

# VOLUNTEER AND SUPPORT YOUR LOCAL FOOD GROWING HUB!



**Help grow fresh produce which will be shared and distributed to those in need in Luton. Get involved with a range of activities to support our hubs such as food growing, gardening, cooking and more!**

**Drop in sessions are weekly starting WC 19 April 2021**

**Mondays at 10:30am, Memorial Park Hub (Memorial Park, West Hill Road, LU1 3LZ )**

**Thursdays at 1pm, Farley Food Growing Hub (St John's Church, Rotheram Avenue, Farley Hill, LU1 5PP)**

- All abilities welcome
- All resources provided by Groundwork staff
- Get out and meet other members of your community
- Learn new skills - training will be provided

**Interested? See overleaf for more info! Contact us on  
01582 720147 or [molly.rice@groundwork.org.uk](mailto:molly.rice@groundwork.org.uk)  
<http://bit.ly/lutonhubs>**

[www.groundwork.org.uk/east](http://www.groundwork.org.uk/east)

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## Why volunteer?

- ✓ Try something new
- ✓ Benefit from being outdoors
- ✓ Improve your health and wellbeing
- ✓ Gain new skills and experience
- ✓ Help feed families in your local community
- ✓ Make new friends

## Volunteering roles include\*:

### Role 1 - Food growing & gardening

- Sowing seeds
- Weeding and watering
- Harvesting crops

### Role 2 - Garden maintenance

- Mowing and strimming grass
- Digging over growing beds
- Adding compost and manure to beds

### Role 3 - Cooking

- Take part in a range of cooking activities
- Learn new recipes
- Support others to make simple meals

### Role 4 - Food gathering and distribution

- Help to collect food from those who have surplus
- Take fresh food to food banks or shelters
- Donate fresh fruit and veg to our hubs for distribution

### Role 5 - Other activities

- Help out by assisting to set up or lead events
- Help out with planning tasks at the Groundwork office
- Assist at holiday hunger summer holiday schemes

### Role 6 - Be a volunteer champion

- Lead activities and initiatives at our food hubs
- Lead ongoing gardening sessions at the hub
- Lead cooking sessions at the hub

*(training provided including first aid and food hygiene)*

*\*Tailored to suit all ages and abilities*

The food growing hub gardens support Luton residents to learn to grow, harvest and cook with fresh produce. Groundwork delivers a variety of activities including: gardening tasks, meal planning, cooking and nutrition. Hub gardens also host a number of community events throughout the year. Fresh produce grown in the hubs is redistributed within the local community and used to enrich local crisis and destitution services and within local children's holiday hunger services. Our hubs provide the opportunity to learn new skills, meet new people and make a contribution to supporting people who experience food poverty.

**All of our hubs are open from April to October at the following times and locations:**

**Mondays at 10:30am, Memorial Park Hub** (Memorial Park, West Hill Road LU1 3LZ)

**Thursdays at 1pm, Farley Food Growing Hub** (St John the Baptist Church, Rotheram Avenue, Farley Hill, LU1 5PP)

**Let us know if you're interested, we would love you to get involved!  
Contact us on 01582 720147 or [molly.rice@groundwork.org.uk](mailto:molly.rice@groundwork.org.uk)**