

FROME TIMES

THE TOWN'S OWN INDEPENDENT NEWSPAPER

IN THE YEAR 2030
Wraparound produced by
Adventure:Frome, Frome Town Council
and Sustainable Frome

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A vision of how Frome could look in 2030

A special wraparound of your Frome Times to coincide with COP26.

Frome resident is youngest ever to complete record-breaking cycle route



CATHERINE Hill, aged 9, has become the youngest person ever to cycle the new Land's End to John O'Groats cycle path.

The bike highway, which was completed this year and runs through Frome, is now the longest continuous segregated cycle path in the world. Catherine rode her new ebike with her parents along the 900+ miles of the path during the Easter holidays.

"The new path is so much fun! I saw loads of animals and stayed at some really cool campsites on the way. It was my favourite holiday ever," said Catherine.

Long-distance cycling has enjoyed a boom in recent years as ebikes have made long journeys possible and even enjoyable for an increasingly diverse range of people.

The opening of the path is a

significant moment in the UK's move towards sustainable travel. The route makes use of former roads that have seen a huge decline in traffic, as a result of people ditching their cars in favour of life on two wheels.

With electric bikes, scooters and wheelchairs allowing people to find the level of exercise that's right for them, this trend looks set to continue. In fact, Catherine's record may already be under threat. Her cousin Cleo, from Wiltshire, is three months younger and is now inspired to take on the challenge herself. But there's just one hitch. "I haven't got my own ebike yet so I need to ask Catherine if I can borrow hers."

Catherine declined to comment on his request. Frome Times will bring you the latest developments as we get them. **Christian Moore**

COP 35 COMES TO FROME

ALMOST exactly nine years ago, our very own Frome Blackbirds 'flew' from the Market Place to Glasgow's Event Campus to 'Sound the Alarm' at COP 26. Now, COP is coming to Frome!

The nine Blackbirds had already been a hit with the world media in Cornwall after their appearance at the G7 conference. They then chose to fly once more, this time to the ground-breaking, Covid-ridden and planet-changing Conference of the Parties (or COP) in 2021. The message of the blackbirds was: "We all need to listen to nature and ask our leaders to take action to halt the decline of our ecological systems." And at that conference the alarm call of the blackbird was finally heeded.

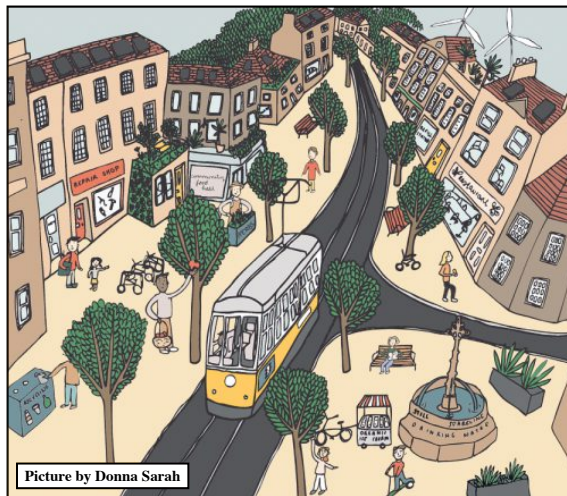
The stark, beautiful black and yellow costumes designed by Dulcie Best, world-leading costume designer, have once again been taken out of mothballs and donned to celebrate the news that Frome has been chosen to host one of the 35 'People's assemblies' which will be held in towns all over the world. These will replace the COP, yet will still be called COP, as the three letters will now stand for a Conference of the People.



People's assemblies have long been a way to discuss issues or make decisions collectively. This can help ensure that all voices are heard and valued equally, and no one person or political party can dominate the decision-making process. This is just one of the ways in which countries have recently been attempting to work together to share ideas and resources. Frome representatives are extremely excited about the prospect of having a say in working towards a healthier and more biodiverse future for both people and planet, and anyone interested in taking part is urged to contact the Council via the usual portal.

Alex Hart

BATH STREET FULLY PEDESTRIANISED



Picture by Donna Sarah

FROME town centre is officially car free as the entirety of Bath Street opens up almost exclusively to pedestrians.

The road, stretching from The Cornerhouse roundabout down to the corner of Willow Vale, is now permanently closed to all motorised traffic, save for the Frome Tramline, electric emergency vehicles, and deliveries to high street businesses. After a year of work transforming Bath Street into an elongated park-like area for pedestrians with trees, planters, benches, wildflowers, and bicycle storage, it marks the final step in making Frome town centre fully traffic-free.

"Road incidents in the town centre are now a thing of the past," Felicity Wheelks, the Town Council's Officer for Sustainable Transport tells Frome Times. "It's nice to finally have the opportunity to walk through our town without the fear of being flattened. We've reclaimed our streets, and having a bit of fresh air along the way makes walking through town feel genuinely healthy and invigorating."

