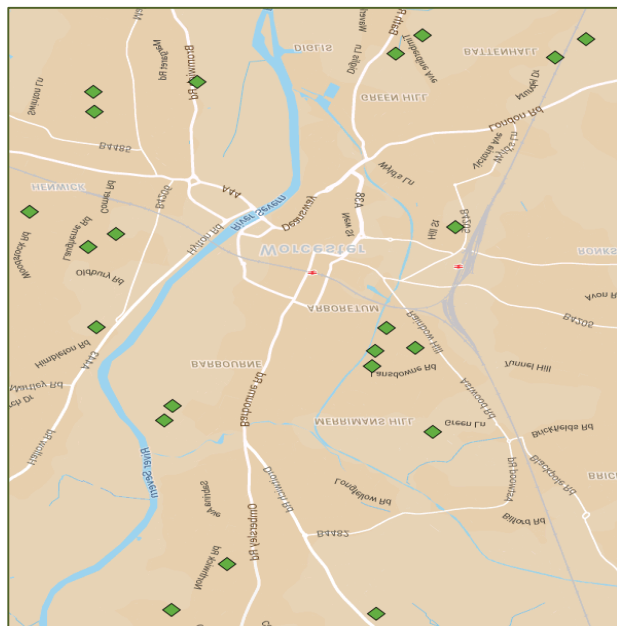


# Allotment Vacancies



Worcester City currently has vacancies on several sites around the city. If you are interested in growing your own, contact Worcester Hub on 01905 722233 or email: [allotments@worcester.gov.uk](mailto:allotments@worcester.gov.uk)



Become a part of the local community on your plot, share tea and biscuits along with advice and guidance with a bit of fundraising for good measure. Worcester Allotment forums have strong links with Worcester Transition and local clubs and communities

Meet new friends



Why have an allotment?

Health Benefits

Save Money

Be out in the fresh air, getting exercise whilst you tend the plot. There is also indication that gardening has a positive impact on health.

From Fork to Fork, Grow your own fresh and tasty produce, whilst knowing exactly how and where it has been grown.

Speaking about the impact horticulture and gardening can have on health Dr Matilda Van Den Bosch\* said: **“Apart from preventing diseases, horticulture and horticulture therapy are used to treat many conditions of ill-health, including cancer rehabilitation, depression, post-traumatic stress disorders, and various behavioural disturbances”**

\*a medical doctor and researcher at the Swedish University of Agriculture, and World Health Organisation consultant, spoke at the RHS Lindley Hall on 13 November 2014.

