



Resident Information Pack 2019

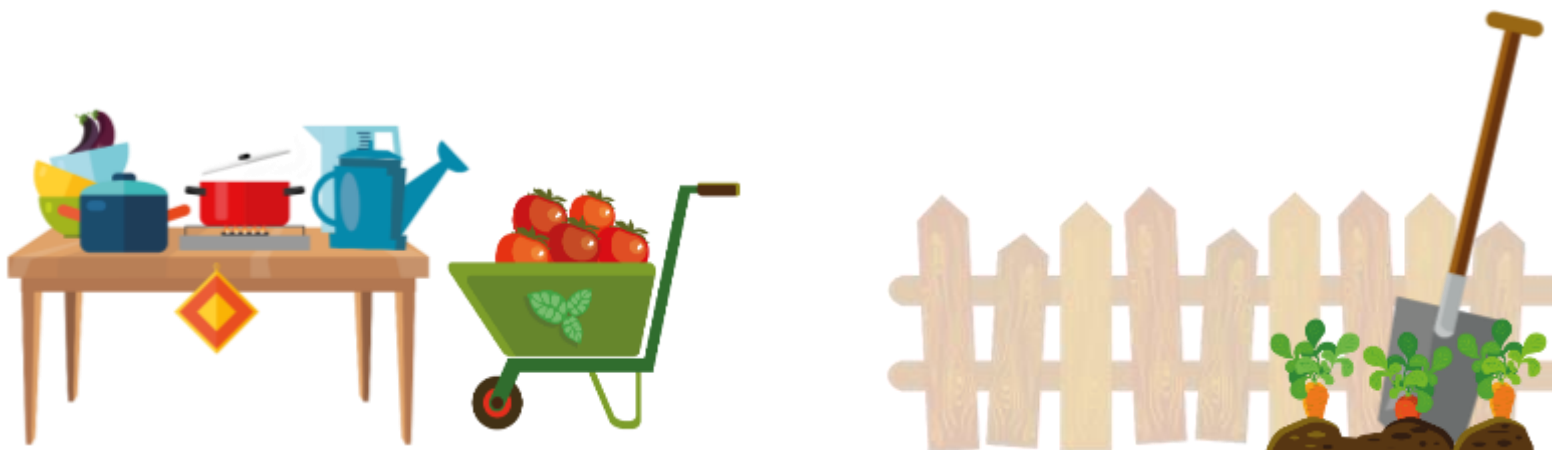


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Introduction

Welcome to Ready Steady Grow 2019. Following excellent feedback and participation in last year's competition we've decided to bring back Ready Steady Grow.

However, this year's competition focuses on growing vegetables, fruit and herbs. It still provides a great opportunity for you to get fresh air, increase exercise and meet others. There are also some fantastic prizes up for grabs!

The competition is designed for residents at all supported living and retirement living services, so whether you have access to a large communal garden or allotment, have your own small garden, or courtyard you can enter one or both categories in this year's competition.

There is only **one entry per person in each category** and entries can be submitted at any point from the launch date up to **15 September 2019**, so you have plenty of time to get planning and planting!

It's easy to get started – read through this, start planning and ask staff for support and advice if you need it.

How to use this pack

This pack provides all the information you need to understand the requirements for Ready Steady Grow 2019 including, how to enter the competition, how it will be judged, when it will be judged and what the all-important prizes are.

The pack mentions useful documents that you can use to plan your entry so make sure you ask staff to provide you with these.

Competition categories

There are two categories you can enter in Ready Steady Grow 2019. They are **Heaviest Harvest** and **Garden to Plate**. You can choose to enter just one or both. Details on how the competition will be judged are provided in the **Judging** section.

Heaviest Harvest

Grow your own fruit or vegetables to create a heavy harvest which also benefits others.

This competition is all about growing the heaviest amount of produce. Your harvest can be made up a mixture or one type of fruit or vegetable. As long as you've grown the produce yourself, provide evidence of this and can weigh it, then you can enter the competition.

However, it's not just about growing a lot of fruit and vegetables, what you intend to do or have done with it will give you extra points, making your entry stand out to our judges and put you in with a better chance of winning.

