



7th August 2026

Inclusion North News



Inclusion North will share an important news story or tell you about their work every 2 weeks.

National Allotments Week



National Allotments Week happens every year to raise awareness of allotments.



The awareness week shows how allotments can help people live healthier lifestyles, grow their own food, develop friendships, and make communities better.



This year National Allotments Week will run from 10th - 16th August.

The theme is "Grow to Learn."



It's a great chance to explore how allotments are important spaces for growth in every sense.



You can learn the practical skills of growing fruit and vegetables.



You can help your mental and physical wellbeing with life lessons such as patience and resilience.

Resilience is the ability to bounce back from difficult situations, setbacks, or stress.



You can meet new people and have fun growing alongside others.



You can apply for an allotment through your local council, but the waiting lists can be long.



Look for community allotments in your area and see where you can get involved.