[For immediate release]

**Lend a hand, strengthen our community allotment**

Harpenden Mencap is thrilled to share that its Allotment Club will carry on growing strong into 2026. After a successful launch in March 2025 and a bumper harvest this summer, the club has been awarded a grant by St Albans City and District Council. Now it is recruiting green-fingered volunteers to help with activities taking place over the next year.

Allotment Club supports adults with learning disabilities to get active outdoors through gardening. In its weekly sessions, members have been hard at work making the allotment accessible with wood-chip walkways and raised beds. Careful planting, watering and weeding has led to a bountiful harvest of fruits and vegetables including gooseberries, carrots, and leeks that have been enjoyed by the wider Harpenden Mencap community.

This club is not just a place for learning skills, it’s an opportunity for members to meet new people, make friends, and enjoy the health and wellbeing benefits that come from spending time outdoors. And these benefits are clear: Ellie\* enjoys pushing the wheelbarrow because she used to do it with her parents and it brings back nice memories; Ruth\* has found her niche in pruning lavender and interacting with bees. Referring to deliciously ripe home-grown strawberries, Tom\* said “We should be proud we grew these!”, which is true. Not everyone has the chance to grow their own produce from seedlings. Harpenden Mencap is delighted to be able to provide this opportunity to local adults with learning disabilities and is thankful for the support of its wonderful volunteers.

Whether you have green fingers or are new to gardening, your spare time and enthusiasm will make a real difference to Allotment Club. Volunteers are welcome to take part in activities at daytime club sessions, or to support watering and general maintenance in the evenings and on weekends. If you’d like to volunteer or find out more, please contact Clare: email [clare@harpendenmencap.co.uk](mailto:clare@harpendenmencap.co.uk) or call 07597 795600.

\*Not their real names.

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