

What is the Sowing Seed Project?

As part of its Ecotherapy Programme, Barnet Refugee Service has now managed to gain access to an allotment, a piece of land used to grow any fruit or vegetables, specially for refugees and asylum seekers so they can take advantage of all the benefits allotment gardening brings.

Ecotherapy is the name given to a wide range of programmes that aim to promote good mental and physical wellbeing through outdoor activity in a green environment.

Community allotments are setup for many different reasons, but producing vegetables, fruit, herbs and flowers can easily merge with social, educational and environmental ambitions and aspirations.



What do I get out of it?

Our Sowing Seeds project offers a way for a broad mix of people to work together, sharing tasks and skills encouraging integration. It also creates opportunities for extra benefits such as improving mental health, tackling isolation, educational workshops, social gatherings and enjoyment of landscape and nature.

We will run two sessions per week where all the participants will get a chance to:

- Do some exercise and reduce stress
- Spend time outside enjoying nature
- Improve their English language and integrate
- Socialise and Learn new skills
- Give their mind to do something positive to focus on



What activities are on offer?

We will run different educational workshops throughout the year.

Apart from gardening, there will also be an opportunity for the participants to cook a traditional dish at each session which will be shared amongst all. All the recipes will be collected and produced as booklet for all to share.

