



# THE GREAT BIG GREEN WEEK

18th - 26th September 2021



# Saturday 18th September

**Great Big Green Week** is a nationwide event celebrating how communities across the country are taking action to tackle climate change and protect green spaces. We have a fantastic range of events lined up from art exhibitions and guided walks to performance poetry and foodie events.

## Improve Don't Move

10am-3pm - Frome Town Hall - Free

Improve Don't Move returns for a third time offering a showcase of ways to refurbish your home to cut costs and carbon. Speak to architects, designers and contractors who specialise in home renovation, redesign and improvements so you can improve your home rather than selling up and buying elsewhere.

Individual 'Ask the Architect' sessions will be available to discuss project ideas one to one with local architects. The free 30 minute sessions must be booked in advance.

## Talks: 11am-12pm - Solar Streets

This collective project offers significantly discounted solar PV panels for Frome residents when 10 or more households sign up. The session will guide you through the installation process, provide information about new technologies and answer any questions you may have.

## 2pm-3pm - Bringing low carbon to life in our homes

Find out about three ambitious low carbon projects which PAAD Architects have embarked on in their own homes. Covering a zero carbon new build, deep retrofit of a Victorian terrace and the rescue and remodel of an iconic Frome building, this talk will demonstrate ambitious, achievable low carbon projects on our doorstep.



## Wild About Green

10am-3.30pm - Frome Town Hall - Free

An exhibition telling Frome's story of why we love our green spaces and our planet and our messages to world leaders about the action we want to see to protect it.



## Community Ride Out

10am-12pm - Cheese & Grain - Free

Intermediate 10 mile bike ride looping around Frome, taking in Nunney and Marston Park. Good fitness required but suitable for all skill levels. Mostly paved surfaces. Includes a stop for ice cream! Booking advised as spaces are limited.



## Jewellery Repair & Remodelling Drop-in

1.30pm-5pm - Marchbank Jewellery - Free

Free drop-in advice session with Marchbank Jewellery's Fairtrade Goldsmith. Using Fairtrade gold, eco silver and gold as well as ethically sourced stones, they can remodel, repair and recycle any of those old or unwanted jewellery items that never see the light of day! Marchbank will be donating £2 to the Woodland Trust for each order placed during the drop in sessions. Further details on their [Instagram](#) and [Facebook](#) pages.

## Loop:Frome Community Composting

2pm-4pm - Victoria Park - Free

Drop in to meet the Loop:Frome team to find out more about their community compost scheme. Regular short 'how to make compost' sessions.

Bring your questions to Dr Compost and bring any healthy and unhealthy compost if you like!



## Climate Café

2pm-3.30pm - Frome Town Hall - Free

The Climate Café offers a space to share our concerns and feelings about climate change and the ecological crisis. Many people find they don't have a place to talk about these issues in depth with their circles of friends, family and work.

At the café people have experienced a sense of relief, comfort and strength from being able to speak about their concerns with others in this supportive space.

Maximum 12 people. Booking required. Refreshments provided.



## Plastic Free Tea in the Park

3pm-5pm - Victoria Park - Free

Join us to celebrate the launch of Great Big Green Week 2021 with live music and a plastic free tea in the Park.

Frome College students will be taking to the bandstand with their 'Later...with' line-up, and there will also be the chance to find out more about some of the fantastic green initiatives that are helping Frome take action against climate change and protect our green spaces.



## Bat Walk

7pm-9pm - start at Cheese & Grain car park - £5 per adult

Join FROGS for a Bat Walk, led by Adel Avery of the Somerset Bat Group.

Meet near the Canoe Club in the Cheese & Grain car park at 7pm to learn about our local bats, then take a short walk alongside the river to spot them flying.

Bat detector devices will be available for you to listen in to their calls and help us identify which species are about.

Children are welcome but must be accompanied by a parent or carer. Sorry, no dogs please. Booking advised as spaces are limited.



The Loop:Frome team

# Sunday 19th September

## **Tech Shed Drop-in and Air Monitor Workshop**

10am-12pm - Frome Town Hall - Free

Join the members of Tech Shed to learn about Clean Air Frome, a citizen science project to monitor air quality in Frome. Help the group shape their future plans for the project, help build some new air sensors to add to the Frome network and find out more about Tech Shed and how you can get involved. Booking required.



