



Hope is a long established Northampton based charity tackling poverty and homelessness. Every day we feed hundreds of people and use food as the cornerstone of a range of services to help people to escape poverty.

For most of our 47 year history, we have fed people using donations from the wider community, including business. This has included fresh and healthy vegetables and fruit, but often this has been

end of date produce alongside sometimes variable quantities of fresh salad and vegetables. Hope's gardening project is an ambitious attempt to grow a sizeable quantity of fresh veg ourselves, especially salad, to stock support Hope's key services, our programme for the homeless and in need, and our foodclub or food pantry for people on low incomes.

The primary aims are these:

- To improve access to healthy veg and fruit to people on low incomes
- By doing so, improve diet and health
- To give opportunities for people to participate in the benefits of practical horticulture, to gain skills and improve health

However there are several secondary aims:

- To offer training and skills opportunities in horticulture for those who are unemployed
- To reclaim neglected urban land, building community growing project which benefit the wider community
- To reduce food miles
- To improve the local financial economy by circulating funds locally
- To contribute to a wider sustainable food strategy in Northampton
- To offer therapeutic gardening to people in need
- To educate people on the benefits of growing veg themselves, including children

As well as growing veg, the project also maintains some urban gardens for community use, and provides a service to public sector groups and individuals in terms of landscaping and garden management.

Examples of similar projects include: <http://www.capitalgrowth.org/>
<https://www.cfgn.org.uk/how-we-work/our-members/>

The theory behind this kind of work can be found here:

https://www.gardenorganic.org.uk/sites/www.gardenorganic.org.uk/files/GrowingHealth_Benefit_sReport_0.pdf
<http://www.ucl.ac.uk/ucl-press/browse-books/sustainable-food-systems-the-role-of-the-city>

For more about our project, see our website:

<http://hopeenterprises.org.uk/Content/Page32.aspx?PageId=519&PageTitle=Other%20Hope%20Services>