, especially for those who work from home or live alone.
- Adult volunteers will be able to have other adults to talk with, a sense of making a positive impact on others and hopefully improved mental health and an enhanced sense of wellbeing.
- Whilst those adults who choose to come along and help with gardening at the youth sessions will be mixing with young people and other volunteers/staff, there will also be opportunities for adult volunteers to help in the gardens during the day (if you do not yet feel confident enough to work with young people or are only available in the daytime). This will provide opportunities to socialise with other like-minded individuals, meet new people and hopefully forge new friendships.
- With our close proximity to Hale Community Centre, you will also have access to the many services the fabulous team provides, including the Community Cupboard and Fridge, Community drop-in, arts and crafts workshops and special events.
- The impact of the covid pandemic and lockdowns has had such a detrimental impact on so many people, leading to increased feelings of loneliness and increased anxiety and poorer mental health. We feel that Seed to Plate has the potential to bring people together in a positive and healthy way and redevelop a sense of community.

- We want to create a safe space for the whole community and feel that this project will support people from all walks of life in developing a sense of belonging, providing somewhere safe and warm to go, help toward improving everyone's mental health and wellbeing and creating something really special.



- **Environment:**
- We will encourage young people to walk or cycle to the Centre
- We are conscious of our responsibility to the environment and we are committed to reducing our environmental impact, recycling and upcycling wherever possible. Some of the other ways we plan to look after our environment include;
- Using logs/branches to create habitats for insects and attract birds
- Maintaining trees

- Wild flowering to attract bees and butterflies
 - Creating vegetable/herb gardens
 - Making our own suet feed for birds
 - Compost bin for appropriate food and garden waste
 - Use of water butts
 - Reducing, recycling and reusing wherever possible
-
- **Aspiration:**
 - Through sharing stories, skills and experiences we aim to inspire young people, raise aspirations and help build their confidence so they can have the very best future.

Helping our garden grow...

Who we are looking for to join our lovely voluntary team...

Volunteer roles we are looking to fill:

Administrative roles:

Project Coordinator*

- We are looking for a well organised and approachable person to take day to day control of the project. You will work closely with our Lead Youth Worker to ensure the vision takes shape over the initial six months and ensure that targets are met and plans are kept to. The role will also require providing some data analysis and information for reporting.
- You will be responsible for looking after the volunteer administrative team - including the Volunteer Mentor, Volunteer Coordinator, Marketing and Community Outreach
- Completely flexible hours, work from home or from the centre when space allows.
- Regular (monthly) meetings with Lead Youth Worker

Volunteer Mentor

- Providing a friendly listening ear, advice and a cuppa to all members of the volunteer team

Volunteer Coordinator

- Coordination of the volunteer team
- Ensuring all sessions covered
- Tracking progress
- Collating journals, testimonials, feedback, evaluations from volunteer team
- Volunteer consultation
- Providing reports

Marketing/PR*

- Social media presence - raising and keeping information relevant and up to date
- Awareness raising amongst other groups/orgs/agencies
 - adult social services, care homes, PRUs
- Attend networking meetings (possibly)

All administrative roles will be supported by the Lead Youth Worker for Hale Youth/Community Centre. All roles can be worked from home or at the centre when space allows. All reasonable expenses incurred for work carried out on behalf of Hale Youth Centre will be reimbursed along with mileage/travel.

To find out more please email:

youthlead@halecommunitycentre.org.uk or fill in the expression of interest form (also available at Hale Community Centre reception).

Copies of this form are also available in digital format, in large print and audio description. If you require any of these formats please email:

youthlead@halecommunitycentre.org.uk

Practical/hands on roles at 'Seed to Plate':

- Allotment growers*
- Equipment maintenance*
- Grass cutting/stripping/raking/clearing*
- Weeding*
- Makers of chutneys/jams/pickles
- Good (frugal!) Cooks
- Planting*
- Plants and Seeds Schedule Planner*
- Watering*
- People who are good at wood carvings or making furniture from random logs!
- Horticulturists*
- Keen amateur gardeners*
- Environmentalists - To help us keep our outside space as environmentally friendly as possible. Promoting composting, creating log habitats, creating wildflower area and meadow turf, encouraging reducing reusing and recycling. Encouraging ways to be more aware of climate change and its impact and how we can encourage organic, sustainable growth in our gardens.

Some of our volunteering opportunities involve working with young people, others don't and it is entirely up to you to come along when you feel most comfortable. If there is a * next to the role listed you do not need to work with young people in this position.

The gardens are usually available for weeding, watering, general maintenance and pottering about in the daytime between 9am and 3pm - just pop along to the Community Centre and someone will let you in. If there is a group using the centre please seek their permission to work in the gardens during their session. If they prefer you not to undertake the work that day please come back later in the day or in the evening. A full list of when there are groups in the centre will be available on our facebook page.

Anyone who helps during our youth club sessions will require an enhanced criminal record check in order to keep everyone feeling safe. We will cover the cost of this as well as providing access to training and support.

We would love it if you could get involved in helping us monitor the projects successes, challenges and achievements. To help with this we will provide:

- The opportunity to keep a journal about your experiences and the impact on your wellbeing
- The opportunity to see how things in your life may have improved for you - this could be your confidence, you've made a friend, or you feel good about doing something for your community. We will ask you questions every few months to check that things are working out well for you, as well as finding out how we can make things even better
- 6 monthly feedback forms so that you can let us know your ideas and how we can make improvements as well as letting us know what you have enjoyed and how you would like to develop
- The opportunity to get involved in local community events
- Additional volunteering opportunities at Hale Community Centre

What to do next?

To find out more please email:

youthlead@halecommunitycentre.org.uk or fill in the expression of interest form (also available at Hale Community Centre reception).

Copies of this form are also available in digital format, in large print and audio description. If you require any of these formats please email:

youthlead@halecommunitycentre.org.uk

Seed to Plate - Volunteer Expression of Interest

Your name	
Your mobile phone number	
Your email address	
Areas you are interested in helping out with - please give as much detail as possible	
Any other information you would like us to know	
Thank you for your interest. We will be in contact as soon as we can to arrange a chat.	