

**Join us in Protecting  
Our Allotment Habitats**

## The Inconvenient Truth

The key indicators below demonstrate how  
**our climate**  
is changing and the effect this is having on our  
precious ecosystems and biodiverse habitats.

**Tree Cover Loss**  
25.80  
Million hectares in  
2020

**Species Details**  
40.14%  
Assessed Plant  
species Threat

**AQI Details**  
245 Million  
People living in  
Unhealthy AQI

**Carbon Dioxide**  
413.22 ppm  
Global Mid –  
Tropospheric  
Carbon Dioxide

**Temperature**  
0.3c Rise in Global  
Surface  
Temperature

**Sea Ice Index**  
10.16 Millions of  
KM Area covered  
by Sea Ice

## Why you should care

# Using Psychology to influence change

## *Messages for subliminal perception:*

An artist taking an interest in a person's allotment, they will want to be seen in a positive manner, is probably the most effective way.

## Opening the allotment annually to the General Public

This will create messages, which remain under the conscious perception level and progress at a stage where only senses and mind can perceive, aim to influence the allotment holder subconsciously.

**In fact:** Allotment Holders are subject to an involuntary perception.

## How do others see us?



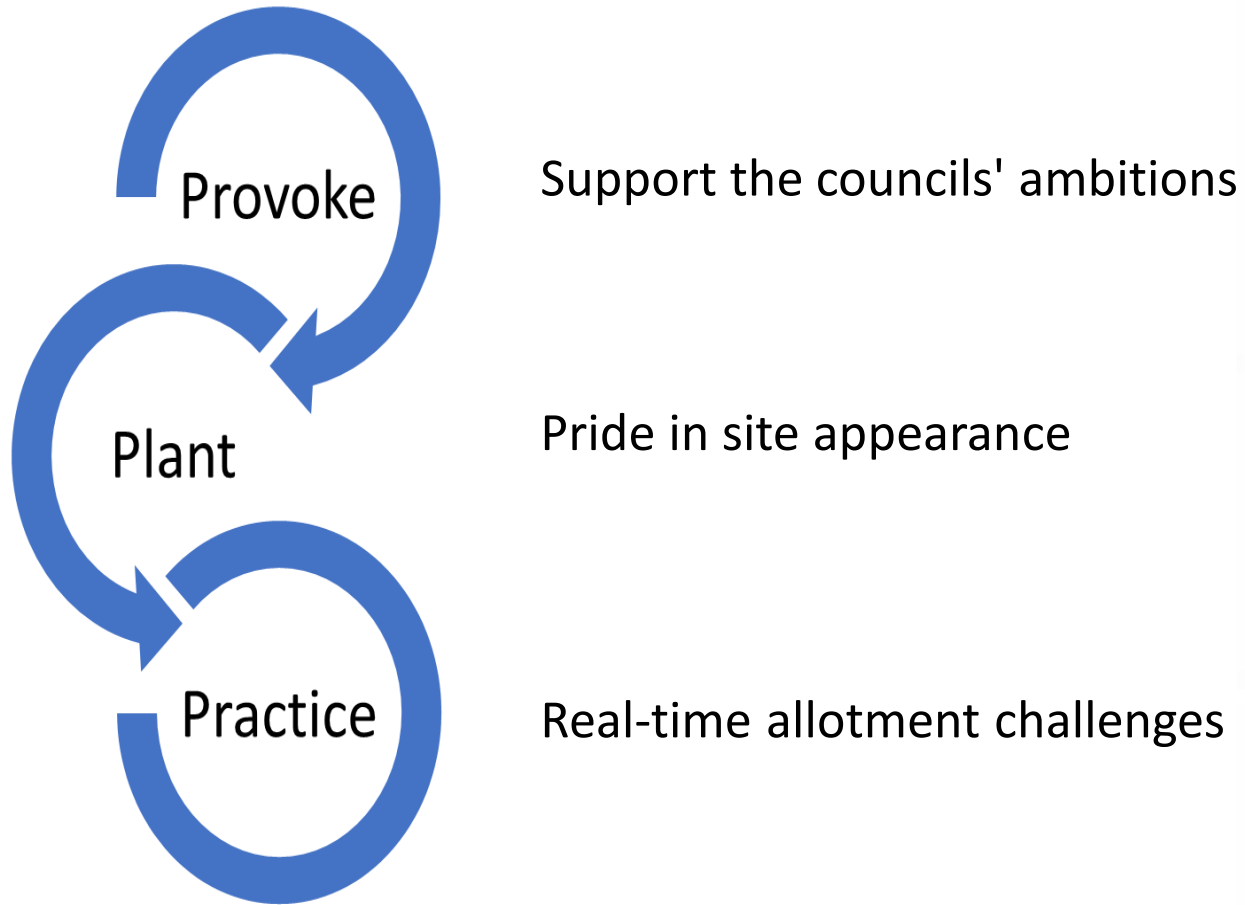


America Lane  
Allotment  
"Wildflower Project"

Watch Our Wildflowers Grow  
"Look out for the insects too"