Private transport is one of the world's highest emitters of greenhouse gasses. An average petrol car produces more than twice the

amount of CO2 per kilometre than that of a public bus. But only half the issue was related to pollution. "The pedestrianisation of Frome, not limited to its town centre, is already having a dramatic effect on our communities," adds Wheelks. "Children play on the streets, adults share a cuppa outside their front doors. And restaurants and cafes have some very attractive outdoor dining spaces in the warmer months."

For many of us, all these things felt like a complete pipedream, when we had no faith that policymakers would take adequate action to address runaway carbon emissions. This just proves that the world can change quickly when the desire to do so is there."

Early car-cutting schemes in Hamburg and Toulouse found that they resulted in increased community activity and improved public health. Bath Street's transformation follows similar initiatives in Frome, such as the recently completed tram network spanning the whole town. After the success of the Warminster line, work is now underway to link Frome with Wells and Shepton Mallet.

Hugh Thomas

ACTIVE TRAVEL ACCELERATES IN FROME

THE new trams are not deterring kids from actively travelling to school!

The annual School Streets survey has shown that most children in the town are walking, cycling, scooting or hoverscooting to school thanks to the shorter school day.

The results found that the new 10am school start gave children not only time for a full night's sleep, but also extra energy and time to get to school in an active way – a winning combination of fresh-air, freedom and fun.

Student, Stuart Getup said, "I really enjoy my journey to school. I can get there way quicker now I'm not stuck in the car, and I feel much less stressed by the end of the day! It's also a nice way to spend time with Mum and Dad before school starts as we go wildlife watching – I spotted 3 water voles in the river yesterday!"

Active travel is extremely beneficial for learning as well as



offering a big wellbeing boost, and thanks to the School Streets project, over 90% of Frome school children now actively travel. Teachers have also found that the children's interest and focus has greatly improved, and homework submissions have doubled with far fewer incidents of dogs devouring the paperwork overnight.

The significant decrease in air pollution is due to the town's Local Cycling and Walking Infrastructure plans introduced in the mid 2020's and the new tram system. This means Frome is now far below guideline limits and has led to the town being recognised and highly commended by the National Air Agency as "leading the way in air safety".

'The Children's Forest' fires the imagination

A MAJOR new exhibition opens at Black Swan Arts in Frome this week showing powerful work from local artists and school children to celebrate five years of the Frome Children's Forest.

In 2022 a groundbreaking partnership was forged between the schools of Frome, Frome Town Council, and local farmers. Over the next three years volunteers – including hundreds of school children – walked the periphery of Frome and studied maps and deeds. They looked at unused farm-land, hedges, ponds, ditches and field margins – pockets of land that could be returned to nature. They negotiated, fundraised and persuaded – and together they patched together a wide 'wildlife corridor' fully encircling the town of Frome.

Every child in Frome helps tend to it and to document what is growing and living there. Returning to sites their school or group has adopted every season through their school years, and working alongside

farmers and wildlife experts, children learn about the importance of biodiversity first hand, taught by the returning voles, dragonflies and hedgehogs.

The Mayor of Frome says, "Not only does the Frome Children's Forest support the self-healing of nature and the development of rich ecosystems, sustainable stewardship of land has also done wonders for local people's sense of agency. It is a delight to see a generation for whom ecological responsibility is second nature."

As well as Somerset Wildlife Trust announcing plans to establish a Children's Forest around every town in Somerset, the Forest is extending its reach into the centre of town. Since the Frome Tramline was established, car travel has significantly decreased, and a number of carparks have been reclaimed by nature. The latest addition to the now wild carparks is a night sky viewing platform for all to enjoy a touch of star spotting.

Wendy Hubbard

Frome's last car ready for towing by Ned Garnett



Library of Things spreads nationwide

IT'S time to celebrate as the UK's 50th Library of Things opens its doors!

There are now 50 sharing libraries across the UK, and the latest is packed full of useful items to borrow from games for your street party to tools for your garden.

Born and bred in Frome, SHARE:Frome was the first of its kind in 2015, a social initiative by Adventure:Frome in association with Frome Town Council and The Cheese & Grain.

SHARE:Frome's Manager

said, "We have always planned to have a nationwide network of federated Libraries of Things, so to see yet another community become borrowers and save money and space in their homes while reducing their carbon footprint is a dream come true."

In 2029, Frome's Library of Things saved users 1990 tonnes of greenhouse gas emissions, 2540 tonnes of raw material use and 220 tonnes of manufacturing waste.

To find out more about the famous Library of Things head over to <https://sharefrome.org/>.

