



Calthorpe Community Garden Annual Report 2019

Registered Charity Number: 01888351

Company registration: 292578

Co-Chairs' Report

After reporting a challenging time last year, I'm delighted to report that we're in a much better position this year. This is down to the hard work and determination of Louise and her team and they fully deserve their success.

In particular, we have secured five years funding for our Volunteer Manager. This is a huge part of the work that we do at Calthorpe with older people and people with physical and mental disabilities. The reports that we receive of people growing in confidence as they learn new skills and meet new friends is very satisfying.

We also secured five years-funding for our team of three weekend play staff which will enable us to provide even more fun activities for local children at the weekends. You can see the huge range of activities that we get up to on our Facebook and Instagram accounts.

The final successful funding application was for our older people's services and we're pleased to be able to expand our activities in this area and we encourage local people to come and visit us to see the many activities that we provide.

I talked last year about our café and how we had to support it financially which we knew was unsustainable. The café is at the heart of the garden and brings in many new people which we want to encourage, so we were determined to make the café work.



I'm happy to report that the café is now paying for itself and indeed has started to make a small profit thanks to the changes we have made and the hard work of Mila and the team. We've had many events and parties and are really building up the catering side of the café as well.

Co-chairs' Report

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Our football pitch has been supporting us for many years and once again with children's football, lunchtime leagues for the adults and women's football, Ray and his volunteers continue to work hard to maximise the use of the football pitch.

Trustees have begun to meet with UCL Estates and their consultants over the redevelopment of Eastman's Dental Hospital into a centre of excellence for dementia and neurology. The development will have major implications for the garden as we share a boundary wall that is due to be demolished early 2020 following the granting of conditional planning permission. Our aim is to ensure the garden remains open delivering all our regular programmes throughout the three to five year construction. The development will present both challenges and opportunities and we are working to ensure a sustainable future for our garden and added value to the proposed Dementia Research Institute.

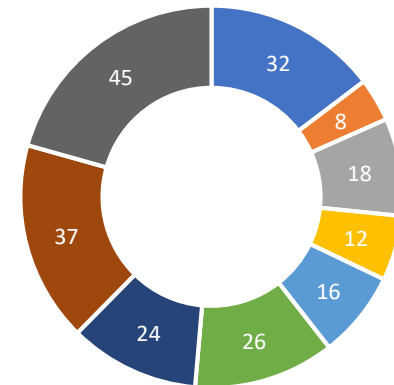
Finally, I'd like to thank all our funders and without them we couldn't continue our work. We recently had some feedback from local people letting us know how important Calthorpe is in their daily lives and how they couldn't imagine life without it. We're proud of the work that we do and the great team that we have and look forward to serving the community for many years to come.

Lynne Gray and Marina Chang, Co-Chair

Community voice

Why did you visit Calthorpe? (people gave more than 1 reason for visiting)

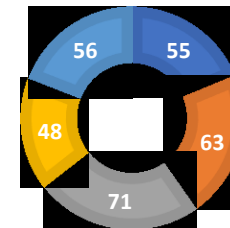
- To attend events
- To tend my allotment
- To volunteer
- To take part in a regular activity
- To attend Early Years activities
- To bring my child/ren to Weekend/Holiday play
- To play football
- To visit the café
- To relax



How have you or your child benefited from the Garden?

(people described more than 1 benefit)

- Increased physical activity
- Learned about healthy eating
- Gained a sense of belonging
- Engaged more with the community
- Learned about nature and sustainability



The Calthorpe Living Lab, our experimental urban growing programme, expanded in all directions this year. Our original research raised our profile in the global academic community. Our innovative closed loop food cycle ensured that no food waste leaves the site. This is only possible by bringing together our garden and cooking volunteers and staff at the Café and our wider community to share the health and learning benefits of the natural world together.

The trials using our liquid fertiliser produced from food waste continued and proved very successful. We added more elements to our closed loop and are now growing and collecting our own organic seeds, helped by 25 loop volunteers, offering more training to the general public in urban food growing, including hydroponics and composting.

We delivered over 40 **workshops** for both specialist and general interest in urban growing. Our hydroponics workshop [R] showed attendees how to create their own system for growing plants in nutrient-enriched water, vertically, using recycled materials. This reduces the space and soil needed for growing - ideal for city gardeners with limited space.



