

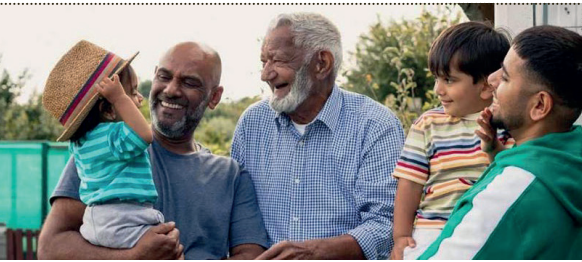


## ENVIRONMENTAL, COMMUNITY AND HEALTH VALUE OF ALLOTMENTS

### RICH GREEN SPACES

Historically seen as spaces for individuals to enjoy, studies increasingly show the environmental value of allotment sites. Allotments are rich in biodiversity, creating green spaces for wildlife and pollinators throughout the country.

The quality of soil on allotments creates a unique environment from which all life can emerge. Natural England acknowledges allotments as a firm part of 'Green Infrastructure' – a network of connected green features in the landscape that play an important role in urban and rural environments.



### SOCIAL AND COMMUNITY

Far from being useful only to plot holders, allotments are increasingly used for the benefit of wider communities. There are some outstanding projects taking place on allotments sites, up and down the country, who are allocating spaces for community, educational, disability and social projects.

The beneficial community uses for allotment sites are immense, including community open days, educational projects, community hubs offering workshops, mental health projects, food sharing schemes, sensory gardens for those with disabilities, collaboration with community payback schemes and green social prescribing by GPs.

### HEALTH AND WELL-BEING

There is a growing awareness of the role that gardening plays in improving mental health. Many allotment gardeners will tell you that a spell on the plot nurturing plants and contemplating nature makes them feel calmer and improves their overall health and well-being.

The social contact offered by gardening in an allotment environment helps to combat the lack of social interaction embodied by loneliness. The physical benefits of regular spells of gardening help plot holders to keep fit even if they have sedentary jobs.

Getting outside is also good for us. Depending on your skin type, spending just 15 - 90 minutes a day out in the summer sunshine can build up your levels of immune boosting vitamin D.



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## THE VOICE OF THE ALLOTMENT COMMUNITY



The National Allotment Society

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JOIN OUR  
COMMUNITY OF GROWERS







## THE VOICE OF THE ALLOTMENTS MOVEMENT

Founded in the early 20th century, The National Allotment Society is the leading representative body for UK allotment holders with over 125,000 members. It is our job to represent the views of our members on a national level and raise awareness of the social, cultural, heritage

and health benefits of the allotment movement and its relevance to wider environmental issues. At a local level, we have a network of regional representatives and volunteers who support members with on-the-ground issues around the country.

### WE PROMOTE

Allotments are valuable community assets, boosting health and well-being, providing sustainable growing spaces and creating biodiverse green corridors. Not only are they a valuable part of our UK heritage, but they play an important part in our future too.

We constantly highlight and promote the value of allotment gardens at gardening shows and through the national media.



### WE PROTECT

We work with the Government, councils, associations, landlords, NGOs, charities and developers to create, manage and preserve allotments for the next generation.



As key players in the Government allotment land disposal process, we have a unique position in protecting allotment land. Councils who are considering selling allotment land are obliged to seek NAS advice to make sure any alternative provision is adequate and meets the statutory requirements.

### WE SUPPORT

We work with allotment sites, associations, councils and individual plot holders to offer advice and guidance. We provide expertise on issues ranging from site management, environmental concerns, tenancy agreements, fundraising, setting up and managing associations and more.

Furthermore, we facilitate regional allotment officer forums, giving local authorities the opportunity to network and share good practice.



## JOIN OUR COMMUNITY OF GROWERS

Join the National Allotment Society to help to preserve and protect allotments for future generations.

There is a wide range of benefits for all members, including expert gardening advice, retail discounts, free liability insurance, initial legal support and a quarterly 'Allotment Gardener' magazine.

### MEMBERS SEED SCHEME

Kings Seeds offer a wide range of premium quality seeds and provide huge discounts to NAS members. Prices are discounted by an average of 40%, plus if you order via an association, you can receive further discounts of up to 22%.



### BESPOKE NAS INSURANCE

Allotment association insurance cover is available through Chris Knott Insurance, offering NAS members a 25% discount on all policies taken out.

Chris Knott Insurance offers a personal service, ongoing support and peace of mind for you and your association. Visit [chrisknott.co.uk/nas](http://chrisknott.co.uk/nas) for further information and a quote.



### FREE INITIAL LEGAL ADVICE

NAS members have unique access to our legal team, who can offer free initial legal advice on issues ranging from tenancy agreements, leases, land disputes, environmental issues, contract and company law and data protection.

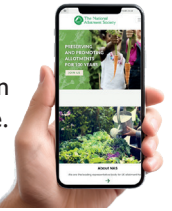
### ALLOTMENT GARDENER MAGAZINE

Members receive this magazine, in printed or digital format. Individual members are mailed a personal paper copy, whilst associations receive 1 paper copy per 10 members. Plus, regular email newsletters keep you up-to-date with the latest NAS news.



### MEMBER'S WEBSITE ACCESS

The members only area of the website provides access to offers, the digital magazine, information downloads and the digital Kings Seeds catalogue. Our newly launched website provides better accessibility and ease of use.



### FREE ALLOTMENTS LIABILITY INSURANCE

Individual and association plotholders are eligible to enrol for free allotmentee's liability insurance with our NAS blanket policy. The scheme offers £5 million liability cover in the case of being accused of accidental injury or property damage.



### SUPPORT FOR ASSOCIATIONS

We can provide professional template documents for associations and councils managing allotment sites. We also offer regional allotment officer forums, giving the chance to share best practice.



### SPECIFIC MEMBER SUPPORT IN THE REGIONS

NAS members are given a helping hand throughout the year, whether via through the regions or through the NAS website and head office team.

### REGIONAL SUPPORT

Regional representatives are members of the NAS management committee and offer regional representation. They deal with local member issues and actively promote and encourage membership of the Society.

Regional representatives offer invaluable advice and support around many matters regionally including: funding options, how to set up an association, disability access, allotment security and working with community groups.

The NAS are also working with local authorities and allotment associations to bring unused and neglected allotments back into productive use.



Scan here

The National Allotment Society offers a variety of membership types which incur different fee levels. Scan the QR code here to go to our membership web page and for details of how to join. Or email: [contact@thenas.org.uk](mailto:contact@thenas.org.uk) if you have any questions about becoming a member.



His Majesty King Charles III is our patron. His deep passion for gardening, commitment to environmental causes and steadfast dedication to preserving the UK's rich traditions make him an invaluable advocate for our NAS mission.