For example, after you've grown and weighed your harvest, you could:

- Host a dinner party for your friends, family or other residents by creating delicious food with your crop and make new friends in the process
- Cook a special meal for someone if they're celebrating a birthday or just to treat them
- Donate your produce to a community group or project that provides shelter and meals for rough sleepers
- Host a cookery class where others use your fruit and vegetables
- Auction or sell your harvest and donate the money to charity, a good cause or buy an item at your service that everyone can benefit from

Those are just some ideas but the more creative you are and the more you do which has a positive impact on others, then the better chance you have of winning.

You can also cook a meal or a dish with your produce and enter the **Garden to Plate** competition.

See the **Judging** section on page 6 for details of how to **submit your entry**.

Garden to Plate

Grow your own fruit, vegetables and herbs that you can create a delicious meal with.

The Garden-to-Plate competition is about growing produce to create a delicious meal. Get creative with your meal or menu and impress the Supertaster (local judge) as much as possible. You can cook a single main meal, a three-course meal or take inspiration from Master Chef and create a 7-course tasting menu if you're up to it – it's up to you!

The more ingredients you've grown yourself and put into your dish the more points you'll get – but remember you must show evidence that you grew it yourself (more details on the **Judging** section).

Your scheme will appoint Supertasters and you must arrange a time for your meal to be judged with a member of staff. You should see posters displayed around your service with details of who to contact or speak to about this. The Supertaster will complete a score card and take photos of your dish(s). Your dish(s) will be judged on a 1-5 star rating for:

- Amount of home-grown produce used
- Presentation
- Flavour
- Creativity and originality
- Skill and ability

See the **Judging** section on page 6 for details of how to **submit your entry**.

Important dates

15 September - Deadline to submit entries

w/c 7 October – Winners announced via email to managers and scheme mailboxes, and on our websites:

www.sanctuary-supported-living.co.uk

www.sanctuary-retirement-living.co.uk

Prizes

Everyone who enters the competition will receive a certificate for participating in the competition.



There will be a 1st and two runner up prize winners selected from entries received from mental health, homelessness & young people services in each competition category.

There will be a 1st and two runners up prize winners selected from entries received from learning disabilities, registered mental health & Retirement Living services in each competition category.

All winners will receive a certificate, trophy and a gift card:

Heaviest Harvest

£250 Gift Card 1st Prize
£100 Gift Card Runner Up
£100 Gift Card Runner Up

Garden to Plate

£250 Gift Card 1st Prize
£100 Gift Card Runner Up
£100 Gift Card Runner Up

Gift cards

Winners can choose a gift card from one of the following:



Horticultural Trades Association gift cards can be spent at garden centres and nurseries across the country.



B&Q gift cards can be spent nationwide at all stores on home, DIY and garden supplies.



A supermarket of your choice, such as Tesco, Sainsbury, Morrison's and Asda.

Judging and submitting your entry

Heaviest Harvest

You should speak to a member of staff about organising a date and time for heaviest harvest weigh-in. A member of staff must be present to sign off your weigh-in. Complete the **Entry Form** and take it to the weigh in along with photographs and any other information.

The more pictures and information you provide about growing your fruit or vegetables, how you decided to grow what you grew, the preparation you did and the skills you had or learnt to produce your harvest and what you did or plan on doing with your harvest will mean your entry has a better chance of winning.

How will my entry be judged? (Heaviest Harvest)

1) Weight of your harvest

1 point given for every 100 grams

2) Positive impact

What you have done or are doing with the harvest, will be marked out of 10.

For example:

Weight of harvest is 5,000 grams = 50 points

Positive impact score is 7/10

Total score is: $50 \times 7 = 350$ points

The member of staff will sign off your **Entry Form**, and then you are ready to submit your entry.

The more pictures and information you gather and provide about growing your fruit, vegetables and herbs, how you came up with your meal ideas and the skills you had or learnt to produce your meal will give you a better chance of winning.

How do I submit my entry? (Heaviest Harvest)

Make sure you have everything on the checklist below and your **Heaviest Harvest** will be officially entered into Ready Steady Grow 2019.