A special wraparound produced by Adventure:Frome, Frome Town Council, Sustainable Frome

SPECIAL WRAPAROUND FEATURE • A GREEN AND HEALTHY FUTURE FOR FROME

For mental health support:

24 hour Supportline 01823 276892
support@openmentalhealth.org.ukCOLLIERS WAY BIKE RACE
RETURNS FOR 5TH YEAR!

Colliers Way

Bath 17M

5TH MARCH 2021

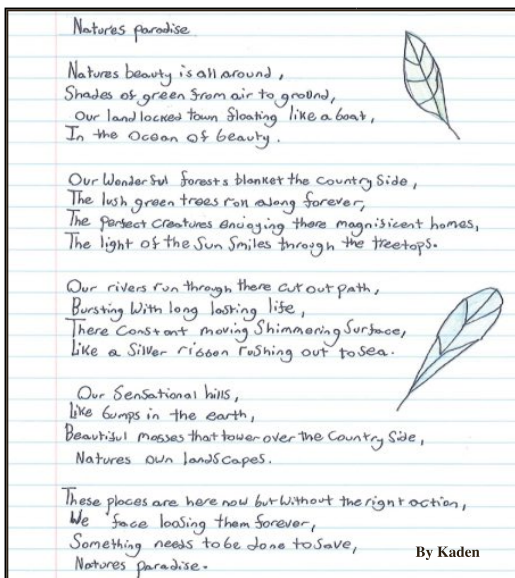
Frome to Bath via the completed
Colliers Way cycle routeWith prizes from PRONTO
for cyclists of all abilities

SIGN UP NOW

fromesmissinglinks.org.uk

RAISING FUNDS FOR THE
LAST STRETCH OF BAT
FRIENDLY LIGHTING
ALONG COLLIERS WAYFROME'S
MISSING
LINKS

Taya 'I want the world to look like this'



By Kaden

35 Edventure Teams later...
Frome Goats!HAVE you seen a herd
of goats roaming the
roadsides in Frome yet?

The 35th Edventure start-up team has just completed their course in community entrepreneurship and the challenge to launch Frome Goats. There is now a small herd of the cute animals, taking over the mowing job from the Town Rangers and the petrol powered lawn mowers are now retired. The goats are expected to save 17 tonnes of carbon a year, and produce delicious goat cheese to buy at Frome's Saturday market (for those who like it!).

The 35th Edventure team included 10 diverse young adults, and as the teams have for 18 years now, they learned about entrepreneurship by setting up an initiative that

would benefit the town as well as the climate. Within 11 weeks they not only gained new skills, friendships and opportunities, they realised a start-up project that will provide lasting benefits to our town.

When the team started, a lot of people were skeptical about whether this would actually work and be safe. But trying things out, experimenting with new ideas, taking risks, and supporting fellow residents with exciting yet unproven ideas has always been Frome's strength.

Over the past 15 years local people and organisations have supported our team with incredible ideas - half of which are still running today, which is quite good going for start-ups in general. For example,

Start-up team 5 launched the first UK Share Shop. Team 6 started the first Community Fridge in the UK. Although the supply from food waste via supermarkets has reduced significantly over the years, the fridge is still used by local residents and businesses to share surplus food. It's hard to imagine now that the Fridge once distributed 5 tonnes of food a month that would have otherwise landed in the bin - 2021 was a crazy year!

Edventure is now inviting ideas from the local community for our next start-up in spring 2021, a project that we can set up on behalf of a local group or organisation. Please visit www.edventurefrome.org to share your ideas or apply for Edventure 36th.

NEW MARSHLANDS ALONG
ADDERWELL HERE TO STAY

FOLLOWING the flash flood of 2027, town planners and environmental teams have been wondering what to do about the flooded grasslands along the stretch of the River Frome, between Wallbridge and Adderwell.

In earlier times, this stretch of the river provided a much-loved footpath connecting parts of Keyford, The Dippy and The Old Printworks with the station. Anna Thomas, who lives in The Old Printworks, reminisced "this always felt like a little secret pocket of wilderness, right in the middle of Frome. In the spring and summer, it buzzed with life and the greatest array of wildflowers I've ever seen. In the autumn and winter, it's the only place I've ever had the pure delight of seeing otters!"

Sadly, such walks are a thing of the past



as the stretch has become more water than meadow. Local residents will recall the flood which also cut off the footpath to Mells for many months in the winter of 2027. In this part of the river, the waters never properly receded. The silt covering the Adderwell stretch has suppressed the wildflowers in the years since and the bogland is now impassable.

As a result, the new marshlands are here to

stay and residents along this stretch of the river have lost both a precious slice of nature and a speedy route to Frome Train Station. Another local resident, James Sabino, lamented "I used to do a 20 minute loop of the meadow every lunchtime before the floods. As work from home full time, this was often my only chance for fresh air and the chance to bump into neighbours who I know also loved the

walk - though it never felt crowded. Since the 2027 storms, I've just stopped doing so as it's too far to other Frome parks for me. I really notice the effect it's having on my mental health and fitness. Such a shame!"

