

## How do I get involved?

If you are interested in referring a family, or would like to refer your own family, please contact one of the family mentors:

**Andrea Dawson:** 07827804596  
[andrea.dawson@lat.org.uk](mailto:andrea.dawson@lat.org.uk)  
(for south London enquiries)

**Sherry Keys:** 07827938442  
[skeys@lat.org.uk](mailto:skeys@lat.org.uk)  
(For north London enquiries)

We are open to referrals from any agencies working with disadvantaged beneficiary groups and can also take self referrals.

We are also looking for **volunteers**. If you would like to apply contact **Karen Quallo** on 020 7793 0842 or [karen.quallo@lat.org.uk](mailto:karen.quallo@lat.org.uk)

LONDON **action** TRUST

## Who are London Action Trust?

LAT works to break the cycle of offending and create safer communities. We provide support, guidance and rehabilitation to prisoners, ex-offenders, those at risk of offending and grass roots groups working at the frontline of community safety.

For more information please visit [www.lat.org.uk](http://www.lat.org.uk)

### This project is funded by the Big Lottery Fund

We are very grateful to have received donations from the following companies: Sloane Scaffolding, Gardman Ltd., J.D Scaffolding, Harris & Bailey Ltd Builders Merchants of Croydon, Surrey

Further thanks go to our celebrity chef patron: Paul Merrett, and Barnet, Enfield, Lewisham and Sutton Councils.



# Allotment Learning Project

A gardening project for disadvantaged families.



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LOTTERY FUNDED



## What is the Allotment Learning Project?

The Allotment Learning Project is funded by the Big Lottery, and open to disadvantaged families.

We aim to encourage both healthy eating and family cohesion by enabling families to learn and grow together. We provide all the tools, seeds, plants and training necessary for families to grow their own produce and will support each family unit with a Family Mentor and volunteers.

Our partner organisation **Groundwork** deliver our horticultural training.

## Where are our sites?

We currently have plots in:

- Lewisham (SE6)
- High Barnet (EN5)
- Enfield (EN3)
- Sutton (SM6)
- Lambeth (SE21)

We recommend that our participants live nearby the sites (i.e. a walk or bus journey away).

## How do we classify 'disadvantaged?'

A disadvantaged family may be one where one (or more) of the members are/have:

- Ex-offenders
- Single, Low Income Parents
- Long-term unemployed
- Refugees or Asylum Seekers
- Victims of Domestic violence
  - Mental health issues
  - Learning Difficulties

**All beneficiaries will be subject to a risk assessment to ensure suitability.**



## How will I, and my family, benefit?

There are many gains that this project offers you and your family. They include:

- Saving money by growing your own fruit and vegetables
- An opportunity for the family to do something constructive together.
  - Learning new skills: Horticultural Training for the adults, and learning opportunities for the kids.
- The chance to meet new people and to take part in our celebratory events.
- Getting fresh air and spending time outdoors being active.
- Improving your family's diet by eating more fruit and vegetables and greater awareness of nutrition.