

How long have you lived in the local area?

10 years.

What gardening/ 'growing your own' did you do before having a plot?

Grass cutting and a few plants and bushes.

Why did you want to become involved in the allotments?

When we started I was living in a flat with shared garden space and I wanted my own area to grow some vegetables.

What impact has the allotments had? Please comment on your health and well-being, socially/friendships made etc, environmentally?

With the allotments being brand new last year they needed a great deal of work and I was probably doing about 20 hours of hard labour a week from a starting point of zero. This certainly improved my fitness massively and also allowed an additional weight loss and the constant feeling of happiness at actually achieving targets.

The majority of plot holders are very friendly and are all keen to swap advice and help each other out.

It has been great to see a plot of land that had been left to go to waste being transformed into such a productive and green environment.

Would you recommend to others becoming involved in allotments?

Yes.

Hopes for the future?

On a personal front that I will continue to derive great pleasure from working the land and reap the benefits to my health and well-being.

As a group, that we further involve the local community in the areas set aside for them and continue to encourage youngsters to get involved and learn to appreciate growing.