

Tutor **Richard Clare** has been an organic grower and activist for **20** years. He has helped to restore and maintain more than **100** allotments, including many used for volunteering and therapeutic projects.

Having achieved a degree of individual self-sufficiency, the next step was to share that experience with others, by providing access to organic food activities and teaching people how to grow their own. This led to the establishment of ***Sheffield Organic Food Initiative***, a charity dedicated to the promotion of Organics, Biodynamics and Permaculture in the city.

During the 1990's, Richard developed several projects based on organic food production in the voluntary and community sector, including a '***Green Gym***' in collaboration with the local ***Healthy Living Centre***, the ***Womens' Organic Community Allotment*** and the ***Healthy Gardening Group's*** small grants scheme for horticultural therapy projects, funded by the local Health Authority.

In 1999, Richard introduced Sheffield to the cultural and commercial agenda proposed by the Soil Association's ***Food Futures*** project, which led to the creation of two ***Farmers' Markets*** and a ***Green Food Map***.

Richard was also responsible for the regeneration of one of Sheffield's inner-city parks, the ***Ponderosa***, using sustainable methods to create a demonstration site for urban Permaculture, including a mature community orchard.

For more than 10 years, Richard supervised the restoration of a derelict walled garden at ***Unstone*** in North-East Derbyshire to the point where it became a vibrant demonstration of all things Organic. This achievement attracted 5 years funding from Volunteering England and the L.S.C.

The ***Gardening for Health*** project was the only Soil Association - certified therapeutic project studied by Joe Sempik from Loughborough University during the research for ***THRIVE's Growing Together*** study into the social and health benefits of horticulture.

In addition to writing and delivering formally accredited courses, Richard has independently developed courses for the general public, ***Organic Culture and Cultivation***, which have attracted more than 200 students over the past 5 years. Please check out ***Feedback*** on the website to see what previous students thought.

In 2006, Richard was employed as a consultant to advise on the feasibility of an allotment site at ***Catcliffe***. In 2007, he delivered workshops at the ***L.E.A.F.*** project as part of the national ***S.P.A.N.*** consortium to support demonstration centres for the local food sector. Currently supervising an organic allotment project at ***Shirebrook*** near Bolsover for Derbyshire Adult and Community Education Service.

For real information, please visit www.organic-guru.co.uk