Checklist – what you need to send to officially submit your entry

- Photographs of your harvest in the ground and growing
- Photographs of your harvest being weighed (the weight must be clearly shown in the photograph)
- Photographs and other evidence of how your harvest will be used to benefit others
- Completed **Entry Form** signed off by a member of staff
- Email all the above as attachments to:
SSL.Marketing@sanctuary-housing.co.uk
Subject line: RSG Heaviest Harvest

Deadline for entries: Sunday 15 September

After receiving your entry, the **National Judging Panel** will use your **Entry Card** and the evidence you provided to score entries and decide:

Two winners

- One from a mental health, homelessness & young people service
- One from a learning disability, registered mental health or retirement living service

Four runners up

- Two from a mental health, homelessness & young people service
- Two from a learning disability, registered mental health or retirement living service.

Garden to plate

Supertasters are the people who will be locally judging your dish/s. The Supertasters could be a member of senior staff, or someone from a local organisation – staff will pick a Supertaster who is impartial.

When you have grown your produce and are ready to prepare a meal you need to organise a Supertaster assessment with staff at your service. You should give staff as much notice as possible to arrange a time and date for the assessment. Staff at your service will let you know how much notice they need from you to organise the assessment.

Complete the **Entry Form** and take it to **the Supertaster Assessment** along with photographs and any other information. The Supertaster will use the form, photographs and information to judge to your dish.

The more pictures and information you provide about growing your fruit, vegetables and herbs, how you decided to grow what you grew, the preparation you did and the skills you had or learnt to produce your dish/s will mean your entry has a better chance of winning.

Following the Supertaster assessment, the resident or member of staff (as agreed) must register and officially submit the entry for the **National Judging Panel** (see **How do I submit my entry?** on page 9).

How will my entry be judged? (Garden to Plate)

When you present your dish/s to the Supertaster, you must also provide them with your entry card and photographic evidence of growing your produce.

The more pictures and information you provide about growing your fruit, vegetables and herbs, how you came up with your dish ideas and the skills you had or learnt to produce your meal will give you a better chance of winning.

Up to 5 points will be awarded for each of the following criteria during the Supertaster assessment.

1) Amounts of home-grown produce used

1 point = 2 ingredients

2 points = 3 ingredients

3 points = 4 ingredients

4 points = 5 ingredients

5 points = 6+ ingredients

2) Presentation

1-5 points available

3) Flavour

1-5 points available for how good your dish/s taste and how well the flavours complement each other

4) Creativity and originality

How much thought has been put into the dish/s it is something slightly unusual, is there a theme or reason why the dish/s were chosen?

5) Skill and ability

Were lots of skills required to make the dish/s. How easy or difficult was it to make? Were new skills learnt to produce the dish/s?

How do I submit my entry? (Garden to Plate)

Make sure you have everything on the checklist below and your **Garden to Plate** entry will be officially entered into Ready Steady Grow 2019.

Checklist – what you need to send to official submit your entry

- Photographs of your produce (fruit, vegetables and herbs) in the ground and growing
- Photographs of your meal/s presented to the Supertaster
- Completed entry card signed off by a member of staff
- Email all the above as attachments to:
SSL.Marketing@sanctuary-housing.co.uk
Subject line: RSG Garden to Plate

Deadline for entries: Sunday 15 September

After receiving your entry the **National Judging Panel** will then decide:

Two winners

- One from a mental health, homelessness & young people service
- One from a learning disability, registered mental health or retirement living service

Four runners up

- Two from a mental health, homelessness & young people service
- Two from a learning disability, registered mental health or retirement living service.

Taking photos

Photographs of your home-grown produce, dish/s and what you've done with your produce (for the **Heaviest Harvest** Competition) must be submitted as part of your entry.

It's really important that the photos you take are clear, sharp and high-resolution, so that we can use them and they provide good evidence of what you've done in the competition. We can accept photos from staff or residents. If you don't have your own camera or smartphone to take photos with, speak to a member of staff who can take photos for you.

We would also like to celebrate your gardening activities on our social media pages (Twitter for Supported Living services and Facebook for Retirement Living services) as well as our website and in Snapshot magazine.