To help reconnect with nature the town is planning to bring new life to the marshlands by turning it into a water meadow to encourage wildlife such as dragonflies and water voles to make the area their home.

Bees bounce back

FROME'S Bee Boulevard has opened, as all the parks and countryside in Frome, Bath and Bristol have been linked by biodiversity corridors following mass closures and conversion of roads.

Bee Boulevard winds through the Children's Forest with wildflowers and fruit trees lining the walkway and long grass and Bug & Bee Hotels providing shelter for the friendly pollinators. It is these pollinators that have helped to turn Frome's school meal vegetable patches into the thriving and successful producers we see today.

Cllr Beth Honey said, "As we all know there was a sharp decline in bees and wildlife

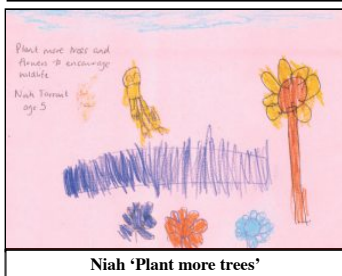


which led to the Great Food Shortage, so I am absolutely buzzing at being able to celebrate opening the last section of Frome's Bee Boulevard."

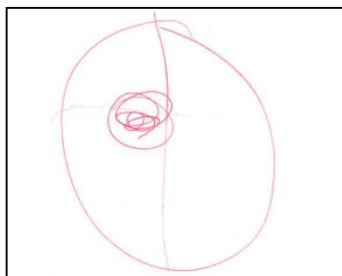
Wildlife experts have been closely monitoring the bee

population in the area which has increased substantially since all pesticide use has been banned. Frome Town Council made the decision to ban the use of Glyphosate in 2016 and after the creation of community-led Frome Hoedown, which went from strength to strength following the Lockdown of 2020, other councils followed suit in 2025.

An intergenerational partnership between Frome's residential care homes and the local nursery schools, funded by the Green & Healthy Future for Frome, has seen young and old volunteers come together to tend the area. They are now getting started on preparing a Hedgehog Highway.

Children's
visions of
Frome

Niah 'Plant more trees'



Charlie 'I want the world to be better, no climate change, no obesity, no bad people. Just a happy world'

FROME'S LOTTERY FUNDING
BEARS GREEN AND HEALTHY FRUIT

10 YEARS ago a pioneering partnership between EdventureFrome, Frome Medical Practice and Frome Town Council kicked off with one mission in mind: to create health and climate change win-wins.

The partners set out to try new ways of working together and inspired towns around the world with the scale of their ambitions. The programme won millions of pounds of follow-on funding from The National Lottery's Climate Action Fund in the second year of their partnership.

Here's a reminder of what the Green & Healthy Future for Frome programme made possible: With 100 ebikes available for free, long-term use by Frome citizens, short trips in the car are a thing of the past. Frome has the lowest rate of childhood asthma in the country and excellent air quality on all roads.

Respiratory condition rates have been slashed since patients at Frome Medical Practice were routinely asked if their homes were cold or damp. Anyone living in such conditions got help to retrofit their homes, which also slashed the town's collective carbon footprint.



Frome Medical Practice itself is carbon negative as it has no carbon emissions from its buildings and also very low rates of wasted NHS resources. None of its patients use medicines with extra large carbon footprints or have unnecessary tests. People regularly make lifestyle changes before going on medications and rates of diabetes, cancer and depression are well below the national average.

There are now thousands of Green Community Connectors around Frome - one on every street - and it's normal to hear conversations over garden fences and at bus and tram stops about how looking after the environment feels good and does

good for our health.

Frome's Future Shed now boasts over 250 members and has a chapter in each Frome neighbourhood. Neighbours share tools, re-use waste (compost, clothes and old furniture) and so Frome's tip has closed. Rates of unemployment have dwindled as teens leave Frome college and get work straight away in green enterprises and on sustainability entrepreneurship. In partnership with Future Shed, the Job centre supports people who are out of work to learn the skills needed to retrofit homes in surrounding towns and run social enterprises that boost wellbeing for all involved.

Picture: Mary Housley



LATER

with Frome College

Friday 6th December 2030
Merchants Courtyard, SaxonvalePerforming 7:30 - 9:30pm
Refreshments from 7pmCelebrating 20 years of Later...
with Frome College

SPECIAL WRAPAROUND FEATURE • A GREEN AND HEALTHY FUTURE FOR FROME

LETTERS TO THE EDITOR

Words and pictures from around Frome

Blossom Circles

Dear Editor

It is such a pleasure to sit on the benches beneath the commemorative Blossom Circles in the Old Showfield.