“We were able to forge our first solid client relationships and make an impact.” Mabbast Merzaai, Bloomsbury Beginnings delivered 30 enterprise workshops inspiring over 40 social entrepreneurs.

We both conduct our own **research** and provide data about our closed-loop waste management system (see below) to the International Food, Water and Energy Project, FEW, led by the University of Kent. The project calculates the costs and benefits of this system. Our own compost trial has revealed that when we mix our digestate (liquid fertiliser) with garden waste we can create compost in six weeks instead of six months. This work attempts to determine the optimum composition of growing media to increase crop yield and is shared with UCL.

“This is the only place I could find in London to see hydroponics. It’s a great opportunity for me to see sustainable food production.” Year 9 student

We hosted **site visits** most weeks and over 15 academic institutions were keen to see our work including the Slade School of Fine Art, Westminster University, the University of Louisiana and DIS Stockholm.

Katalin Patonay, Living Lab Manager

Our closed loop uses an anaerobic digester to turn the Café's organic waste into biogas for cooking, heating and fertiliser to grow more food.

1.



2.



3.



Lettuce seeds were collected and plants were tended by volunteers and staff. All produce was weighed to provide data for Kent University's international urban growing study. From April 2018-March 2019 we produced four times more vegetables than in 2017/18.

4.



5.



6.



Our award winning vegetarian Café serves food fresh from the Garden and waste is fed into the digester to produce biogas and fertiliser.

7.



8.



9.



The liquid fertiliser (digestate) is mixed with organic matter to create a rich compost. Biogas heats the polytunnels where we are trialling different soil, compost and water combinations providing data for University College London.

Garden café p5/19

Our café is an integral part of the Garden's volunteering, gardening and sustainability programmes, providing data about our closed loop system, acting as an ecological learning resource, bringing individuals, groups and organisations together and providing healthy, high quality and affordable meals grown and cooked by staff and volunteers.

“ It gave us the energy to think creatively to be in the setting which grew the vegetables for our superb lunch.” Alzheimer's Society Team Day

In addition to providing nutritious, sustainably grown meals and vegan options at the Café we have also **increased the catering** which we offer to groups. Together with our alcohol license we were able to attract more evening, fundraising, festival and corporate events. We want to increase the catering which we supply to local organisations to support the local economy and reduce carbon emissions.

“You can find an office worker, parent with children, freelance working on a laptop, resident awaiting Councillor Simpson's surgery, volunteer and student all sitting at the same table.”

We are a **community hub** where people can meet up and discover our programmes and volunteering. This year we provided 35 volunteer spaces and 12 employment or training opportunities, many people both gardening and cooking with us. Our volunteers helped to harvest 150 kg of fruit and vegetables, **reducing our carbon footprint** significantly in an area of high pollution.

We encouraged **healthy eating and sustainability** through nearly 40 **workshops**. Our beehives provided learning about the importance of bee-friendly planting as 80% of food production relies on these busy insects. As well as bottling honey [R] we also led workshops in creating beeswax food wraps to replace clingfilm, fermenting, herbal health and simple ayurveda remedies to maintain and improve wellbeing.



Our partnerships with **organisations which share our passion** for wellbeing, sustainability, community, inclusion and heritage increased again this year. While enriching residents' quality of life, we also aim for partnerships and sessions which can grow beyond the initial collaboration to increase community connection and resilience.

For example, our collaboration with the Slade School's Growing Well project began two years ago as an art and history project telling the story of corn and its connection with the ancient Inca civilisation. This inspired some Mexican themed workshops led by a volunteer and a mutual contact at Holborn Community Association led to a block printing session for c.20 using traditional Inca designs to mark our Mexican Day of the Dead event.

We became baking partners of the King's Cross Bun Project which aims to connect the public with bread baked by local bakers using heritage grains. It connects people with partner heritage grain farmer John Letts, and other community organisations' staff, volunteers and customers.

We hosted the inaugural event in Spring, bringing together seven baking partners with sample bakes, each adding their own methods and cultural influences to create distinctive versions of the Bun. Calthorpe Café volunteers and staff included Marion, Aldo, Jackie, Lola and Cecilia. Marina Chang, an agroecologist from Project partner Coventry University is a Garden trustee. Our partnership enabled c.20 residents to explore John Letts' farm (R) learning more about the history and practice of growing grain.



Our relationship with The Living Centre, a community centred health and wellbeing resource at the Francis Crick Institute has enabled local people to connect with both our organisations, accessing tours, a cinema trip, health information and a local history talk.

