



## Interesting links

Scottish Universities Insight Institute's has run a programme called Community Gardens Beyond Communities. It focused on the role of community activism around the world in addressing climate change and related challenges faced by urban centres. You can <u>read their beautifully illustrated</u> report and watch videos about all the community food growing projects.

<u>Moments of Freedom</u> is a community organisation for new Scot women to come together to make connections, share their skills and shape their local community. This organisation shows how being part of a community that has a say in how the shared spaces are shaped empowers people. Gardening and food paid a vital role in creating this community.

<u>Trellis</u> is Scotland's network for therapeutic gardening. If you're interested in this topic or already involved in a project connected to it, you will find something of interest, whether it be training, funding, events, networking opportunity, volunteer or paid roles, or a project near you.

We all love connecting with nature and our local area, and one of the best ways to do it is to explore a place. The <u>Slow Ways</u> shows you a network of walking, cycling, wheeling routes connecting Great Britain.

<u>Living Streets</u> advocates walking and all the positive effects that come with it, such as lower air pollution and better physical health. Did you know that 1 in 6 premature deaths in the UK is attributed to physical inactivity but physically active people report being happier, less anxious, and have a stronger sense of social integration?

<u>BBC Radio 4 - Wasteland by Oliver Franklin-Wallis</u> is a podcast on, well, waste produced by humans. You can learn about the surprising legacy of rubbish, recycling plants, and how it affects marginalised communities.



## Food – all about community food growing

<u>Social Farms & Gardens</u> is a UK wide charity supporting communities to farm, garden and grow together.

<u>Scottish Allotments and Gardens Society</u> is a national charity that represents allotments and community gardens in Scotland. They promote the health and wellbeing, financial and environmental benefits of allotments and community growing and provide information and support to members and lobby policymakers. Be aware that SAGs has disbanded as a charity. However there are still lots of useful resources on their website so it's worth a look!

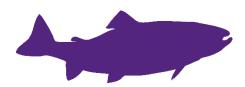
The <u>Sustainable Food Places Network</u> brings together food partnerships across the UK that are driving innovation and best practice on all aspects of healthy and sustainable food. This partnership programme is led by the <u>Soil Association</u>, <u>Food Matters</u> and <u>Sustain</u>.

The <u>Community Food and Health</u> project is working with the Scottish Government and community food networks to plan how the community food sector can be supported in the future. As part of this, they also work with allotments and community gardens to <u>Grow, source and distribute</u> healthy food. You can find some useful links on their website.

A lot of you are interested in foraging as a way to connect people with nature. <u>The Association of Foragers</u> is an international professional foragers association, promoting considerate foraging, nature connection and ecological stewardship through teaching and harvesting. In the <u>Directory</u> you can search for expert foragers.

<u>GetGrowing Scotland</u> supports people to grow food by providing inspiration, advice, connections and ongoing support, whether they grow food on a windowsill, small garden or a farm.

The Marine Conservation Society developed that <u>Good Fish Guide</u> phone app that helps you to make ocean-friendly choices about the seafood you buy. The latest data shows that only 13% of the ratings for UK fisheries are environmentally sustainable.









Nextdoor Nature is bringing communities together to help nature flourish where they live and work! Thanks to £5million funding from The National Lottery Heritage Fund, Nextdoor Nature will provide people with the advice and support they need to help nature on their doorstep and leave a lasting natural legacy to mark The Queen's Platinum Jubilee.