

# Grow your own

Rather than buying fruit, vegetables and herbs from the shop how about growing your own? There are local community gardens and allotments or you could grow your own in pots on your windowsill or back yard.

Did you know...?

It gives you a ready supply of fresh food

It will keep you active and gets you outdoors

It is low cost so saves money on groceries

It can relieve stress and improve your emotional wellbeing

You can learn new skills and make new friends

Growing and eating your own vegetables can improve your diet



**Making life better,  
together**

Belfast Strategic Partnership

**Focusing on Life Inequalities**

# Allotments and community gardening

## Find your local community garden

A community garden is a shared, free project where people from all age groups, abilities and backgrounds come together to grow their own fruit, flowers and vegetables.

Get involved in Belfast City Council's free community gardens and take home the fruits of your labour.

- |  |   |
|--|---|
| <input type="radio"/> Avoniel              | Beside Avoniel Leisure Centre                 |
| <input type="radio"/> Ballysillan          | Beside Ballysillan Allotments                 |
| <input type="radio"/> Finlay Park          | Finlay Park                                   |
| <input type="radio"/> Glenbank Park        | Glenbank Park                                 |
| <input type="radio"/> Grosvenor            | Beside Grosvenor Recreation Centre            |
| <input type="radio"/> Grove Playing Fields | Grove Wellbeing Centre                        |
| <input type="radio"/> Knocknagoney         | Knocknagoney Linear Park                      |
| <input type="radio"/> Lenadoon             | Beside Glen Road Community Centre             |
| <input type="radio"/> Musgrave Park        | Musgrave Park                                 |
| <input type="radio"/> Ormeau               | Beside Indoor Tennis Centre and Ozone Complex |
| <input type="radio"/> Shankill             | Shankill Leisure Centre                       |
| <input type="radio"/> Suffolk              | Beside Suffolk Community Centre               |
| <input type="radio"/> Waterworks           | Waterworks Park                               |
| <input type="radio"/> Whiterock            | Beside Whiterock Leisure Centre               |
| <input type="radio"/> Woodvale             | Woodvale Park                                 |

## Find your local allotment

Allotments are plots of land where you can grow your own fruit and vegetables. Allotments across Belfast are very popular and you may need to join a waiting list. There is usually a charge for the use of an allotment.

- |   |                                |
|---|--------------------------------|
| <input type="radio"/> Albert Drive Allotments | Albert Drive, Castlereagh, BT6 |
| <input type="radio"/> Annadale Allotments     | Annadale Embankment, BT9       |
| <input type="radio"/> Ballysillan Allotments  | Deerpark Road, BT14            |
| <input type="radio"/> Belmont Allotments      | Cairnburn Road, BT4            |
| <input type="radio"/> Blythefield Allotments  | Blythe Street, BT12            |
| <input type="radio"/> Musgrave Allotments     | Stockman's Lane, BT9           |
| <input type="radio"/> Whiterock Allotments    | Whiterock Road, BT12           |

**For more information on your community garden or allotments visit:**

**[www.belfastcity.gov.uk/leisure](http://www.belfastcity.gov.uk/leisure)**

**Groundwork NI also offers opportunities to access green spaces for community use:**

**[www.facebook.com/IntheMEANWHILEcommunitygardensbelfast](https://www.facebook.com/IntheMEANWHILEcommunitygardensbelfast)**