

Core Activities



GTL a volunteer-led charity, is a vibrant, resilient community of asylum seekers and refugees centred around our flourishing allotment in Levenshulme.

Our primary goal is to enhance our participants' mental and physical well-being through a range of supportive and engaging activities. Our thriving allotment serves as a sanctuary where participants can connect, grow, and heal together.

Gardening Sessions:

- Frequency: Three therapeutic gardening sessions weekly, each lasting 1.5 hours.
- Participation: 10-35 participants per session, approximately 50 per week, and 150 per year.
- Activities: Participants can join activity groups, lead sessions, or enjoy solitary gardening. Weekly communal meals are cooked and shared by participants, fostering a sense of community and belonging.

Art Classes:

These weekly classes have become a popular fixture, with plans for an exhibition to showcase the beautiful works created by participants.

Events:

Designed by our Steering Group, events such as summer trips, open days, and garden parties promote community engagement, reduce isolation, and build pride in our shared space. These events typically attract ~75 participants, with our open days drawing around 100 attendees, including local residents.

To get involved with GTL, Please Follow us on social media and for donations contact us with the following email address.



Levenshulme Allotment, Highfield Rd, M19 3JX



Email address: growingtogetherproject@gmail.com

Support:

Our People Support Team provides emotional and practical support, assisting participants in navigating essential services such as healthcare, housing, and education. This support is available both at the garden and over the phone, helping around 80 participants monthly. Our approach fosters peer support and advocacy, breaking down barriers to accessing vital services.

Therapeutic Activity Group:

Using the Tree of Life model, nature based mindfulness session and events at Highfield park to help the participants build on their strengths, reduce stress and connect with nature and each other, enhancing their overall wellbeing.

Giving Back Project:

This initiative allows participants to support other organizations by renovating their green spaces. These sessions are attended by ~15 participants and ~5-10 people from the supported organization, fostering a sense of purpose and community contribution.



Growing Together Levenshulme