Intergenerational activities p 7/19

We doubled our over-60s and intergenerational sessions reaching 96 participants. Around a third were under-30, many were students who left families and friends in distant countries to study and wanted to connect with local social networks. We offered 50 gardening and healthy eating sessions on Fridays and 30 sessions of gentle gardening on Wednesdays. In addition to the cooking sessions mentioned above, we also ran 34 creative arts sessions including sewing, upcycling, glass fusion and soap making. Session participants mostly take away an example of what they have learned, increasing awareness of the Garden with friends and families and providing a legacy of our work together.



“I love it,..here you make friendships, you admire nature, and so many activities are organized.”

Regular attendee

We worked with a range of organisations, particularly those with expertise in connecting with older people. This improved our practice and enabled us to connect with our target beneficiaries. These included North London Cares and Ageing Better in Camden who themselves were offered taster gardening sessions here.

“I have no space in my flat, not even a window box, so I feel the walls closing in.”

Many of our older volunteers have downsized and this has reduced their connection with nature at home. Here they can grow and harvest fresh produce, saving money and increasing nutrition. They also benefit from weekly food donations from large supermarkets via the Felix Project.

Our upcycling craft sessions on Mondays and gardening and cooking sessions attract people of all ages united in an interest in sustainability and creativity. As well as guest experts leading sessions, like Francis Crick Institute’s glass fusion event [above], volunteers also shared their passions leading peer workshops. Preparations and delivery of celebrations and festivals connected volunteers and people new to Calthorpe. They included International Women’s Day (75 participants); Day of the Dead (45 participants) and the Christmas Market which attracted 95 visitors, 42 of whom were from local businesses, offering potential for further collaborations.

Mila Campoy, Café Manager & Older People’s Programme Manager

Last year we delivered over 100 two hour gardening sessions to 26 adults and 35 young people. 79% have additional mental, physical, learning and social needs and 51% were of BAME heritage. 59% were Camden residents.

“When I garden it’s the only time I’m free. I’m caught up in what I’m doing. I’m happy. I’m not thinking about bad stuff.”

We train with Thrive, the leading social and therapeutic horticulture charity which promotes the health and healing properties of gardening for all. This has now become mainstream with GPs prescribing it for patients, offering potential growth for our project.

Most volunteers are referred from our partner agencies and an individual plan ensures that the range of seasonal gardening tasks is tailored to their needs and preferences. Our polytunnel means that we continue throughout winter, crucial for people who use us to structure their time and social contact. No prior gardening experience is needed as qualified staff support group or one-to-one activities.

One volunteer is now employed by our Café and four have begun additional volunteering roles. Our volunteers tell us that nurturing plants has helped them to care more for themselves and learn that change happens slowly leading to improved hope about the future.

We provided c.40 placements for referral agencies including Westminster Kingsway and City and Islington Colleges’ Supported Learning Departments, Acland Burghley school, Inspire, Thrive, Hillside clubhouse, UCL Volunteer Service department, Westminster Employment Service, A.P.M UK’s Working Capital project and the Terrence Higgins Trust’s Food Chain Project which supports healthy food cultivation for people affected by HIV Aids.



We are very grateful to the St Andrews Holborn Charity which supported the programme for six months, enabling us to offer continuity to all the people who depend on our service. We are also grateful to the City Bridge Trust for funding the Manager’s post for five years, allowing us to expand our service to reach more beneficiaries and partners.

Community gardening p.9/19

Our ten allotments are at full capacity, tended by many of the same Bangladeshi women since the Calthorpe opened. Gourds are a favourite Bengali crop and take them back to happy childhood memories, reconnecting them with a sense of belonging and heritage. Fourteen raised allotments are used by local families and older people with no access to green space. Every inch of the one metre plot is used and there is a waiting list for each plot.

Plant sales raise funds and awareness of us both at our own festivals and those we attend including the Hillview Festival and London Harvest Festival. This year we exhibited our produce, ran a vegan café and won a prize for our honey as we told over 2,000 visitors to the Festival about our work. Our volunteers' hard work also won us first prize in the London Urban Food Awards' Surplus Superstars category and we came Second in Camden In Bloom's Best Community Garden Awards.

"It's great to work outside and meet the people you're helping."