I remember when they were planted in 2021 to celebrate Frome and all those that went above and beyond during the Covid-19 pandemic. Since then, I regularly visit the spot and enjoy the Pond of Reflection which followed shortly after.

Over the years I have watched the space grow into a haven for wildlife and people alike, it is the perfect place for a quiet moment of contemplation and reminds us all of the power of community.

Mrs Fleur Oak

Another day in 2030 Frome

Dear Editor

There are pockets of trees, edible plants and flowers everywhere. At school my children will spend some of the day growing food. There is support for all children to manage their days the way they need to. Teachers are also well supported.

I jump on the cheap, electric public transport to work. Those who drive are mostly car sharing. There is less fuel, so we had to rethink how we use vehicles.

The government introduced an 18-hour working week, and a universal basic income. Most people work 3-4 days a week on flexible hours. There are more disabled and young people working. There is good quality and affordable housing. Our local renewable energy company is supplying a lot of the energy to Frome.

After work I go to our local 'supermarket', where local suppliers sell their products. This is a place

with accessible design, low prices and good transport links. We still get food from overseas, but over 60% of what we buy is made locally.

In the afternoon and early evening, adults and children are playing outside. Some young adults are playing music. Some people are creating a mural on a wall. Someone is teaching someone else how to knit.

We often get virtual tourists. It's not the same as visiting in person, but the technology is amazing. We get to know people from all over the world. This is thanks to a collaborative project in Sub-Saharan Africa, and it has recently started in the UK.

It's been difficult for businesses and people to work all this out. It is thanks to real community engagement. People of all kinds of backgrounds are empowered with support, knowledge, and the time to take part.

Anna Karlsson

FREAK STORM HITS PICNIC IN THE MEADOW

Picture: Hannah Carding



Easthill Treescape

Picture: Julian Hight



Dear Editor

10 years ago the community came together to save wonderful Easthill Field from housing development. The campaign revealed that Easthill was already identified on DEFRA's Magic Map as Wood Pasture and Parkland. Exciting!! A rare, internationally important mosaic of habitats in our town!

Since then, with help from schools and community, with careful management, planting hedges and selected trees, we can report a pleasing increase in wildlife numbers and variety of species. Dormice are back here! The White Tailed Eagle is often seen over Frome. The Clifden Nonpareil, a moth once extinct in the UK, is now well established here since we first recorded it in July 2021.

Easthill and the nature-sensitive management of the adjoining cemetery has brought many more songbirds, bees and butterflies. This all helps connect Frome's patchwork of green spaces and wildlife corridors, creating Frome's Green Web and linking to the countryside beyond. At Easthill students learn about these critical issues as it clearly demonstrates how healthy Nature ensures a healthy, sustainable future for all.

With 10 years' hindsight and ongoing ecological surveys it is clear that as a Nature Reserve, safeguarding Easthill is making important, quantifiable contributions to carbon capture and the world's Climate and Biodiversity Strategy.

Thank you to everyone who helped along the way. The Friends of Easthill



Latest church to open as climate refuge

ST RACHEL Carson's Church in Frome has become the 3rd and latest church to be repurposed as emergency accommodation for those seeking climate refuge.

Since first opening its doors to refugees last Sunday, it has welcomed several families including three local families made homeless by the most recent energy price hikes. They include one family from Australia who lost everything to the wild-fires and were granted asylum in the UK but who, shockingly, as a result of being granted their long hoped-for asylum here lost their refugee accommodation overnight, and a Bangladeshi family whose house disappeared in the floods of 2020.

The sturdy kitchen, communal and outdoor areas have turned St Carson's into a wonderful place for anyone to come and socialise, relax, and eat wholesome evening meals prepared by residents and volunteers. Inside, private cubicles and quarters, small but neat, have been built as safe and comfortable places to sleep. One part of the church remains of course reserved for worship, and is kept separate from the living areas. A service was held after the opening to offer thanks to the church for donating both the building and the money needed to create this space where up to 800 people can seek shelter in case of yet another disastrous 'act of God'.

Alex Hart

Mayor's Column

Hi all, welcome to my Mayor's Column this week, it still sounds weird saying that but I'm beyond proud to be Mayor for our special town.

I've been in a bit of a reflective mood this week, thinking back across the years. Do you know that it was 10 years ago that I started to write my first book which was called 'Tomorrow is too late'? The book was a youth manifesto for climate justice and consisted of essays and testimonies of young climate strikers from around the world. The success of the book was beyond my imagination, and I like to think it played its part in raising the issues to the forefront to enable action. It was such a pleasure to host the annual Youth Strike Awards last week and see three Fromies win top awards.

A decade ago we weren't able to swim in our glorious lido as I did this past weekend with friends. While we were in town, we also took

part in the new nature trail through Frome's old car parks which have bloomed back to life with trees and plants and providing a natural environment for all sorts of wildlife now that cars aren't running through our town.