If you would like to share photos for these purposes, please email them to **SSL.Marketing@sanctuary-housing.co.uk** as soon as you can. If you or your friends, family or members of staff are in the photos, the photos must be accompanied by a scanned copy of a signed consent form, which is included in this pack. Without this form, we will not be able to accept the photos. Make sure you write down the names (first and last) of people in the photos and send a brief description of what is happening in the picture.

Tips for taking great photographs

Resolution

To get a clear, crisp image, take photos at the highest possible camera setting. Photos should be around 3MB. Anything with KB on the end of the file size is too small.

Lighting

Always avoid photos where the main light source (windows, the sun, lights) is coming from behind the subject.

Focus

Check the subject is in focus. If your digital camera has an LCD screen, you should be able to see if the shot is in focus. On most smart phones, the focus is often controlled by tapping the part of the image you want focused on screen before pushing the shutter button.

Composition

Try to ensure that you can clearly see what is supposed to be the feature of the photo and that anything of interest is in the picture, so that your photos relate to what you are doing.

Quantity

Take several photos, both vertical and horizontal so that there are plenty to choose from

...and if you or anyone else is in the photo - smile!

Getting started

Now you know how the competition works it's time to get planning. Let's keep it real. Growing produce and cooking dishes costs money. We know that. That's why you won't gain any extra points for extravagance in this competition.

Knowing where to start can often be your first hurdle. Especially if you don't have any equipment, seeds or soil. But there are ways to get inspired and options for getting support with costs. Read the **Top tips and ideas** section and use our **Growing Planner** which sets out step by step how to plan what to grow.

If you'd like to enter but are worried about the costs, then speak to a member of staff. It's likely there are others at your service who are in the same situation. Staff may be able to apply for funding, ask for discounts or get hold of some gardening tools or cooking equipment that you can share. We put some ideas in the **Funding your project** section.

Remember to think about the criteria that the judges will be using when planning your entry.

Funding your project

Organisations sometimes have funds available to help local community projects, like your gardening project.

They can help to buy soil, plants and gardening tools or simply provide them for you themselves. Sometimes they might be able to donate unsellable items, which may otherwise go to waste.

Before you go any further, think about what materials you need and how much you expect your project to cost (use the **Growing Planner** to help you). Speak to other residents in your service or a member of staff to find out who else is taking part. If you want to ask for donations or funding it's likely to be more effective if you apply together. A member of staff or manager will be able to help organise a group application or request for you.

Local funding

If you decide you only need gardening or cookery materials which **are likely to cost up to £200** you could try approaching local stores including:

- Wickes, B&Q, Argos and Homebase
- Local garden centre's and nurseries
- Local supermarkets: Tesco, Co-op, Sainsbury's, Morrison's, Asda, Aldi and Lidl

Wherever possible, if you feel confident enough, you should go into the shop yourself with other residents and a member of staff in person, and ask to speak to the Community Manager about whether there are any materials they can supply. This personal touch can often be more successful.

Donations and expertise

You could also see if there are any **local environmental Friends Groups or Allotments who could donate you equipment, soil or seeds**. They may be keen to help and you could ask if they would be interested in providing you with their expertise and advice to help you produce the winning fruit and vegetables.

Client Engagement Funding

Through Sanctuary's Client Engagement Funding, grants of up to £500 are available for projects that support you to develop your skills, in this case it would be horticultural skills for instance growing vegetables, 'food for free' or how to cook healthy home-grown food. However, a member of staff would need to apply for this on behalf of residents at the service (it would have to support a group of residents) and the applications must also demonstrate:

- Some measure of match funding. Match funding doesn't need to be financial but could be in the form of donated items or volunteer time
- An element of working with the wider community. This could be a peer support role or local allotment society.

For more information speak to a member of staff.

National initiatives

As well as approaching organisations locally some companies run national funding initiatives as well. We have provided some links to their websites for information on how they might be able to support you and other residents at your service. This sort of request is most suitable if there are a lot of residents at your service participating and you apply for funding as a service.

If you think this is a good idea to support you and others with their competition entry then speak to a member of staff about what you have in mind and they can help you to organise an application. These companies get a lot of requests so don't feel disheartened if you don't hear back. It is always worth checking that you are eligible to apply, often applications need to come from registered charities or constituted community/friends groups.