Our May Day celebration as part of the Chelsea Fringe attracted over 400 visitors and we hosted St Mungo's Festival in the Park and a seed swap day. Maintaining the gardens is crucial to the success of events and we also relied on nearly 200 volunteers from long-time supporter Santander together with NBC Universal, Accenture, Apple, Semble, Kingston Smith, Arkenfold (pictured) and the Home Office and Wellcome Trust. Many discovered us for the first time and now lunch here, increasing our funds via the Café.

Gaven Duffy, Supported Volunteer Manager



Our 45 four hour Monday drop-in sessions registered 173 under-5s and around 160 adults; 66% were Camden residents and 33% of BAME heritage. Retention was over 70% with many children only moving on when they started full time school.

“As a new parent you feel overwhelmed by it all. Here you get to see different ways of doing things and that gives you confidence to try them at home” parent and childminder.

Whether parents are worried about their children’s eating, sleeping or toileting, they know they’ll have sympathy and guidance from other carers. They socialise outside sessions and have taken advantage of Calthorpe’s relationship with child-friendly theatre company Mousetrap to attend a group performance – a first for most families.

“She just said ‘Bye-Bye Mummy’ on the first day of Nursery because it was all so familiar.”

Being ‘school ready’ is a key part of Camden’s Best Start in Life Strategy and Calthorpe supports this in a number of ways. Our purpose-built separate indoor and outdoor classroom mirrors most Early Years settings and we plan from the Early Years curriculum. All children can follow their interests independently and safely, exploring the natural world. School readiness focuses on communication for positive behaviour and learning. Managing hygiene and feeding is also important socially and health-wise and parents tell us that Calthorpe has made the transition to formal schooling much easier.

“Louis talks about it all the time. He moved from Jo Jo to Coram’s Nursery and loves coming back. He’s started to read the signage.”

We encourage children to grow and taste a variety of vegetables and parents believe this has created adventurous eaters. Connecting children to the natural world is our aim and children go on to join our other activities as they grow. By managing risk safely we offer children the chance to gain confidence through, for example, our beehive investigation (above). Nearby Coram’s Nursery comes regularly to give their children this natural, hands-on learning experience, Calthorpe providing a valuable learning resource for local people.



Joanne Shuffler, Early Years Educator

Our Weekend play project connected 285 children (86% of whom were Camden residents and 67% of BAME heritage) and their families to nature, healthy lifestyles and community cultures.

Funded by the National Lottery, we ran 96 Saturday and Sunday sessions for children aged 5 to 14 - the only facility in South Camden with onsite staff supervising weekend activities.

With an increase in youth violence more and more families trusted our experienced, local role models at a safe, green space to offer positive peer groups, increased aspiration and stimulating activities.

Over each six hour session attendees chose between self-directed and planned activities which responded to their interests, national celebrations or events and seasonal changes in nature.



Activities were 'hands-on', multi-sensory and often attendees' first experience of nature. All learning is valued equally: critical thinking, creative arts, playing or becoming more confident. Attendees applied school learning and over 500 leaflets reinforced messages about bullying, safe internet use and making positive life choices.

A typical weekend facebook post (R) by Michele and Niki showed the range of activities, shared children and parents' achievements and encouraged more people beyond Calthorpe to engage the natural world.

Our social media following is c.3,500 reaching young people and families looking for free and unusual activities London at the weekend.



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We encourage healthy eating in both our attendees and their families. The bean sprouts we grew went home to influence all the family to try new, easy to grow and inexpensive vegetables. Making humous together showed parents how quickly a nutritious snack could be created...and eaten! Building intergenerational learning and communication like this is a key part of Camden's Youth Safety Strategy, increasing our parents' confidence to lay the foundations of healthy lifestyles.

Cooking was popular, especially using our outdoor oven to make healthy pizza. We roasted food over a home-made fire; made pancakes, vegetable stir fry and bread sushi. Fresh garden ingredients helped spread the message about local food sourcing and growing.

“ Friendships are forged whilst learning about respect for the environment and being involved in something creative and meaningful. It offers the chance to run around, have fun and get fit, giving parents much needed respite and a chance to meet, learn and socialise with other families, tackling social isolation.” *Sue Vincent, Councillor and former Deputy Leader, Camden Council*



“Where else could we come together to celebrate? Nowhere. Not all day for free. It just wouldn't happen.”

