

Sanctuary21 Community Kitchen Garden Project

Days the sessions will be held

Monday 10.30 am -2.00pm

Wednesday 10.30 am-2.00pm

Friday 10.30 am- 2.30pm

Further Information

Sanctuary 21

If you are available in the week why not call into The Salvation Army's Sanctuary 21 Cafe for coffee, tea and light refreshments. We serve from 10.30 – 2pm. There is also available a prayer room for quiet reflection. If you are interested in volunteering opportunities at S21 please contact Darryn @ S21 49, Saddler Street, Durham. Tel: 07475 640100

email: sanctuary21@salvationarmy.org.uk

Registered Charity Numbers: 215174 and 214779 (England and Wales); SC009359 and SC037691 (Scotland); and CHY6399 (Republic of Ireland)

Sanctuary 21



The Salvation Army
Durham City Centre, Community
Kitchen & Garden Project

About Us

An exciting opportunity has arisen to involve many of our homeless and vulnerable guests to be involved in creating a Community Garden in our city centre.



We have a back yard which we want to develop and turn into a relaxing and safe haven to provide a place for our guests, volunteers and members of the community to enjoy and where wildlife can come and take sanctuary.

Those involved with the project will be building raised beds from reclaimed wood. To grow a wide variety of fruit and vegetables, along with companion plants, medicinal and culinary herbs, plants to attract beneficial pollinating insects and to learn about edible flowers.

How to use tools and construct raised beds with support.

The Sessions

The sessions will include a timetable to follow:

- Tool safety
- Tool maintenance
- PPE
- Building raised beds and preparing them for planting
- Making bird boxes, insect hotels, trellises
- Planting seeds, bulbs and plants
- Tidying up
- Completing a feedback slip of how the session went
- Cuppa and a chat at the end of each session
- Develop arts and crafts which could be sold at any community fairs held by The Salvation Army
- Plan and prepare a community meal
- Online food hygiene courses
- Supporting individuals throughout each session and provide help filling in their personal journal

Aims

- To provide a safe and supportive environment for our participants to create a community kitchen garden in the city centre
- To help to improve their physical and mental health
- To grow and produce some vegetables to use in the cooking of the community meals once the garden has established
- For participants to learn new skills that will transform their lives
- Everyone gets their own personal journey journal to record their own achievements
- Encourage new volunteers
- Participants to have access to food hygiene online courses
- To improve self-esteem and self confidence

Benefits to the project

- Structure and routine
- Stability
- Improve mental and physical health
- Gives the individual a sense of pride and achievement
- Being able to provide for themselves and their community
- Having a place that welcomes and supports them no matter what path of life they are walking on when joining.
- Strengthening community ties
- Provides a sanctuary for people and nature to grow together