BRINGING TOGETHER THE ELEMENTS

# *The butterfly effect*



*From Nudge to Budge*



# Looking at the Bigger Picture

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- Allotments in their design offer a ready-made socially distanced solution for urban food,
- Can play a key role in promoting mental well-being and be used as a preventive health measure in long-term tool in combatting ill-health.
- Young people need to share their voice and be given the window of opportunity to achieve.
- We are living in an unsustainable manner and need a broader means of communicating a better lifestyle.
- **Keywords:** environment, health promotion, mental young people, health, climate & sustainability





# NEXT GENERATION

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- Pairing and Mating (Learning experiences)
- Looking at global Issues and Impact
- Understanding we are a Global Allotment Community
- Creating an inclusive learning strategy
- Code of Conduct for Young Allotment Holders
- Lifelong Learning Skills
- What's in it for me

# Creating a sense of achievement by contact with nature

## Different Elements: Community

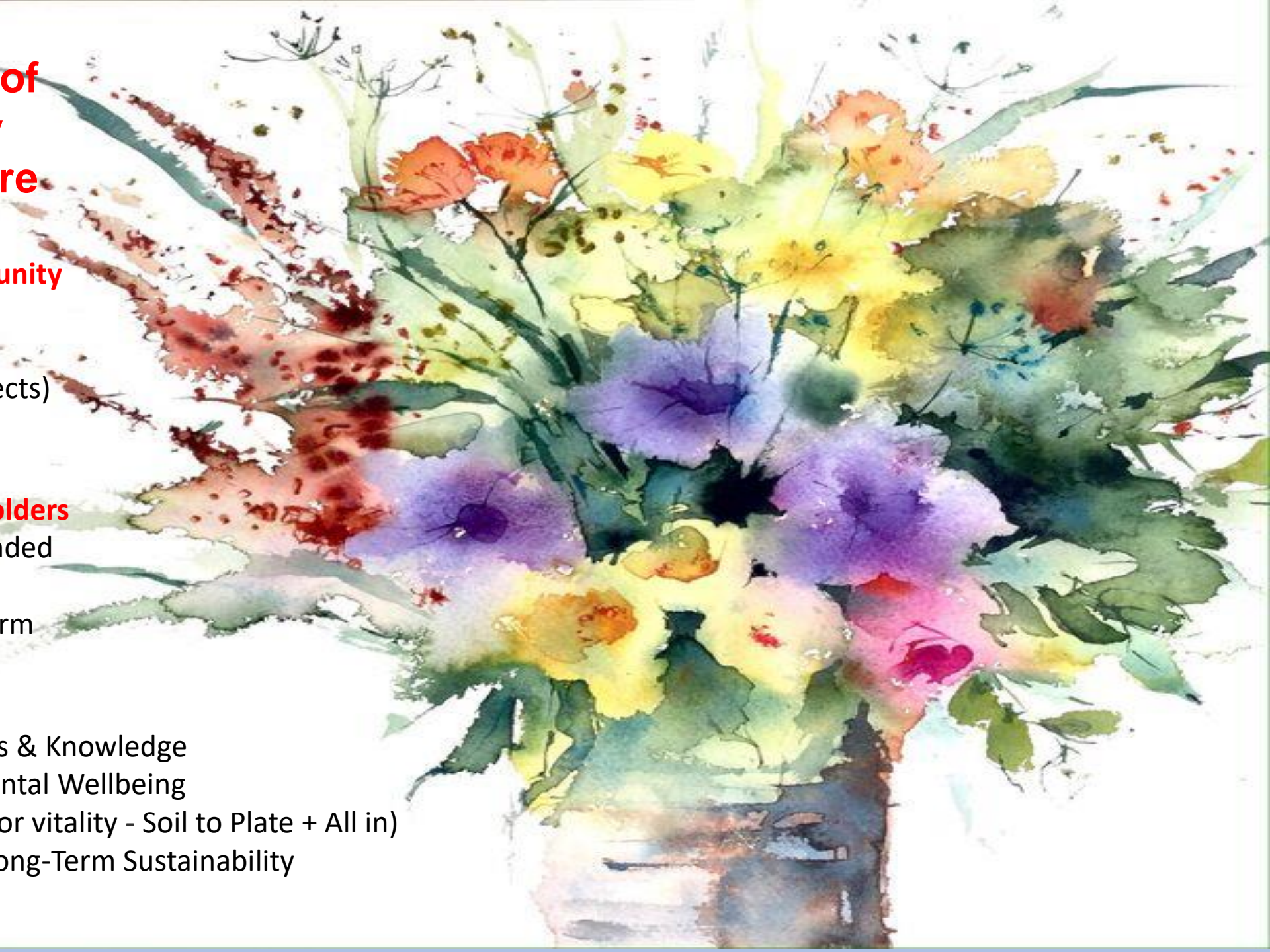
- Young Persons
- Local Artists
- Local Schools (Projects)
- Shed Project

## Different Elements: Plot holders

- Some plots unattended
- Personal use only
- Not looking long term

## Window of Opportunity:

- Sharing Experiences & Knowledge
- Social Capital & Mental Wellbeing
- Health Issues (Dig for vitality - Soil to Plate + All in)
- Climate Reality & Long-Term Sustainability



