



HCGA February Newsletter

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2016 got off to a flying start with our AGM and Stakeholder Meeting in January. Thank you to all those who attended - it was great to see many of you there, celebrating HCGA's achievements in 2015 and looking to the year ahead. We have taken on board the comments and feedback received at the event and it looks like 2016 will be another busy year! **We have many events planned for the spring including our environmental playscheme in the February half term. Please see the events section below for full details.**



Whilst our gardening sessions slowed down in January, HCGA's volunteers kept busy with some day trips across London. These included: visits to the London Sky Garden, Fulham Palace, Gasholder Park in Kings Cross and a wildlife walk in Richmond

Park.



HCGA volunteers enjoying a day at Fulham Palace



**View from the Sky Garden taken by HCGA volunteer
Athur Harris**

**Ben Tish, Executive Head Chef, recently featured
Phoenix School Farm in a recent article he did for
the Independent,**

saying "The vegetables, fruit and honey we serve at
our restaurants are sourced from an organic school
farm in west London's Shepherd's Bush. The vegetable
boxes we receive direct from the Phoenix High
School's unbelievable acre and a bit of inner-city land
are some of the best I've tasted".

[Click here to see the full article.](#)



Ben Tish with students at Phoenix School Farm

EVENTS

HCGA Environmental Playscheme

Wednesday 17th February, 10am-12pm & 1-4pm

Come to the glasshouses for a day of family play activities. Activities include gardening, environmental craft and games. Drop in session, no booking required, suitable for all ages. Children must be accompanied by an adult at all times. All sessions are free but we do ask for a small donation towards materials if possible.

Big Green Local trip to Columbia Road Plant Market & Hackney City Farm

Sunday 21st February, 10am-12pm

Meeting at White City tube station (please bring travelcards if you have them). For more info & to book a place, please contact Liz: email: liz@hcgga.org.uk / call: 07796 367 129

Cleverly Estate Community Event W12

Saturday 5th March, 11-3pm

Grafting workshop - make your own tree

Tuesday 15th March, 10-1pm

Salopian Kitchen Garden, 689 London Road, Isleworth

Learn how to create your own tree – and get to keep it.

Cultivate London, Urban Orchard Project and Abundance are joining forces for this workshop. Just £5 for training, tree and tea. Reservation strongly recommended. For more information please contact Karen - Karen@abundancelondon.com

Easter Event at Batman Close W12

Wednesday 30th March, 2-4pm

The Big Dig at Phoenix School Farm

Saturday 16th April, 10am-4pm

In association with Capital Growth - London Grows. Come and help your local community garden get ready for the new growing season. It's a great way to meet new people, get some fresh air, and learn about food. www.bigdig.org.uk

Walk & Talk - History & Plants of Ravenscourt Park

Saturday 23rd April, 10am-12pm

Meet in front of the cafe in Ravenscourt Park at 10am. For more information please contact Caroline - southwold7@tiscali.co.uk

May Madness on Starch Green

Saturday 7th May, 11am - 3pm

Starch Green will be transformed into a farm for the day thanks to Stepney City Farm!



Relaxation Days at Parkview Centre for Health & Wellbeing (Bloemfontein Road)

1st Thursday of the month, 2-7pm

Get a 20 min 'pay what you can' massage or reflexology session while finding out how local services can help you relax and look after yourself, plus yoga from 6-7pm. For more information contact Kim Barclay on 07507844009 or kim@whitcityenterprise.com

Spring/Summer yoga pop-up in Ravenscourt Park

Yoga Fitness London will again be running pop-up yoga classes in the Glasshouses in Ravenscourt Park over the spring and summer, starting in April. There are several classes throughout the week and can be booked online. Visit the website for more details www.yogafitnesslondon.co.uk/yoga-pop-ups/summer-pop-up/

NEWS

We are excited to announce that HCGA have been awarded £2,500 from **The London Borough of Hammersmith & Fulham (in partnership with Western Riverside Waste Authority)** for working to increase recycling among our members and the local community.

We are also pleased to announce that we have been awarded funding from the **Kensington and Chelsea Foundation** and **Westway Community Transport** this summer to run a number of days out for families and the local community.

Congratulations to HCGA volunteers **David Hills and**

Clare Ryland who successfully applied to the **Big Local Community Chest grants scheme** to run some **cycling events this summer!** All the dates for the upcoming cycle rides will be included on our newsletter and events page of the website.



VOLUNTEER SESSIONS

Ravencourt Park Glasshouse volunteer session restart on Wednesday 24th February from 10am - 12pm.

We will now be holding monthly induction sessions for new volunteers or anyone thinking about joining us. This will be an opportunity to find out about our current volunteer projects and how you can get involved, as well as visit our sites.

The next volunteer induction will be on Friday 12th February from 11am to 1pm at our glasshouses in Ravenscourt Park. Please contact Lynne for further details - lynne@hcga.org.uk

USEFUL WEBSITES and RESOURCES

This year we will be creating another Shelf Life display at both the glasshouses and the farm. This project originally developed by the education team at Chelsea

Physic Garden is and a great way of showing where our food comes from and is ideal if you have limited space -

<http://chelseaphysicgarden.co.uk/learning/shelf-life/>

Another good project if you have limited space, which relates to the maths curriculum is Square Foot Gardening, which enables a range of vegetables to be grown in a limited space -

https://en.wikipedia.org/wiki/Square_foot_gardening



We are a charity and donations are vital to the work we do in the local community. If you are able to give a small donation you can do so online [here](#). Thank you.

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