

Pickering Community Orchard

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Sustainable
Development Commission

Progress in Practice

Pickering Community Orchard

Part of the Hull & East Riding 5 A DAY programme, this project encourages community activity and healthy eating, by involving residents in establishing and maintaining a fruit orchard

Summary

As part of the government's 5 A DAY programme, the Hull & East Riding Public Health Development Team have worked with the local community and Kingston upon Hull City Council to plant and maintain an orchard to provide fruit for local residents. The project's main aim is to promote healthy eating, but its benefits have been far more wide-ranging.

The 5 A DAY programme was made possible after West Hull Primary Care Trust (PCT) successfully bid for £150,000 funding, over two years, from the Lottery's New Opportunities Fund on behalf of the four PCTs across Hull and East Riding of Yorkshire. The Pickering Community Orchard, which is an integral part of the 5 A DAY programme, received £2,500 of this lottery funding. The orchard project has seen enthusiastic community involvement and the idea is expected to spread into other communities.

In April 2003, over 50 volunteers helped to plant over 85 apple, cherry, pear and plum trees for the orchard. Not only did this provide an opportunity for binding the community together and having fun, the physical exercise involved also helped to promote health. Volunteers from the community continue to plant and tend the trees and prepare the ground for more planting. The total number of trees planted now reaches about 200 along with 30 fruit bushes, and 200 new trees are being planned.

(Continued overleaf)



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Links and organisations involved: Hull in Print website: www.hullcc.gov.uk/hullinprint/archive/april2003/community_focus.php;
Department of Health's 5 A DAY website: www.dh.gov.uk/PolicyAndGuidance/HealthAndSocialCareTopics/FiveADay/fs/en.

Contact:

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Progress in Practice

The project has not only helped to promote healthy eating; it has had the added benefits of regenerating underused allotment land, encouraging exercise and outdoor activity, promoting local food production, and generating a stronger community identity. The orchard has also helped to bring many diverse associations and groups of people together. This is evident in the project's steering committee, which is made up of representatives from the Allotments Association, Residents Association, Hull City Council, Age Concern, the Yorkshire Wildlife Trust and the West Hull Primary Care Trust.

The success of this scheme has generated interest elsewhere. Plans are underway for a community orchard in Goole, community allotments in Hull and possibly two further orchards in Withernsea and Bridlington. The Pickering Community Orchard is an excellent example of how, through a seemingly simple project, the ideals of sustainability and health promotion can work together to yield impressive results.

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