



**Do you enjoy growing and eating fresh food?
Would you like to meet new people?**

Who we are

The Sustainable Living Initiative is a charity based in Norwich. We aim to promote a sustainable way of living through collective practical action. We believe that small-scale action, such as growing fruit, vegetables and herbs on allotments and in our own back gardens; recycling; sharing tools and skills; helping each other; avoiding car journeys, and promoting a sense of community can have a far-reaching effect on natural, as well as on human environments.

Join us

Ours is a very sociable scheme with group training sessions, food-sharing lunches and other group activities. We'll advise you when to harvest your produce, and suggest recipes and tips for storing surplus produce for use in the future. We use only organic methods. Our website www.grow-our-own.co.uk has plenty of gardening information, updates and useful tips for our members.

Plots are available in Bluebell South Allotments and at Marlpit. The Bluebell site also has specially designed wheelchair accessible plots. Residents of Norwich City Council area are eligible to have plots in our Bluebell South allotment site while only those living in Marlpit, Larkman and West Earlham are eligible for plots in Marlpit.

Allotments for individuals and families

You'll get a plot that is big enough to provide food for a small family but small enough to manage with just a few hours a week. Tools, seeds, manure and hands-on practical advice on what to grow will all be provided.

Grow-at-Home Scheme

You'll get advice, seeds and plants to grow at home. You'll also be invited to our social and training events.

If you live in Norwich and have a garden, no matter how small it is, and you are interested in growing fruit, vegetables, and herbs, please get in touch with us.

Plots for schools and community groups

Our newly opened site at Marlpit offers tailor-made plots for Norwich-based schools and community groups. We have a wealth of experience in helping groups to set up and maintain allotments. Ask us for more information.

Volunteering

If you want to learn basic skills in gardening and conservation, make new friends or you already have skills that you'd like to offer, please get in touch.

Sustainable Living Initiative

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