

Promoting Cultural inclusion vegetable Produce for minoritised Families To enhance to enhance health and wellbeing

## SHAMBA PROJECT IMPACT

United Women Affiliation (UWA) is a registered CIO (1192288) under charity commission England and Wales. The purpose of the charity is to support and empower marginalized families in Sheffield and surroundings area with a focus on improving resilience and confidence and promoting access and the use the opportunities that are available for them to fulfil their dream.

UWA appreciate the community fund grant support to implement Shamba project which aim to (1) connect with nature, (2) increase understanding and engagement of outdoor activities and (3) promote inclusion and physical social and emotional wellbeing. Project started November 2022 from November from preparation of the land and ended December 2023.

Women and young people were able to promote cultural vegetable produce that were not in the UK but are commonly used by people from Sub-Saharan Africa such as Mchicha, Mnavu, Sukuma week, matembele and pumpkin leaves. We were able to feed 117 families with cultural green vegetables from Shamba project. 3 women and 3 young people were able to participate in Shamba activities.



### Some of Testimonies

"the allotment activities really makes me come out of my house you know...because when emotional and want to shout at them ...I get myself out and go to the allotment spend time there watering the garden...really I enjoy and feels happy" MN

- ✓ "ooh I feel cool digging the land and when I see the vegetable growing I wants to keep observing them how they get bigger and when I was engaged in harvesting I was proud and sending them to give free to the families ...to be honest it is my first experience I will keep on coming and encouraging young people to join" ZS
- ✓ **As an outcome we became a member of Sheffield Food Grow.**