## **Wild About Green**

10am-12pm - Frome Town Hall - Free

See listing for Saturday 18th.



## **Ride Kids Ride**

12.30pm-3pm - The Old Showfield - Free

The Lions Club of Frome invite you to come along with friends and family to see how many laps you can achieve in 30 minutes. Ride your bicycle, scooter or skateboard. Prizes, activities and refreshments available.



## **River walk with Friends of the River Frome**

2pm-4pm - Welshmill Weir - £3 per adult

Walk along the river with FORF to find out why our river is how it is. The walk will start at Welshmill Weir and head through the town along the Retreat and to Adderwell, then back to the town centre by road. FORF will explain everything from the history of the river and the otters, beavers and other wildlife that lives in and near it, to pollution, flooding, development and the FORF strategy. Questions welcome and encouraged. Booking advised.



# Monday 20th September

## Wild About Green

10am-4pm – Frome Town Hall – Free

See listing for Saturday 18th.



## Our Spaces Exhibition

10am-5pm – Gallery at the Station – Free

Working alongside Frome Town Council to celebrate Great Big Green Week, Gallery at The Station proudly presents Our Spaces, a celebration of our shared outdoor spaces as represented by local artists and creatives.



## Intro to the Community Fridge

2pm-2.30pm – Community Fridge – Free

Meet the team behind Frome's famous Community Fridge, find out how it works and how to get involved.

The UK's first community fridge was set up in 2016 by Edventure and Frome Town Council in a bid to tackle food waste. A community larder was added in October 2018. The Fridge and Larder are now kept running by a fantastic team of volunteers who collect surplus food from supermarkets and food outlets, saving over 30 tonnes of food a year from going to waste.

The session will be held at the fridge, located in the Loop de Loop square in the Cheese and Grain car park.

## Woodland Tribe "Tower in an Hour"

4pm-5.30pm – Tower View – Free

Woodland Tribe are the UK masters of constructive play, helping children, families and communities co-create extraordinary structures and amazing play spaces. These environments are always playful, intentionally temporary and unorthodox, full of uncertainty and possibility, changing moment to moment, day to day.

Come and join Woodland Tribe and take part in their "Tower in an Hour" session in which young people will have the opportunity to use tools to help build a temporary tower.

The session is free and will be supervised by the experienced Woodland Tribe team. To take part young people must be aged five and over and accompanied by an adult. Spaces are limited to 20 people at a time.



Woodland Tribe

# Tuesday 21st September

## Wild About Green

10am-4pm – Frome Town Hall – Free

See listing for Saturday 18th.



## Our Spaces

10am-5pm – Gallery at the Station – Free

See listing for Monday 20th.



## How to Talk about Climate Change

10am-11.30am and 5pm-6.30pm – Frome Town Hall – Free

Join Charlotte Carson, Frome's Green Health Connector, for a short session on how to talk about climate change with friends and neighbours, look at ways to measure our own carbon footprint and actions we can take as Frome residents.



## School Street Awareness Session

3.30pm-4.30pm – Mary Baily playing field – Free

A session to explore the Frome School Street scheme and identify issues and opportunities in the area. Co-design opportunities will follow in October.

There will also be an online session at 6pm-7pm.

## Health Connections Mendip Healthy Lifestyles – Eating

2pm-3pm – Online – Free

Join us online for this tester session on Healthy Eating and plant based foods as part of our rolling Healthy Lifestyles programme.

Do you want to eat healthier? Would you like to meet others and look at topics such as sleep, exercise, healthy eating, hydration, connecting and relaxation?

If so, join in with this rolling programme that supports self-care as well as a lower impact on our planet.

This group is currently running online via Zoom every Tuesday. [Sign up here](#).



## Woodland Tribe “Tower in an Hour”

4pm-5.30pm – Egford Park – Free

The second of three sessions, this time at Egford Park.

For more details see listing for Monday 20th.



## Everyday Botany Walk with David Hamilton

6pm-7pm – start from Frome Town Hall  
- £5

If you want to find plants from every corner of the earth with amazing stories to tell, where would you look? A botanical garden? Maybe a garden centre or a grand garden such as the Newt or Stourhead?