Frome has definitely changed over the years. A mere 10 years ago, who would have thought that the tram was the most used mode of transport in town today? There's still a lot we must do in our fight for climate action, it's still my mission to get every household completely carbon negative and I won't rest until we get there. We have to be vocal, and we still need to keep fighting. Frome has been selected to host one of the 35 'People's assemblies', as part of the 'Conference of the People', so make sure you join me and have your say on a healthier and greener future for people and planet.

'Written' by Mayor of Frome, Grace Maddrell.

School's own-grown lasagne breaks records

A LOCAL School has broken records for the 'largest own-grown lasagne'.

Using vegetables exclusively grown at the school allotments, including oats and cashew nuts for a cheesy sauce and wheat for fresh pasta, students and staff assembled the 10m by 3m lasagne over the course of an afternoon, and used it to feed Frome's volunteer services staff.

Plans for the enormous lasagne emerged in 2020 when cashew trees were introduced. Student Brook Oli (15) said that it was "astounding to watch our vegetables go from tiny seeds to a colossal lasagne", adding that he feels "so much more connected to the food making process now" before snacking on some Moroccan hummus.

Mrs Oba Jean, who teaches the school's food classes said "the students

were keen to raise awareness about the changing world, and how some countries can no longer grow very much".

The three hour long assembly hid the months of preparation and headache-inducing calculations, from meticulous seed counting, intense courgette measuring and logistical concerns about the storage of enormous pasta sheets (the swimming pool had to be out of action for the week). But it was all worth it when they were presented with the Guinness World Record certificate. The lasagne weighed almost 1000kg, smashing the controversial previous record of 285kg set in 2026.

This great lasagne bake came just a few years after all of Frome's Schools started their own allotments bursting with delicious and nutritious produce for healthy school lunches.

WHAT'S ON

Here's our top 5 pick of events happening this month:

15th November
Plant Based Bake Off

Frome's famous chef Olive Berry is set to head the fifth season of Plant Based Bake Off. Celebrated for her fruity twists on traditional bakes, she is pear-fer for the role and is sure to bring the show a new appeal. The final will be held in the Old Showfield Community Orchard, so make sure you grab your tickets now.

15th - 17th November
Frome Walking Festival

Frome's annual walking festival returns this weekend for a selection of guided and self-led walks. Highlights include a foraging walk with David Hamilton around the Children's Forest, and a guided tour of Easthill Nature Reserve to spot the exquisite Clifden Nonpareil moth.

16th November
ABBAtar, Carpark Forest

ABBA's decade-long 'ABBAtar' hologram tour has finally reached Frome. Originally planned as an indoor event, the overwhelming demand for tickets meant the event has been moved to the clearing in the 'Carpark Forest'. There will be live streams to Frome's twin towns Chateau Gontier in France, Murrhardt in Germany and Poland's Rabka-Zdrój.

23rd November - 22nd December
Wild Spaces Exhibition, Whittoft Gallery

Wild Spaces will be bringing together an eclectic mix of local artists, photographers and makers celebrating the success of Frome's flourishing green spaces and the recovery of nature in and around the town. The spotlight will be on the newly opened Bee Boulevard and Frome's Carpark Forests.

29th November - Frome's Christmas Light Night

It's that time of year again when the Frome community comes together to Light the Night. The theme for the year is animals brought back from the brink of extinction, so get your lanterns ready for another spectacular parade and the annual switching on of the solar panel powered LED Christmas lights.



Newly rebranded to celebrate all Frome businesses being green!

Add your business to the 2031 directory by calling
01373 465 757

Frome's UBI trial becomes permanent

FROME is set to officially implement the Universal Basic Income (UBI), after a trial period of six months.

Following almost a decade of the 'transformative' National Living Wage, Frome became the focal point of the new push for a UBI.

The trial found that UBI recipients felt much more

emboldened to give up unfavourable work and pursue new careers, new hobbies and even take time for mental health protection. It has therefore decided to roll it out nationwide, starting with Frome to avoid disruption from the trial period. Campaigners have called this 'the single greatest improvement for social mobility in history'.

Frome celebrates its first hometown winner at the YS4C Awards 2030

THE annual Youth Strike Awards were held in a virtual evening conference last week, and some famous Frome faces had a successful night.

Attendees got to walk the VR green carpet in a dramatic array of sustainable statement fashion, and with modern teleconferencing technology attended the ceremony by entering the virtual Kananura Arena, named after Ugandan activist Irene Kananura.

Frome activists were nominated in three categories and picked up the gong for European Local Influencers of the Year, following their role in some of Frome's most successful projects including the pedestrianisation of Frome reported this week.

Frome Alumni were also represented in the best Documentary category for *The Teacup in the Storm*, an investigation into the human psyche during extreme weather events, and the Supply Chain Award for their work introducing sustainable and high yield tea plantations of all kinds to the

Northern Hemisphere, regardless of temperature.

