

GIVE BACK GREENER

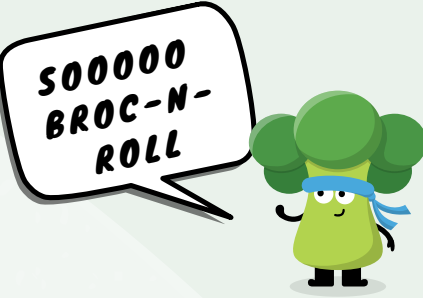


OUR GOAL IS TO BENEFIT THE ENVIRONMENT, BENEFIT YOU AND BENEFIT CHARITIES BY SUPPORTING YOU TO USE YOUR PAID VOLUNTEERING DAYS.

Welcome to our 1st edition of the Give Back Greener Newsletter, where you will discover volunteering opportunities, hear from volunteers already doing great work and read about the little things we can all do to be greener everyday. To join in with the discussion please head over to our Give Back Greener Forum

EATING GREEN-BROCCOLI

Among supermarket produce items, conventional broccoli falls on the lower end of the pesticide residue scale, which makes it more sustainable to consume. **To grow your own** broccoli, space broccoli plants **30 to 61 cm apart** and choose a garden location which provides a minimum of 6 to 8 hours of **direct sunlight** daily. **Water regularly** as broccoli grows best in moist, but not soggy, soils. Use mulch to control weeds and to retain soil moisture levels. Ideally, the central head should be harvested when it's fully developed, but before the individual buds open into small, yellow flowers.



To maintain the quality of fresh-picked broccoli heads, it's recommended to harvest during the cool, morning hours and refrigerate as soon as possible. Did you know you can also eat broccoli sprouts? The 3-5 day old broccoli plants are said to have a plethora of health benefits thanks to their sulforaphane content which may promote gut health, support brain function and have anti-cancer properties.

IT TAKES 285L OF WATER TO PRODUCE 1KG OF BROCCOLI



VOLUNTEER SPOTLIGHT RUBY - MOD

I used to work at Stonehenge after work, on days off and at weekends. I picked litter in the surrounding landscape. Although I did not work on behalf of any specific organisation, the land

is owned by English Heritage and the National Trust.

The stones themselves were always litter free, however the acres of fields and the wooded areas around suffered from problems with litter. My time litter picking (despite the occasional bad weather) was extremely fulfilling.

Spending lots of time outside was great for my mental health and walking many miles a day was great for my physical fitness.

Seeing thousands of people enjoying the landscape every day was so rewarding.

I met some amazing people from all walks of life and got to talk about history and wildlife all day. I had some lovely experiences with animals and insects including dogs, foxes, sheep, deer, hares and leverets, and lots of birds, including a rare Great Bustard and her babies.



SCAN ME

[Share your own volunteering story on the Give Back Greener Forum](#)

PROJECT OF THE MONTH GO APIARY!