On this everyday botany walk with author and horticulturalist David Hamilton, you'll discover some of the fascinating stories of the plants we pass by every day on the streets of Frome. Find what adaptations these weeds, perennials and shrubs have naturally gone through to survive in our tiny town, tucked away in an eastern corner of Somerset.

Booking advised as spaces are limited.



## Project Wild Thing (film Screening)

7pm-8.30pm – Frome Town Hall - Free

Sustainable Frome present the acclaimed documentary, Project Wild Thing.

Determined to get his children up and out, filmmaker David Bond appoints himself as the Marketing Director for Nature. With the help of branding and outdoor experts, he develops and launches a nationwide marketing campaign to get British children outside.

His humorous journey unearths some painful truths about modern family life. His product is free, plentiful and has proven benefits - but is Nature past its sell-by date?

Refreshments available.



# Wednesday 22nd September

## Healthy Homes – Drop-in Energy Advice Session

9am-1pm - Boyle Cross - Free

The Centre for Sustainable Energy will be joining the Healthy Homes team to offer free home energy advice to Frome residents. Whether you have questions about lowering your energy bills, moving to low carbon heating, home insulation or dealing with energy debt, they're there to help. Drop by for a one-on-one discussion with one of CSE's trained energy advisers or pick up some of CSE's helpful short guides.



## Wild About Green

10am-4pm – Frome Town Hall - Free

See listing for Saturday 18th.



## Our Spaces

10am-5pm – Gallery at the Station - Free

See listing for Monday 20th.



## Yoga in the Meadow

12.30pm-1.30pm - Rodden Meadow -  
£5 suggested donation

Vikki Butcher will lead an inclusive, all-levels Vinyasa Flow class in beautiful surroundings, perfect for breaking up the week and spending some time in nature. Suitable for complete beginners or those with a regular practice. Bring your own mat. Donations will go to Frome's Missing Links. Follow [Vikki on Instagram](#) or visit [www.yogaisajourney.co.uk](http://www.yogaisajourney.co.uk) for more information. Booking advised as spaces are limited.

## Jewellery Repair & Remodelling Drop-in

1.30pm-5pm - Marchbank Jewellery - Free

The second of Marchbank Jewellery's two free drop-in advice sessions with their Fairtrade Goldsmith.



## Woodland Tribe “Tower in an Hour”

4pm-5.30pm - The Old Showfield - Free

The last of three sessions, this time at The Old Showfield. For more details see listing for Monday 20th.



## Frome Heritage Tree Walk

5.30pm-7.30pm - Start outside the Cheese & Grain - £5

Join local author and ancient tree specialist Julian Hight on a walk to see some of Frome's most majestic trees and hear about their history and lore. The easy walk will include Millennium Green, Rodden Meadow and the town centre, and take around 2 hours. Booking advised as spaces are limited.



## The Big Green Clothes Swap

7pm-9pm - Silk Mill - Free

Tired of your wardrobe? Time for a change? Keep the clothes cycle turning. Bring your unwanted items along and have a rummage through the piles to find some new treasures. All genders welcome. Keep it respectful, keep it distanced and keep it fun. Plus a stall showcasing Frome's very own sustainable circular fashion brand Daines Atelier.



# Thursday 23rd September

## Wild About Green

10am-4pm – Frome Town Hall - Free

See listing for Saturday 18th.



## Guided Walk at Rodden Nature Reserve

10am-12pm & 2pm-4pm - Rodden Nature Reserve - £5

A guided walk around the Rodden Nature Reserve. Find out about the wide range of wildlife at the reserve and the ongoing work to protect and increase the biodiversity there. Sorry, no dogs.

Booking advised as spaces are limited.



## Our Spaces

10am-5pm – Gallery at the Station - Free

See listing for Monday 20th.



## Wild Neighbours – Welcoming wildlife into your community

10.30am-12.30pm - The Silk Mill - Free

Somerset Wildlife Trust will be leading a discussion workshop exploring how networkers, leaders and ambassadors can empower their communities to take action for wildlife in Frome.

We'll be exploring Frome's role in the nature recovery of Somerset, how to consult and engage your community and the impact you can make from your street.

Booking required.



