



# A Manifesto for Glasgow's Allotments

## **Wellbeing: *A Healthier City***

Glasgow Allotment Forum's primary aim is to promote the value of allotments together with the purposes and needs that plot-holding serves for our members and their local communities. Although growing food is an important element of their activity many ploholders also value the contribution that plot-holding makes to their psychological and physical well-being. Plots provide access to a quiet, green space in which people can be creative, productive and active. Many ploholders value the autonomy and freedom from stress they experience in designing and maintaining their own gardens.

## **Inclusion: *Resilient and Empowered Neighbourhoods***

Well run allotment sites foster inclusion. They create communities of a type, and on a scale, that encourages interaction – one Iraqi ploholder remarked, "It reminds me of my village." For those suffering from social isolation allotments provide a shared practical focus that engenders conversations and exchanges. Most sites have communal plots with schools, NGOs and self-help groups being ploholders in their own right. Sites currently provide outdoor learning opportunities for young people, enjoyable experiences for people with dementia and a safe, therapeutic space for those struggling with a range of health and social issues.

## **Green Practices: *A Sustainable and Low Carbon City***

There is a strong commitment to sustainable practices in the allotment community. Improving local bio-diversity, expanding organic food production and recycling/upcycling are all key activities. Wildlife areas with ponds and native plants are evident on many sites. Bee keeping has become increasingly popular. Allotments have a long history of conserving urban greenspace.

## **Co-working: *A Well Governed City***

GAF looks to the future of urban gardening and the ongoing use, preservation and expansion of greenspace in our City, where allotments are an essential element in local networks for food-growing and place-making. We want to see a strategy for allotments that builds on the momentum generated by recent legislation through participation and inclusion where Council officers and plot-holders work together to ensure that allotments associations are run effectively to serve all their members and provide support for developing and maintaining the value of greenspace for their local communities.