

Bexley Mencap

As plottolders may be aware, Bexley Mencap – the Charity that helps people with learning disabilities – have a Gardening Group that tend a plot on site.

The Group have become a familiar sight on Thursdays working to cultivate their plot and enjoying a 'Social Cup of Tea'.

They are led by Nick Marsden who says:

'It's been great to see members grow in confidence and knowledge and take responsibility for maintaining our allotment all year round. Initially, the plot was very neglected and overgrown so the members worked really hard to prepare the soil so it was ready for planting. We've grown lots of different vegetables and each year we try to grow something new. Group members help one another and decide what tasks they would like to do each week. Around 15 members have helped on the allotment so far and it's great that here's always something for everyone to do.'

They have been recognised by a national body, the 'Voluntary Organisations Disability Group' for their outstanding work.



I'm sure all Plottolders will join me in congratulating them and as an Association we will continue to offer our full support.

Below some photos of the Group and the fruits of their labour

John Hollands - ARLGA Site Co-ordinator

22 February 2024



Matt and Gary preparing the bed ready for planting



Matt, Chris and Liam showing their Tomato crop



Members proudly displaying their Beetroot crop



Chris showing off his Runner Beans



Preparing Radishes for the Kitchen