- B&Q
www.diy.com/corporate/community/waste-donation/
- Tesco
www.groundwork.org.uk/Sites/tescocommunityscheme/pages/Category/boh-grant-for-project-tes
- Sainsbury's
www.about.sainsburys.co.uk/making-a-difference/community
- Travis Perkins
<https://www.travisperkinsplc.co.uk/responsibility/business-hub/social-responsibility.aspx>
- Asda
www.asdafoundation.org/what-we-fund/local-impact-funding

Applying for donations or funding

It's always best if funding applications come from residents – it is your project after all - but speak to a member of staff if you would like to do any of the above to make sure your request is co-ordinated with other residents' requests. You're likely to be more successful this way and staff can help you to write a letter too.

Top tips and ideas

Inspiration

- Free apps such as Instagram and Pinterest can be a good place to start. Use them to research the type of project you want to create or follow professional gardeners.
- Gardening magazines – see if anyone is throwing them out. Cut out the pictures you like and make collages.
- Take a walk – get some inspiration from around you
- Ask an expert – do you have any relations that like gardening? The best tips are often passed down the generations. Do you know anyone that can help or offer advice?
- Watch gardening videos online or programmes on TV. You might pick up some tips - even if their project is more advanced. Gardening programmes include: Garden Rescue, Love Your Garden and Gardener's World.

Top tips!

- Sink a plastic bottle with the end cut off next to thirsty vegetables like courgettes. Pouring water into this get water straight to the roots.
- Rosemary, thyme and sage are perfect for a dry spot with good drainage and can be grown in the garden, in pots or on a windowsill.
- Check the weather forecast so you can plan your time to make sure you water your crop when it's hot and dry.

Common questions

Which part of the garden is best for my plants?

Check plant tags or ask the staff at your local garden centre to find out how much sun a plant requires, then find a suitable place for it. Put the plants where you can see them, so it reminds you to attend to them.

When should I dig the soil?

Digging loosens the soil so roots can grow more easily. Dig only when the soil is moist enough to form a loose ball in your fist, but dry enough to fall apart when you drop it.

How often should I water my plants?

It depends on how often it rains. Plants are begging for water when they wilt slightly in the heat of the day. Water them slowly so the water soaks in to the soil. It is best to water the plants early in the morning to minimize evaporation and give your plants a better chance of dealing with a hot sun. Watering in the evening is also more effective than in the heat of the day.

How do I prevent weeds?

If you have weeds in your garden, it might be a sign that something is wrong in the soil, such as over acidity or uneven watering. Your garden might need to be fertilised. To avoid harming your flowers, you could weed by hand. Digging out weeds by their roots will ensure they do not return. Wear gardening gloves for this if you have them.

What is compost?

Compost is the natural process of recycling organic material such as leaves and vegetable scraps into rich soil. Putting compost on your soil helps to keep it hydrated and feeds the vegetables and plants you grow. You can buy compost, but you can also make your own with garden waste such as grass trimmings and leaves and as well as fruit and vegetable peel, which may otherwise just go in the bin.

Get creative with a pallet

Save money and give an old pallet a new lease of life with this clever recycling idea to make a vertical pallet planter

You will need: an old pallet, landscape fabric, staple gun

Step 1 Prepare your pallet

Smooth the slats with sandpaper then decide which way is up. Cover the bottom, back and sides with landscape fabric, pulling it taut before stapling it in place. Leave the front and top open.



Step 2 Plant into the gaps

Lie the pallet face up. Slide 12 plants into the top opening to keep the compost in place. Pour a bag of compost on top of the pallet and push it between the slats. Repeat with a second bag. When the pallet is full, start planting from top to bottom.

Step 3 Water and fed

Leave the pallet flat on the ground for a couple of weeks, watering regularly so the roots can establish and hold all the plants in place. Feed and look after plants according to packet instructions.

Ideal for tumbling tomatoes, strawberries and herbs.

Sow herb seeds

Grow your own herbs from seed for a steady supply of flavoursome leaves.

Herbs are easy to grow and don't take up much space. Grow them in a trough, patio containers or in an old bucket with drainage holes. While some herbs can be sown directly outside where you want them to grow others should be started off indoors. Harden off indoor-sown seedlings by gradually acclimatising them to outdoor life over 10-14 days.

