



Key

- Volunteering**
- Social**
- Activism**
- Creative Activity**

Happening across Greater Manchester



Groundwork

Working with local communities to improve their local environment whilst also reducing inequalities. Contact: 0161 220 1000 or email greatermanchester@groundwork.org.uk



Sow the City

Urban food growing project with volunteering opportunities across Greater Manchester. Contact: info@sowthecity.org or phone 0161 465 6954



Brighter Sound

Opportunities to engage with music at any stage of your creative journey from producing to song writing and performance. Contact: 0161 546 5334 www.brightersound.com / @BrighterSound on Facebook, Twitter and Instagram.

National



Food Foundation: Children's Right2Food Campaign

A national charity coordinating the Children's #Right2Food Campaign to ensure every child in the UK can access and afford good food. Contact: www.foodfoundation.org.uk/childrens-right-to-food-campaign @CR2FCampaign or zoe.mcintyre@foodfoundation.org.uk



FareShare

Reducing food waste is one of the easiest ways to combat the environmental issues associated with the utilisation of surplus food. Instead of ordering a takeaway, try using up some of the contents of the fridge. You can also make sure you're storing foods in the right way to make them last as long as possible and give you longer to eat them!

If you'd like to get further involved, you can volunteer with FareShare (all volunteers must be 16+). You can call them on 0161 223 8200 option 6 to speak to someone or find out more via their webpage.