Kingfisher at Rodden Nature Reserve © Jenny Vickers

# Thursday 23rd September continued...

## Thalis for Tales

12pm-9.30pm - Station Approach - Free

A multi-faceted event bringing together food, folklore, film, fundraising and ... your Wild. OpenStoryTellers are proud to launch their film, Peter the Wild Boy.

This is the true story of a man with learning disabilities who lived by himself in the forests of Hamelin. He was found as a child and transported to Kensington Palace where he became a scientific curiosity and national celebrity... and that's just the beginning!

At its core, the story explores the question, What Is Your Wild? They will be showing snippets from the film, plus a feast of stories both live and on film. In addition, cast members will roam the event resplendent in the bespoke 18th Century costumes created for them by international costumier Dulcie Best, inspired by the work of their own illustrator, Robin Meader.

12 - 3pm, Openstorytellers film launch.

3.30 - 5pm, kids activities.

5.30 - 9.30, food, music and storytelling.

OpenStoryTellers is a community performing arts charity supporting people with learning disabilities and autism - helping people to find their voice and use it. Stories are what make us human, they help us make sense of the world, make friends and take part in society. They also connect us to the natural world ... the Wild that exists within us all.

Lungi Babas, providers of authentic South Indian inspired cuisine, hold a special place in the hearts (and appetites) of the Frome community. For Lungi Babas, food and flavour are intimately connected to the sensory world of story. Side by side with Sustainable Frome, Lungi Babas are delighted to hold this event as a fundraiser for OpenStoryTellers.



OpenStoryTellers' Peter the Wild Boy



## Intro to the Community Fridge

2pm-2.30pm - Community Fridge - Free

See listing for Monday 20th.



## Mending & Alterations workshop

4.30pm-6.30pm - Millie Moon - £20

One of the biggest goals in sustainable or 'slow' fashion is to buy less and use things longer. By repairing and adapting clothes, and using recycled materials where possible we can help towards reducing the impact of production, and ultimately disposal of clothing and its impact on people and the environment.

Millie Moon are providing an opportunity to get help and advice on altering and extending the life of clothing with professional dressmaker Anna Vickery.

Bring along a selection of un-loved, once-loved, handed down or just not quite right clothes and see what's possible. The workshop will cover a combination of hand and machine sewing, whichever is most appropriate for the task - you're welcome to bring your own sewing machine or use the ones at the shop, extra materials/ haberdashery if required will be available to buy on the day. Millie Moon sell Gutermann recycled sewing thread and a selection of ribbon made from 100% recycled material.

Booking essential with minimum numbers needed to run. [Book via the Millie Moon website.](#)



## Shape the vision for active travel in Frome

7.30pm-9pm - Online - Free

Frome Town Council have successfully secured funding for a Local Cycling and Walking Infrastructure Plan (LCWIP). The LCWIP will create detailed and joined up infrastructure designs that plan safe walking and cycling routes around and through the town.

Residents are invited to get involved with the project and future plans by joining this online workshop to learn about the LCWIP; the importance of walking and cycling in climate security, health and prosperity; focus on potential approaches which will make a difference for walking and cycling in Frome; and share and discuss a walking and cycling vision for Frome.



Workshop at Millie Moon

# Friday 24th September

## Wild About Green

10am-4pm – Frome Town Hall – Free

See listing for Saturday 18th.



## Our Spaces

10am-10pm – Gallery at the Station – Free

See listing for Monday 20th.



## Improve Don't Move: Tour of a low carbon home

2pm-3pm – Milk Street – Free

Terry Pinto of PAAD architects has fully eco refurbished and extended his Victorian end of terrace three bed house and decarbonised it by taking it off the gasgrid, replacing the heating and hot water with a state of the art air source heat pump. The project reused as much as possible and used low embodied energy materials to lower the environmental impact of the works. This was all done on a tight budget.

Take a tour of the house and find out how Terry managed it - plenty of time for questions.

Booking essential.



## Seaside Donkey (film screening)

7pm-8.30pm – Frome Town Hall – Free

Donkeys are not waterproof and they can't climb over stiles, which makes them a pretty bad choice of rambling partner for a 1000-mile circumnavigation of Wales. Novice donkey-owner Hannah Engelkamp remains optimistic, but this is largely because she's never had a pet before and expects the whole endeavour to be romantic and meditative. Young, untrained, headstrong Chico has other ideas.

