



Creative, empowering skills workshops for better mental health.

The Vegbox Project

Sustainable and healthy vegetables

How you can help

makedoandmendmail@gmail.com

Local organisation/charity

- Spread the word by talking to people in your network and displaying posters
- Refer to us people you know who could benefit from a Vegbox
- Volunteer to participate in our project
- Supply pallets, plants

Local company

- Refer an employee for a “volunteer day” at our workshop
- Sponsor a Vegbox for someone in the community: £25/ veg box
- Supply pallets
- Donation of tools, pots, materials...

Local resident

- Ask to receive a Vegbox
- Volunteer at our workshop to create your custom Vegbox
- Supply pallets and other recyclable/reusable materials (bulbs/shrubs, seeds, plastic bottles and trays, egg box, planting pots, scrap wood, glass windows...)

Public/council organization

- Display a Vegbox prominently at your workplace to promote healthy vegetables
- Promote reuse and recycling
- Refer to us any of the above

Cambridge City Council is funding 50% of this project from the Sustainable City Fund.