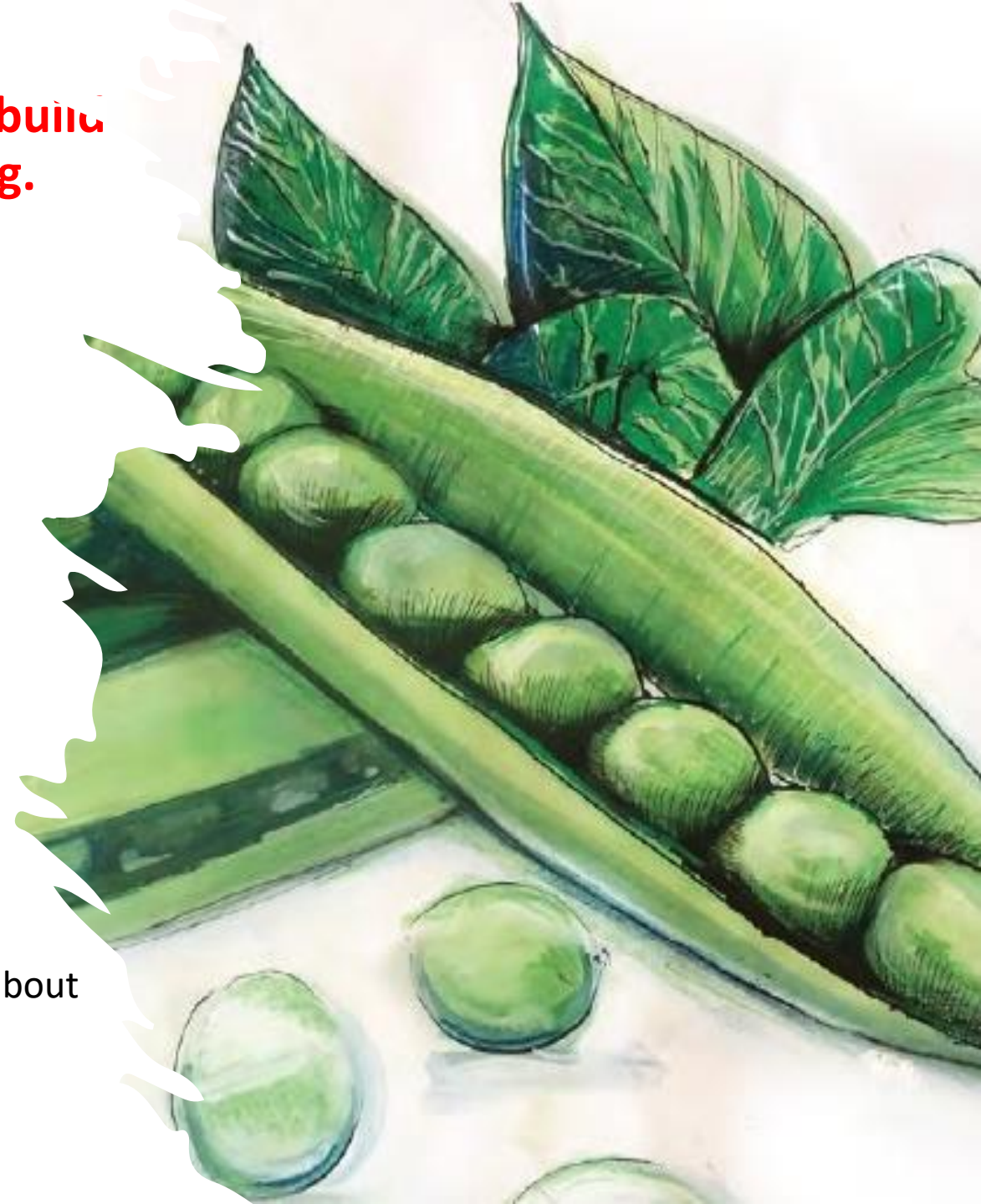
## Some simple intergenerational activities that build social connections and improved well being.

### Outdoor activities

- ✓ Wildlife hunt. What lives and grows on the allotment
- ✓ Building habitats for local wildlife
- ✓ Making jam from the berries they grow
- ✓ Sunflower competitions
- ✓ Developing a rota of jobs to do

### Indoor activities

- ✓ Painting pots
- ✓ Seeding
- ✓ Lavender bags (from lavender grown on the allotment)
- ✓ Make and paint signs for vegetable patches
- ✓ Painting signing to tell the world what the allotment is about
- ✓ Cooking from the produce they have freshly grown





# Asset to Community Value

- Tai chi / Yoga /
- Painting (Art Classes)
- Mental Wellbeing
- Music Recitals

## Habitats, nesting sites and refuges

- Beetle banks'
- Bug hotels
- Log and stone piles / Rotten Wood Piles
- Hedges or Grow climbers
- Bird Box or feeding station
- Hedgehog habitat & runs
- Compost Heap (Old vegetation)



Plot 18



DAVID