		
Basil: Sow little and often, indoors, two seeds per cell and thin to the strongest.	Chives: Sow indoors or outside, keeping soil or compost evenly moist.	Coriander: Sow indoors. Hates root disturbance so sow in a pot that you can put outdoors.
Great with: Italian style food	Great with: Potato salad	Great with: Curry
		
Parsley: seed is notoriously slow to germinate. Sow indoors for warmth.	Marjoram & Oregano: Sow indoors with warmth in pots or trays.	Dill: sow indoors from early April or outside in May.
Great with: Greek style food	Great with: Italian style food	Great with: Seafoods and salads

Partnerships for better harvests



Tomatoes and marigolds

Grow French marigolds among or next to tomatoes. The Marigolds strong scent repels greenfly, whitefly and blackfly.

Their bright blooms attract pollinating insects that increase tomato crops and the foliage shades the ground from the hot sun.

Carrots and rosemary

Rosemary has lovely scented oils which are released on sunny days. Carrot flies can smell the sweet scent of carrots from nearly half a mile away, so plant rosemary next to carrots to confuse carrot flies.



Basil and peppers

Pepper plants prefer high humidity to ensure their fruits set and develop properly. Create humid condition with leafy ground cover plants such as basil.

Resourceful Salad leaves

We tend to think of salad leaves something to be eaten raw but many leaf crops are also suitable for cooking, for example served wilted over hot pasta or added last-minute to stir fries.

Some leaf crops are 'cut and come again' meaning that when the plant is established you carefully cut a few leaves that you need at a time from each plant and you will have a continuous supply for several weeks.

Ideal cut and come again plants



Pak Choi will develop into small bulb heads for stir fries



Mixed leaf salad packs of mixed leaf seeds usually include rocket, cress and mustard providing a nice variety.



Red lettuce is a bolt-resistant variety and adds some colour to your garden



Chard the leaves can be used as an alternative to spinach in some recipes and it is ideal in raised beds or container planting.

Quick Growers

Spring onions are ready in next to no time. Sow them in bare patch in a border or in rows in a trough and harvest a few weeks later. Thanks to their rapid growth, spring onions suffer very few pests and diseases, as long as the soil is well drained and reasonably fertile. Pull up and enjoy eating the whole plant when it reaches about 15cm.

Radishes thrive in sunny spots though they're happy growing in a little light shade especially in hot weather. Even watering is a must – too little water and the roots will become dry and woody with plants quickly running to seed and too much water will lead to poor growth and flavourless radishes. So, aim for a happy medium.

Compost

Compost is crucial for all gardens as it helps your plants get the essential nutrients to grow and thrive. Making your own compost is affordable and helps reduce waste which would otherwise end up in a landfill.



You will need: a bin, suitable waste

Step 1 Prepare your bin

Make sure your bin is large enough! Too small, and you won't be able to add enough materials which will make the mix unbalanced especially when adding waste that slow down the composting process such as grass clippings.

Step 2 Put the right stuff in

Any organic material will be fine! Good things to compost include vegetable and fruit waste, teabags and grass cuttings. If your mix is looking wet and slimy, don't be afraid to throw in some cut up paper, egg cartons and loo roll tubes to suck up excess moisture and thicken the heap, and if it's looking too dry add more wet materials. Also, give layers a try – alternate between a layer of soft and moist material (e.g. new leaves, fruit and vegetable peelings, grass clippings) with a layer of drier materials (e.g. dry leaves, twigs). Avoid using any meat or dairy products as these will attract unwanted pests and smells. Don't forget to turn the compost heap regularly and water it if required!

Step 3 Get the best out of your compost

When your compost is ready you will have a dark brown soil-like layer with a spongy texture at the bottom of your bin. Spreading the finished compost onto your flowerbeds greatly improves the quality of the soil by helping it retain moisture and stopping weeds from growing. It also reduces the need to use chemical fertilisers and pesticides!

Top Tips!

- Keep a pail in the kitchen for collecting compostable waste – when it's full, just add it to the heap.
- Use two compost bins rather than only filling and collecting compost from one – as one bin is composting away, add fresh material to the other.
- DIY your own compost bin by getting **creative with a pallet**.



Good luck!