

# LEARNING HUB 'SEMILLA SISAY'

2023-25





# CONTENTS

## INTRODUCTION

Our mission	01
Our purpose	01

## WHAT WE DID

Gardening Sessions	02
Body - Territory workshops	03
Ointments	03
Self-massage	03
Collective Incense	03
Other activities and collaborations	04

## IMPACT

05

## WHAT WE LEARNED

06

## ACKNOWLEDGMENTS

07





# INTRODUCTION

Learning Hub 'Semilla Sisay' is a education programme within the Institution of Popular Education Somos Semillas. It started as a collective dream that then became reality to collectively build a fairer and dignified ways of living, working together with Mother Earth. The name of the Learning Hub was collectively chosen to be 'Semilla Sisay': 'semilla' means 'Seeds' and 'Sisay' which in quechua language means 'flowering' as the community garden is a 'Flowering seed'.

Somos Semillas is a decolonial education institution led by young people. We work towards the vindication of the dignity of our Abya Yalan (Latin American) migrant community.

We know that the vast majority of our community migrated for socio-economic, political and environmental reasons. The legacies of colonialism maintain our economies unable to support a dignified life for all. Meanwhile, the far-reaching impacts of the climate and ecological crisis is accelerating the rate of migration. The migratory experience is full of loss, pain and confusion. But we also know that the solutions to these issues, both in our home continent and in our new home in London, can be found in our ancestral ways of being, knowing and organising ourselves for the flourishing of all life.



## OUR MISSION

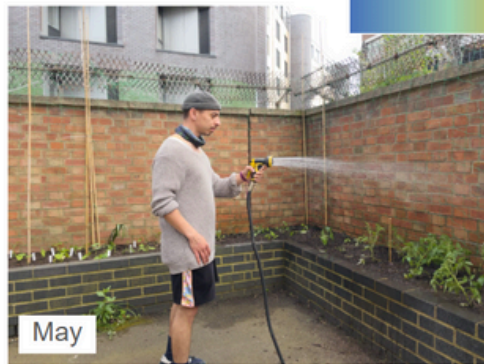
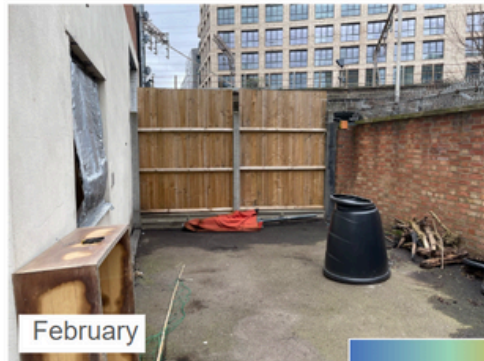
- To facilitate popular education for the Abya Yala migrant community
- To visibilise our continent's resistance processes
- To strengthen our cultural and collective identity

## OUR PURPOSE

- To build a Popular Education Institution
- To contribute to the self-determination and autonomy of our community here and in Abya Yala continent.
- To be in line with Planet Repairs

# WHAT WE DID

We successfully planned, designed and co-delivered bi-weekly gardening sessions between February 2024 to February 2025 in our growing space in Tower Hamlets, a private garden that was kindly open to our community. We also run workshops using Body-Territory methodology, these included sessions as self-care, incense making and ointments.



## GARDENING SESSIONS

Sharing knowledge in growing food based on Abya Yala ancestral knowledge as per following agroecological framework while connecting with the Agrofestive calendar (solstices and equinoxes festivities).



*5 to 15 participants in each session*

***This little patch of brick and pavement converted into a thriving living "carpet".***



# WHAT WE DID

## OINTMENTS

Sharing recipes of natural remedies to nurture our body and the land. Collectively making some of these recipes to later take it home with us.



## SELF-MASSAGE

Learning how to reconnect with your body through sharing self-massage techniques. This improves blood circulation, releases tension and engages overall well-being in community.



## BODY-TERRITORY WORKSHOPS

Body-territory is a methodology from the women of indigenous communities of Abya Yala, this process is a form of community feminism rooted in the fight for defending the land in their communities. A metaphor that sees our body as extension of our territory.

*10 to 20 participants in each session*

## COLLECTIVE INCENSE

Learning how to prepare incense collectively with raw materials from Abya Yala. Sharing ancestral knowledge of incense and culturally-relevant rituals tied to our agricultural calendars.





# WHAT WE DID

## OTHER ACTIVITIES AND COLLABORATIONS



**DAY OF THE DEAD**



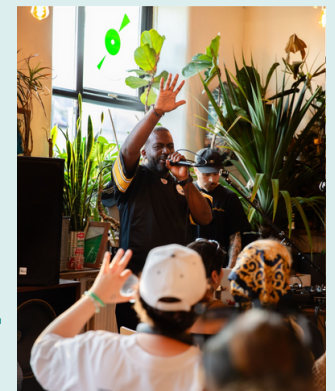
**INDIGENOUS RESISTANCE DAY  
(12TH OF OCTOBER)**



**CONDOR WOMEN EVENT  
(MOTHER'S DAY)**



**PALESTINE SOLIDARITY**



**DECOLONIAL  
SOUNDS**



# IMPACT

The gardening sessions fostered **a deeper connection with nature**, giving participants the chance to enjoy green spaces, engage with the life cycle of seeds, and strengthen bonds with fellow community members. They also served as a platform for **skill sharing and collective learning**, where popular educators could pass on their knowledge to the wider community.

Beyond practical work, the sessions became moments **of community building and joy**—transforming the day into a family-like gathering enriched by music, conversation, and a shared sense of belonging. Participants also developed a **cultural and ancestral connection** by practising traditional cultivation methods such as the Milpa (three sisters) system, learning the histories and origins of the plants they cultivated, and celebrating festivities that honour cultural traditions.

The most significant impact, however, was the improvement of **community well-being**, particularly in terms of **mental health**. By creating a safe, inclusive, and nurturing environment, the sessions offered participants a space for relaxation, emotional support, and reconnection—helping to reduce stress, combat isolation, and strengthen resilience.

Finally, the collective decision-making process nurtured **agency and empowerment**, enabling participants to take ownership of their learning and feel confident to grow plants at home.





# WHAT WE LEARNED

- The need for spaces for reflection - The garden provided time for thoughtful pause and personal insight.
- Care and emotional support at the core - The garden became a nurturing space for everyone involved.
- Being patient in collective processes - grow is not linear, collective growth has to respect each other's pace.

***“Majority of participants highlighted that the connection with spirituality , ancestors, land and rights are important.”***





## ACKNOWLEDGEMENTS

We are so thankful for all the popular educators, coordinators and volunteers that make this possible. More importantly, we thank the community members who participated in the activities.

Special warm thanks to local Tower Hamlets resident, Ali, who opened their own patio space where we grew the food and shared many Sundays together.



Heirloom potato with flower



# LEARNING HUB 'SEMILLA SISAY'



Popular Education Institution Somos Semillas

 @somossemillas\_

 @SomosSemillas

 @SomosSemillasAbyaYala

 [somos.semillas@proton.me](mailto:somos.semillas@proton.me)