One parent summed up the difference the play project

made by welcoming regulars, friends and neighbours to share an Eid meal to mark the end of Ramadan.

Attendees also explored Chinese New Year traditions (above) and Spring and Winter festivals through cooking and creative arts, promoting social inclusion.

Parents felt the project:

- made children healthier by getting outdoor exercise and learning about nutritious food and drinks
- offered a wide range of otherwise unaffordable activities, improving life chances and aspirations
- Informed them about sustainability and sources of support

Niki Barnett-Henry & Michele Galasiak,
Weekend Children's Play Team



“At school there's always homework, a test, stress. Here me and my friends run around and have a laugh together.”

Reduced after-school clubs and youth services give young people

fewer opportunities to let off steam safely. Running off energy with friends in a safe environment where parents and familiar adults are nearby reduces the stress our young people experience.

This year we welcomed Nas Rahman as our Weekend Play Scheme Sports Worker who, supported by Mahad our Saturday football organiser, has set up two football teams for Under-10s and Under-12s with the Football Association. He has also coached 5 a side hockey, table tennis, badminton and short tennis.

Together with encouraging games of hide and seek and runarounds, our activities supported attendees to gain aerobic exercise and strengthen bones and muscles.

During school holidays we delivered Weekend play-type activities including

- 43 sessions on weekdays from 12 till 7 offering over 30 activities
- a day trip to Broadstairs, Kent
- ten staff, sessional works and volunteers

We registered 242 participants many of whom also attended the Weekend playscheme. 73% were of BAME heritage and 4% of attendees lived with a disability. While 65% were Camden residents, we also raised our profile with families in 11 London boroughs.



'I always have fun here. There's so much space and different stuff to do' Visitor, aged 9, One Housing Grp

Calthorpe is a valuable resource for both individual families who want to continue to work through the summer and to other playschemes wanting to introduce us to their own attendees.

In addition to our permanent playground and all-weather football pitch we planned activities which connected children with garden habitats. Activities included scavenger and treasure hunts, making wormeries, bird feeders and bug 'hotels', pond dipping, butterfly hatching and bee-keeping. We investigated how snails move around the Garden by marking their shells (L) and tracking them over several days. Unlike other playschemes, children can return to the site as often as they like to follow up their interests.

We showed attendees how we practice sustainability through our closed-loop system (above), the range of community recycling we support, the water fountain to reduce single use plastic drink bottles and using recycled or found natural materials for our arts and crafts. Harvesting and tasting fresh produce inspired them to garden [R] and try new foods.

"This was the best experience I had as a child." Former playschemers returned with their children and parents told us that we combined the best elements of a park, playground, natural habitats, craft and science activities with a café to relax in, knowing their children were safe.

Sports Development p.14/19

It's been another brilliant year for sports at Calthorpe where we have helped over 200 adults of every ability towards their target of 150 minutes of aerobic and strengthening exercise per week. We've also engaged 150 young people aged between 6 and 13 in a wide range of activities ensuring they get at least one hour of exercise per day. Over 65% were from Camden and 78% were of BAME heritage.

New activities included

- starting the Calthorpe Football Club under-10s and under-12s sessions
- working with One Housing to run an afterschool sport and art club for under-12s
- running multisports for under-13s girls-only weekend sessions
- starting over-55s tennis and
- women-only tennis coaching

We also continued to run over 180 regular sessions with a choice of sports during c.13 weeks of school holidays.

We hosted a group of 20 students living with disability from Westminster Kingsway College who were coached during 30 sessions by Queen's Park Rangers in the Community. 96% of attendees completed at least 80% of the sessions. Our weekday provision engaged young people further by offering Futsal drop in sessions and football coaching accreditation (see Rising Coach below).



"Coming here for six years has changed him. He runs off energy, socialises and now he has an idea to pitch to the Weekend team." Parent

We believe that football and sport has the power to change lives. One mother told us that her son, who lives with autism, has become calmer and more focused both in school and at home since regularly playing for over six years at Calthorpe.

Women's football

"My true love is football and this is why I've made it my life." Rachel Yankey OBE

We were thrilled to welcome Rachel Yankey, (centre) former England and Arsenal footballer, to inspire the next generation at our fundraiser for CADFA this year. The Camden Abu Dis Friendship Association supports human rights in Palestine and believes that sport can bring people together.

