

Growing Upwards!

How to get growing once you leave school:
Post-16 options for young people



By Emily Stewart-Rayner, Allotment Officer for Norwich City Council &
George Bates, Wildlife Conservation Undergraduate student



How to find your own plot

Contact your local authority. In Norfolk, our allotments are managed by parish, town, district, borough and city councils.

For example, in Norwich you can apply at www.norwich.gov.uk/allotments. If you're not sure who your local authority is, try the search at www.gov.uk/apply-allotment to find out who manages plots in your area. The [Green Care Hub](#) also

has information about non-local authority allotments in East Anglia. Most sites will have a waiting list so join up as soon as you can. There's currently a big demand for plots meaning you usually have to wait at least 6 months to be offered a plot, and in some areas where demand is high the wait can be as long as 18 months!



Getting set up on a plot

So, once you get your plot, what next? Be realistic about what you want to achieve with the time and equipment you have. The most important thing to start with is to visit your plot and see what condition it is in. Plots are likely to be overgrown when you first take them on, so think about how you can clear the area and manage what is already on the plot to help you get growing.



Tool sharing

When you start out on your own plot it's a good idea to borrow tools and ask for help from friends, family, or other plot holders who might be able to help with the initial clearance. Some site associations and groups have a communal strimmer which you can hire out or which someone else can come and use on your plot. Check your site notice board or communal hut, as well as using online resources such as www.lumi.org.uk.





What next?

Once you've done the initial clearance it's really important to keep on top of all the hard work you've done as during the growing months it won't take long for unwanted plants to grow back. Why not consider covering some of the areas you're not yet ready to dig over and plant up? This will help suppress new growth while you focus your energy on a manageable area of your plot for the first year.

Using a No Dig approach can also be a great way to help you manage areas which need covering and will then provide you with a ready to go area to get growing.

Growing opportunities

If you want to get started sooner, you could always join a group plot while your application for an allotment goes through. Community or association run allotment plots are also a great way to help out a local community and you get to meet other growers, and can be an alternative if you don't have the time to commit to a full plot of your own.

Some examples:

Norwich City Council Groups and Associations

Grapes Hill Community Garden (Norwich)

Marlpit Community Garden (Norwich)

Norwich Farmshare

Empty Common Community Garden (Cambridge)

Midsummer Common Orchard (Cambridge)

Cambridge Cropshare (Cambridge)

Two Fields (Stowmarket)

Diss Community Farm (Diss)

Salle Moor Market Garden (Reepham)

Community Supported Agriculture is another website where you can search for projects local to you that might be looking for support.

Eves Hill Farm (Reepham)

Eves Hill Veg Co (Aylsham)





Another option to consider is whether something like World Wide Organic Farmers might be good for you? Here you can stay on a smallholding or farm and help out for a specified amount of time and are usually given accommodation or some other form of support for the help you provide. If you have a specific interest in a particular way of growing this might give you a great opportunity to get some more experience, but would be more intensive and would more likely to be with a smaller group of people.

Museums and groups such as 'Friends of ...' groups and charitable groups might also have growing opportunities which could be worth exploring. For example Gressenhall and the Museum of East Anglian Life have opportunities to get involved with learning about traditional growing techniques. Wildlife Trusts and nature conservation groups have opportunities to help actively manage their sites which could also be a route to explore.

There are so many great opportunities for you to share the knowledge and experience you've gained- so get out there and keep growing!



Farmer Jeremy Buxton at Eves Hill Farm

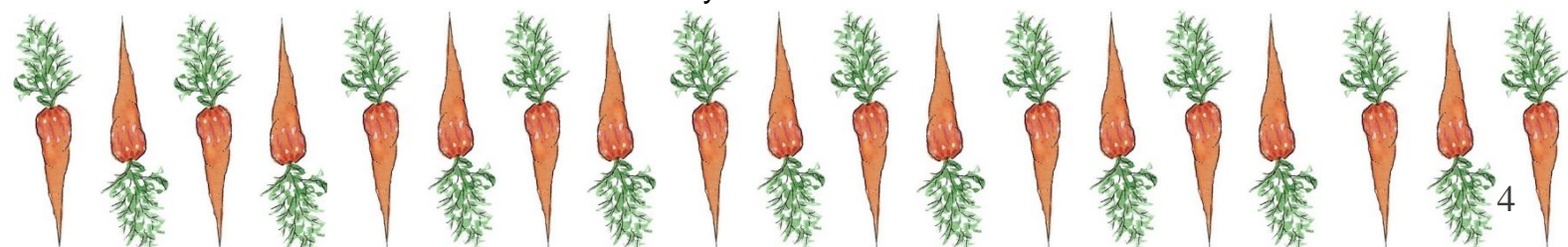


Table of Courses and Educational Opportunities that relate to The Papillon Project for 2021-23

Course Title	Course Type	Institution	Location	Link to Webpage
Environmental Sustainability	Undergraduate	University	England	Click here
Environmental Science				Click here
Sustainable Food Production				Click here
Agriculture				Click here
Horticulture				Click here
Education and Biology				Click here
Education and Geography				Click here
Geography				Click here





Course Title	Course Type	Institution	Location	Link to Webpage
Biology	Undergraduate	University	England	Click here
Ecology and Conservation				Click here
Wildlife Conservation				Click here
Sustainable Development				Click here
Mental Health and Wellbeing				Click here
Wellbeing and Nature Connection Courses	Any Stage	Outdoor Tribe	UK	Click here
Therapeutic Gardens, Green Care	Any Stage	Thrive	UK & Online	Click here
Online Permaculture Courses	Any Stage	Permaculture Association	Online	Click here

Course Title	Course Type	Institution	Location	Link to Webpage
In Person Permaculture	Introduction to Permaculture	Permaculture Association	UK	Click here
In Person Permaculture	Design Course (PDC)	Permaculture Association	UK	Click here
In Person Permaculture	Specialist Courses	Permaculture Association	UK	Click here
In Person Permaculture	Forest Gardening	Permaculture Association	UK	Click here
Agriculture, Animal Care	Apprenticeship	Government Apprenticeships	Postcode dependent	Click here
Agriculture, Animal Studies, Forestry, Countryside Management, Horticulture, Garden Design	16-18 School Leavers	Easton College	Norfolk, UK	Click here
Inclusive Learning Opportunities	16-18 School Leavers	Easton College	Norfolk, UK	Click here