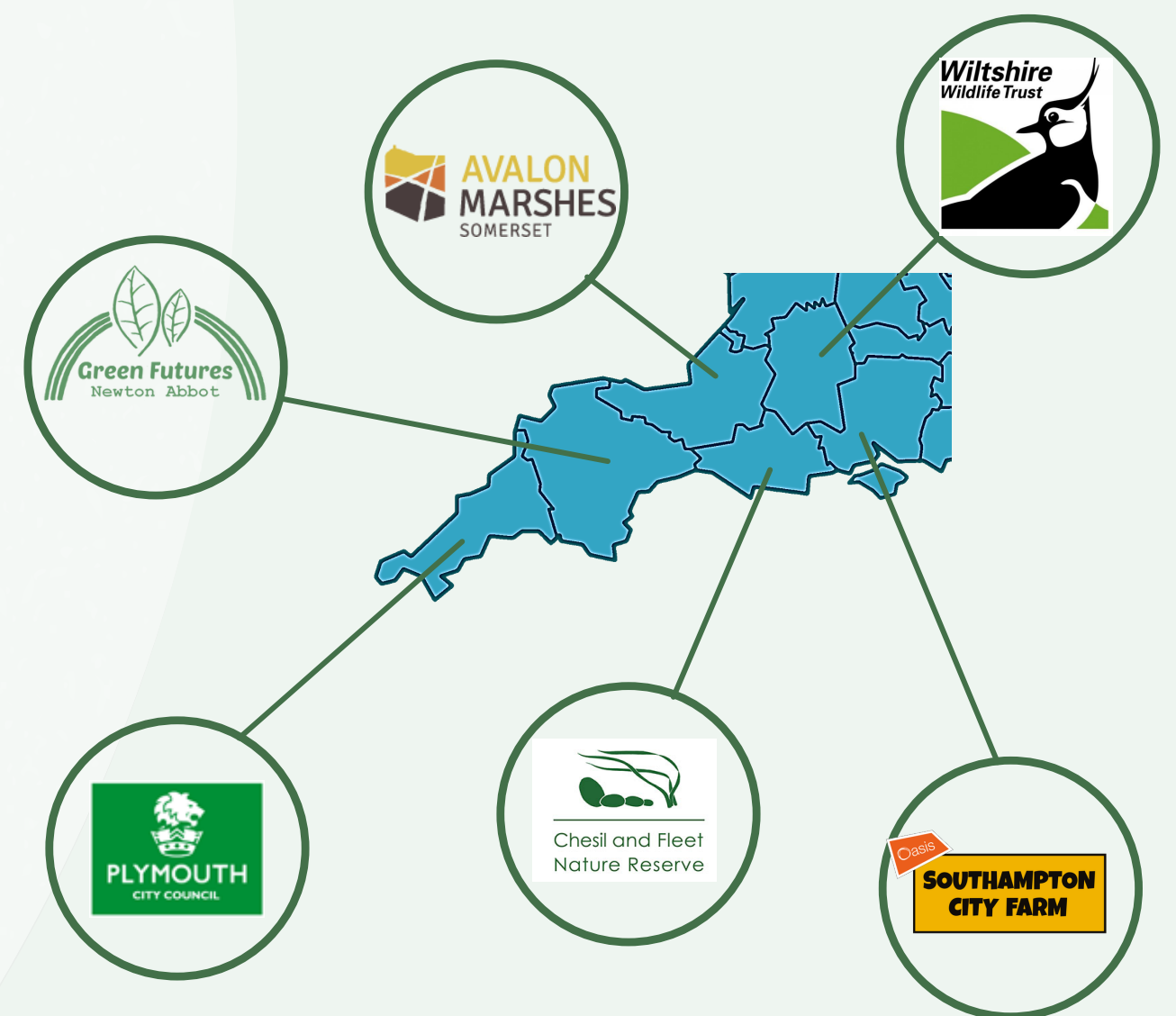
Mohammed Foulds is an imam working at Bristol Prison. Previously a Christian minister he is now the UK's first white imam. He runs bee keeping workshops which are designed to engage prisoners and staff with nature in order to benefit their mental health and the local environment. One opportunistic coincidence is that HMP Bristol has not been sprayed with pesticides in the last decade due to budgetary restraints, thus providing an ideal pollinating environment. Courses linked to the hives include the production of beeswax products and the bottling of honey.



So far bee keeping workshops have been successfully delivered to individuals struggling with mental health issues. In Spring 2022 groups this will now be extended to groups, with the goal of inviting local residents. If You want to know more or consider bee keeping but don't know where to start?

Contact Muhamad.Foulds@justice.gov.uk or why not check out opportunities in your local area.

VOLUNTEERING OPPORTUNITIES



DID YOU KNOW?

THERE ARE 1,008,000 VOLUNTEERING HOURS AVAILABLE IN THE SOUTH WEST REGION ALONE EACH YEAR.

HOW COULD YOU GET INVOLVED?