"It's very empowering, sports for women" Participant

We engaged over 50 women in our Women-only Football on Thursday evenings and continued our strong tradition of holding Women-only Football tournaments. Participants tell us it's a rare opportunity to mix with people from different backgrounds, improve skills, have fun and keep fit.



Partnerships

We worked with partners including Holborn Community Association, Coram's Fields and One Housing Youth Services to deliver football activities while increasing community cohesion. We also worked with the Samba Soccer School, Somalian Youth Foundation and the Kings Cross & Brunswick Neighbourhood Association, the latter winning our inaugural Calthorpe Community Cup. Our work helped to deliver Camden's Social Inclusion, Youth Safety and Health and Wellbeing Strategies. We're also grateful to French construction group Bouygues for supporting our rebranding.

As members of Camden Active, a sport and physical activity network, we meet regularly with local providers and this enables us to signpost to activities which we do not provide ourselves including gymnastics classes for children and badminton for parents.

Rising Coach Programme



This is the fourth year of our programme which encourages young people to gain leadership qualifications and employment in sport and youth work. In two terms, as Support then Lead Coach, 15 participants were taught the theory and practice of coaching football for players from aged five and up. Last year 12 participants completed 15 hours of volunteering and also gained the Football Association Coaching Level One accreditation. 70% continued into professional coaching and 20% found alternative employment.

“Rising Coach opened more opportunities for me beyond football. I’m now paired with a business mentor from Innocent’s Leadership Programme because of the qualification on my CV.”

Recent graduate of Rising Coach, Taha, believes that the approach and skills he learned including strategizing, building confidence in others, redirecting challenging behaviour and always finding a way to move learners on have helped him develop far more than football skills alone.

Nilio Bagga who delivers the Programme explains that “Calthorpe gave me the chance to develop skills by piloting classes before establishing the Samba Soccer School which now reaches 400 students weekly in 13 venues.” He was helped by Calthorpe’s sports team members Ray and Tom. All three remember how crucial Calthorpe’s belief in them was and, as Tom says, “want to give youngsters the same chance to forge a career in sport or youth work” as they had, this qualification kick-starting his own career.

We want to thank the London Football Association for their continued support. Graduates of this year’s programme were rewarded by the generous donation of tickets to watch the England team by local MP and Chair of Camden’s Youth Safety Report, Keir Starmer.

Ray Ansah-Adjapong, Sports Development Manager

Governance, staff and volunteers p.17/19

The following people were elected as Trustees of Calthorpe Community Garden 2018/19

Lynne Gray, Marina Chang, Annika Miller Jones, Maisie Rowe, Hephzibah Ososami, Parminder Athwal, Rudi Champagne, Lynne Sander

Staff

Director:	Louise Gates (ft)
Volunteer Manager:	Gaven Duffy (ft)
Admin/Finance Manager:	Sheila Njoku (pt)
Bookings and Spaces Manager:	Shirley Jacobs (pt)
Fundraising & Communications Officer:	Ana Carrasco Frutos (pt)
Older People's Programme Manager:	Milagros Campoy (pt)
Weekend Play Workers:	Michele Galasiak, Niki Barnett Henry Nasim Rahman
Cleaner:	Delia Cardona

Education & Sport Teams

Early Years Educator: Joanne Shuffler (pt)

Sports Development Manager: Ray Ansah-Adjapong (ft)

Sessional Crèche, Play & Sports Education Staff

Sandra Leiton Garcia, Roy Normile, Joanne Shuffler, Tom Rosen, Simon Rosen, Liezu Lazim, Nathalie Munoz, Lily Chowdhury, Zahid Akhtar Hossain

Café Team

Manager: Milagros Campoy (pt)
Maria Jose Fernandez, Lola Mohamed Ali, Jeanette Rojas Manrique, Pilar Iguasnia, Maria Avila Navarrete, Jack Ashton, Jacqueline Nunn

Volunteers

We are very grateful to our 150 regular and 250 one-off volunteers for their vital support this year.

We are grateful to the following organisations for their financial support:

Awards for All
City Bridge Trust
Eric F Sparkes Charitable Trust
Fitzdale Trust
John Lyon's Charity
London Borough of Camden
Camden Giving
London Community Energy Fund
London Community Foundation
Matrix Law
Mercers' Charity
Santander
St Andrew Holborn Charity
St James's Place
St Pancras Welfare Trust
The National Lottery
Tides Foundation (Patagonia)
University College London
Warburtons
W H Smith



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