Follow their journey in this fast-paced, refreshingly unsentimental and laugh-out-loud film by filmmaker Rhys Thwaites-Jones, and discover that being tethered to a donkey can yield a surprising wealth of unsolicited wisdom, along with all the bruised toes.

Refreshments will be available.



Seaside Donkey

# Saturday 25th September

## Our Spaces

10am-10pm – Gallery at the Station - Free

See listing for Monday 20th.



## Improve Don't Move: Tour of a low carbon home

2pm-3pm - Milk Street - Free

See listing for Friday 24th. Booking essential.



## We Feed...Frome

6.30pm-10pm - Station Approach - Free

Following on from The Gaia Foundation's fantastic "We Feed the World" exhibition at the Gallery at the Station and Whittox Gallery this is your chance to meet the food producers and innovators working in and around Frome to put food on our tables.

Did you know you can support Frome's local farmers by shopping online at the Frome Food Hub? Or that there's a new waste project in town closing the composting Loop?

Enjoy live music, meet the fine folk producing the most nutrient rich, delicious and diverse foods around and enjoy the fayre on offer!



Frome Food Hub

# Sunday 26th September

## Kitchen Medicine to Help the Climate

2pm-4pm – Welshmill Hub - Free

Staying fit and well is a little known way that we can reduce our impact on the planet. The NHS in England emits around 20 million tonnes of carbon a year and spends over £50m a year on carbon permits.

By reducing our demand for medicines and health services we can help the health of the planet! In this free workshop we will learn about local and seasonal plants and make immunity-boosting tonics\* before the cold and flu season hits (on top of Covid), sharing stories and knowledge.

You will learn to make a rosehip and elderberry syrup to take home, together with recipes and plant information sheets. Two further free workshops will take place this autumn.

[Book via Future Shed Frome.](#)

This workshop is hosted by Future Shed Frome - a place to come together to create a greener, healthier future for Frome in practical ways, funded by The National Lottery Community Fund.

\*the tonics should be considered as an additional tool to help fight off colds and flu and not a substitution for flu and Covid vaccinations.



## Frome Churchyards' Biodiversity Trail

2pm-4.30pm – Starts at Holy Trinity - £3 per adult

Explore the churchyards of Frome and discover the biodiversity flourishing within them. Churchyards are among the few areas unaffected over the centuries by farming and development, and each provides its own unique blend of plants and habitats for wildlife.

The trail starts with a short talk at Holy Trinity churchyard and will continue to Dissenters' Cemetery and Christ Church, finishing at St John's churchyard.



## Other things happening during Great Big Green Week

In addition to the events listed above there will be a number of other opportunities and initiatives running throughout the week.

### Free standard membership at SHARE

SHARE are offering free standard membership for those that sign up during Great Big Green Week. With over a 1000 items, why buy when you can borrow? Save money, reduce green house gases and reduce waste.

### Mossy Church

Sunday 19th September, 9am-9.30am, Christ Church will be holding an informal and fun service in the churchyard, with the theme "How can you be like a tree?". Especially good for families with young children, there will be outdoor activities, stories, prayer and snacks.

### Green Community Connectors Training

Interested in taking positive steps to make a difference to our planet and our wellbeing? Keen to pass on information to friends, family and the community on what is good for us and good for the planet? As part of Great Big Green Week, you can contact Charlotte Carson, Frome's Green Health Connector, to organise a session as an individual or a group. Email [charlotte.carson2@nhs.net](mailto:charlotte.carson2@nhs.net) or call 01373 468368.

### School Active Travel Challenge

The School Active Travel Challenge invites Frome schools to take part in a week of fun activities and incentives that encourage active journeys to school. On average, schools see a 20% increase in walking, cycling and scooting during the week.

### Co-Wheels Great Big Green Week Offer

Co-wheels are offering a time limited code that will only be active during Great Big Green Week, 18th-26th September. The code will give an extra £5 driver credit, so sign up for £1 and get a £30 driver credit. To sign up visit [www.co-wheels.org.uk/frome](http://www.co-wheels.org.uk/frome).



For tickets visit [www.tickettailor.com/events/frometowncouncil/557084](http://www.tickettailor.com/events/frometowncouncil/557084)