The ceremony was designed with circular economy principles in mind. Any fashion was either acquired from local Share Wardrobes or constructed from non-recyclable materials from past waste. Complementary food and drink were provided, but with the proviso that it needed to be picked up from a local plastic-free and locally-sourced ingredients restaurant. And of course, the trophies are a bamboo *Skolstrjk För Klimatet* sign, based on Greta Thunberg's original call to action. The bamboo comes from a sustainable forest where it is fully replanted after use, with food composting providing a fertiliser.

Frome's winners spoke to the *Frome Times*, saying that "it's a delight to have won this fantastic award, but Frome's successes do not mean job done. There will always be more work to do, fighting for climate justice worldwide and in Frome".

LET'S CONNECT

call: 01373 468368
email: mendip.healthconnections@nhs.net
visit: www.healthconnections.mendip.org

WELL CONNECTED

Mendip celebrates its 30,000th Community Connector!



Health Connections Mendip are celebrating 15 years of Community Connector training, along with reaching a record 30,000 Community Connectors. This means that local knowledge is growing on how to access support groups and services. It's amazing that Frome has this hugely powerful network of help and support for one another. Individuals all across Frome now feel more equipped to signpost and pass on information to family, friends and neighbours. What a great achievement for Frome's health, wellbeing and resilience!

If you want to join the people who have already done this short, informative one hour training, contact Health Connections Mendip. There are lots of other short sessions you can get involved with eg Green Connectors, Planning Ahead Connectors and Warm Homes Connectors.

w: healthconnections.mendip.org
e: mendip.healthconnections@nhs.net
t: 01373 468368
Talking Bench:
Outside Library, every Weds 10.30 - 1100
Talking Café:
Cheese & Grain, Monday 10 - 11.30
Cheese #1, Thursday 1pm - 2.30pm

Find out how we can take positive steps to make a difference to our planet and our wellbeing



Sign up on the website or by emailing
Health Connections Mendip

FROME SPORT

Frome United women's team kitted out in recycled plastic

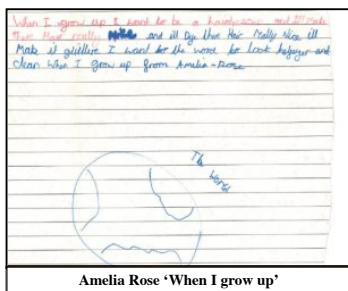
FROME United women's team proudly displayed their new recycled-plastic kit in their 1-3 drubbing of Bath City on Saturday.

The men's team will also adopt the new kit next week, hoping it will spur them onto a similar scoreline. The new kits are made from waste plastic generated before the widespread banning of single-use plastics in 2023.

Beady eyed readers will notice that the kits are indistinguishable from the old

ones, demonstrating how far plastic recycling technologies have come in recent decades. The team's Manager, Kiki de Ball, said that it was "high time football proved that it can meet the challenges of the 21st century. If we can do it, so can every other team in the country."

Football is not the first Frome sport to use recycled materials in their kit - the Frome Town Bowls Club crafted their iconic white and black kit from old car tires.



Amelia Rose 'When I grow up'

Hire an ebike

Half day £6
Whole day £12

Book online:
discoverfrome.co.uk/ebike-hire

Available Monday - Saturday
to pick up at Pronto Bikes,
18 Bath Street, Frome

FrOme

Celebrating our 10,000th member

50% off membership - this month

FROME RE-USE CENTRE



MOJO MOVES
FEEL GOOD IMMERSIVE COMEDY AEROBICS

Make a splash at Frome Beach!

Reclaim your mojo with aqua aerobics in the bathing-status River Frome

Suitable for all ages with an eclectic pool party playlist from Aqua to The Beach Boys to Katrina & the Waves

Every Friday & Saturday 10-11am at Frome Beach Lido

Scan QR code
for more info
or visit
bit.ly/frome2030



LOOKS TOO GOOD TO BE TRUE?

FOR now, maybe. But the future is not yet written, and if everyone comes together we can work to make this future a reality.

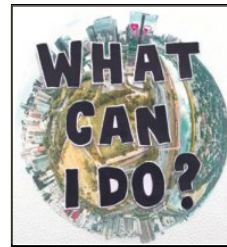
We can shape a community that is healthier, happier and even more tightly-knit. This special wraparound edition of the Frome Times imagined in 2030 presents a brighter future, one where we're better connected to one another, as well as to nature. A future where our children are healthier, our air is cleaner and where we have a better relationship with our food and our local economy.

World leaders are meeting at the COP26 summit as we write, to try to turn climate promises into action and to prepare for the impacts of climate change. There is a role for individuals and communities to play too. If we all do our bit, and in turn put pressure on governments to do theirs,

then that greener, happier, healthier future could still be possible.

