

Hi,

Just a quick email to let you know about our plans for Community groups at Cusher Meadows Allotments outside gilford.

We started renting allotments last year and have around 12 people working in their own plots. We also have a mental health group who work together as a group to grow fruit and veg to sell in their cafe and plants for hanging baskets.

We have seen the health benefits of individuals and the group in their work and many chats they have as its turned into a more of a social group with sheds gatherings for morning coffees etc.

We have people with all different trades and ages who have re used wood to build sheds and polytunnels and grow many varieties of plants, veg and flowers. It has brought some retired people out of their homes and given them a purpose everyday. We would like to start a mens sheds type group which allows men to socialise and plan various activities eg Lurgan mens shed collect broken furniture from charity shop and fix up, Armagh mens shed grow veg and create benches & table from wood. Some men just like to call in for a chat.

Although people will say they have space to do it at home, it's more about keeping people fit, eating healthy, keeping busy and socialising with like minded people. Its a place to bring the family for a bbq or relaxing. There are many who are in isolation in our community who would greatly benefit from our community but I wouldn't know who they are how to contact them.

At the moment each plot holder grows there own, but we are thinking of starting a few projects this year where groups can work towards a common goal such as:

- growing veg for food banks/local people
- building community gardens together for families to enjoy
- growing fruit for jams to sell
- setting up market days to sell your produce on site.

- outdoor bowling green

- flower growing (for arranging or gifts and personal use)
- growing shrubs for hanging baskets
- creating herb gardens
- creating quiet garden space for use
- We are open to many project ideas.

We are also a non profit making group and would like most of all to help those in need. The groups that you have already established could also take on a plot by themselves or the Church as a whole and use it for several of your own activities. Please call down anytime and have a look at what others have achieved.

If you would like to look through some photos you can find them here [www.facebook.com/cushermeadow](https://www.facebook.com/cushermeadow) or twitter  
@cusher\_s

You would be very welcome here.

Hope to hear from you soon

Kind Regards,

Julie Redpath

07736674935