

## Ongoing Events

Our allotment site holds a range of events throughout the year, including;

- Seasonal produce sales, both on site and in the SEFF Lisnaskea office
- Christmas Sale and fundraiser
- Allotment Open Days and BBQs
- Tailored health and wellbeing workshops and courses, both for our allotment holders and the wider SEFF membership
- Ad hoc growing and preparation tips and support, both through social support and access to purpose-run workshops
- Tours to the site for external organisations - phone the SEFF office for further information or to arrange a visit

There is a mobile unit available for meetings, training, workshops, and general use on an ad hoc basis. Please call the office for more information and for current hire prices.



Malcolm and George from SEFF's Community Allotments Project passing on their horticultural knowledge to the current generation c/o Aghadrumsee Primary School.

Many of the kids claimed not to like gardening nor

eating vegetables - safe to day that there are now many converts.

Our Schools outreach programme is so very important to SEFF.



Malcolm Glenn and other Allotment volunteers regularly exhibit produce at Agricultural and other Country Shows and have won many prizes over the years.



### SEFF - Supporting, Empowering, Fair and Focused

Formed in Fermanagh on 15th August 1998 (the day of the Omagh Bomb), SEFF is a charity working with and on behalf of innocent victims and survivors of terrorism and other Troubles-related violence irrespective of their denomination or ethnicity across Northern Ireland, Great Britain, and the Republic of Ireland.

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#### Social Media:



SEFF Victims and Survivors



SEFF Lisnaskea (Community)



@SEFFLisnaskea



SEFF - Originally founded as South East Fermanagh Foundation on 15th August 1998.



## SEFF'S COMMUNITY ALLOTMENTS



### THE COMMUNITY GROWING TOGETHER

**SEFF's Community Allotments site is situated on the Brookeborough Road on the outskirts of Lisnaskea.**

**The site was first developed in 2010 and has grown significantly over the years; there are now over 40 allotments plots, raised beds and poly tunnels which are leased out to allotment holders from the local community.**

SEFF is a Company Ltd by Guarantee (NI606566) and is also registered as a Charity (NIC100538)





## About our Allotments

SEFF's Community Allotments Project began as a grassroots initiative, resources were secured for the Project by staff but at an early stage a number of Army veterans within the SEFF membership became actively involved in shaping the Project. This helps ensure that volunteers and members are at the heart of decision making.

Horticultural therapy has become a recognised therapy method in recent years, and our veterans were standard bearers for this approach before anyone was ever recognising the therapeutic value of such interventions.

Allotments provide a unique opportunity for families and friends to come together socially and, in an age of convenience foods, we are especially keen to see young people being introduced to the art of growing fresh produce, which was a common and necessary way of life for their forebears.

For further information on obtaining your own plot or to visit our allotments, please contact our main SEFF office to request your details are passed to our Allotment Coordinators.

## Benefits to Growing

There are many benefits to tending to an allotment, including;

- Socialisation - our allotment holders come from a range of backgrounds, ages, and abilities
- Promotes good physical health - tending an allotment for just 30 minutes a day can be as beneficial as doing a low aerobic workout
- Encourages access to fresh country air
- Encourages creativity, through exploration of fruit, vegetable and flower types and colours, some of which may not be readily available in local supermarkets
- Environmentally friendly - some of our allotment holders are keen beekeepers and promote pollinator-friendly growing
- It is incredibly rewarding seeing all your hard work pay off, especially if you can make a meal from it!
- Therapeutic value - allow your mind to switch off and return to the basics of working the land.



## Allotment Volunteers

The allotment site is managed by our Volunteer Allotment Co-ordinators, Malcolm Glenn and Tony Watson.

The site is mostly maintained through volunteers (many of whom are also allotment holders) and who very generously invest their personal time in grass cutting, path maintenance and various other duties that are required.

We appreciate that not everyone can commit to an allotment plot long-term. We will always welcome ad hoc volunteering for events or general routine maintenance.