The stories in this wraparound may seem a long way off, but they are based on changes already happening. Campaigns to clean up the River Frome are planning to reach bathable status by 2030. Schemes to reduce car usage are in place, from car sharing, School Streets and active travel. Solar panels are being fitted in community bulk-buy projects, trees are being planted all over, and some of Frome's schools have incredible allotments of home-grown veg. This is just a fraction of the work that's going on in this town.

The Frome community is full of people working hard to make changes, whether they are walking and cycling more, switching to sustainable banks and energy companies, eating more plants or insulating



their homes. Follow this link to find out how you can get involved, from home or in the community: www.frometowncouncil.gov.uk/what-can-i-do

10 WAYS YOU CAN TAKE ACTION TODAY

1. Switch electricity provider

Electricity makes up 9% of our household footprint. Switching to a renewable provider is quick and free.

2. Insulate your home

Contact the Centre for Sustainable Energy on 0800 882 2234 for free and impartial advice on cutting costs and carbon and improving the energy efficiency of your home: including funding available.

3. Eat more plants

Switching out meat and dairy for plants is one of the biggest ways to reduce your carbon footprint, and makes for a healthier diet too.

4. Walk and cycle

Active travel keeps you fit and helps the environment.

5. Plan a local holiday

Avoiding long-distance travel saves vast amounts of carbon emissions. Somerset and the wider UK have plenty of beautiful and fun places to visit.

6. Reduce food waste

Food waste can be reduced by planning meals before shopping, storing leftovers carefully and sharing excess with friends.

7. Switch bank

Moving your money to an ethical bank is free and without hassle.

8. Reduce plastic usage

Plastic can be avoided by buying loose veg, going to refill shops, using plastic-free toiletries and reusable period products.

9. Get political

Contact your MP and your Councillors about your concerns.

10. Talk to friends and family

Sharing knowledge and experiences can make an enormous difference.

Frome compost

ONE of the long term positives which came out of the Corona pandemic of the early 2020s was a huge wave of enthusiasm for growing vegetables.

Early examples of front gardens dug up for veg led to viral growth of a different kind, with bare lawns a real rarity. Alongside this came pressure on the Town Council, eventually resulting in the purchase of enough land for an additional 200 allotments which were snapped up to meet the ever increasing demand for good local organic food.

With all this came a need to ensure more and more of Frome's fertility remained in Frome. Building on the initial Loop:Frome community scheme of 2021, all of the 'waste' from businesses is now composted with the product made available for free to community enterprises and at cost to Frome growers. This alone has not met demand, so the network of Compost Stations continues to expand, with 27 dif-

ferent communities now managing their own compost production. One of these covers the newly enlarged Community Fridge and Larder (a great example of Frome's foresight when it was established in 2018)...to ensure that any food not taken to eat is destined for compost and used in that way instead.

Running alongside the compost production is a raft of training and support for home composters and education in schools (all of which have their own Compost Station). At the core of this is a growing awareness by us all that a 'complete compost', teeming with mycorrhizal fungi, bacteria and other life, provides a whole new dimension of potential for fruit and veg production. At the same time it provides an incredibly important place where CO2 is locked up and held, thus meeting local and global needs all in one sweet smelling ecosystem which was once labelled 'waste'.

Peter Macfadyen

FROME BUSINESSES GET GOLD

ALL businesses in Frome are now eligible for the Gold Good Business Awards.

The organisations have hit the economic, social and environmental guidelines to enter the prestigious awards which are now in their fifth year.

Frome Town Council's Business Officer said, "Being the first town in the UK to include all businesses in the awards is a real cause for celebration. Now it's time to take things even further and link up with businesses outside of Frome to help them achieve the same."

To enter organisations must be carbon neutral and waste-free and have strong links with the community. They are marked based on nine criteria which include empower-

ment of staff and their involvement in decision-making.

Last year's winners said, "It was such an honour to receive this award as putting the environment at the heart of our home-grown business has always been important to us. And we are now reaping the benefits - profits have shot-up as more customers are choosing to shop locally and ethically."

This change reflects the overall trends away from mega conglomerates and towards small businesses, best indicated by the collapse of some of the giants of commerce and retail over recent years.

To find out more about doing good business head over to www.frometowncouncil.gov.uk/good-business

WORDS FROM THE PEOPLE OF FROME

MARK AS READ

I have some very important news. Whether you listen or not, you can choose. But if you don't, we will all lose.

The planet is dying. Despite people trying, Your inaction has started people crying.

Your goals are set for 2050. Which no one finds at all nifty. You need to start being more thrifty.

You are still investing in fossil fuels, Making yourselves look like fools, You haven't changed, you're as stubborn as mules.

You only do it for the money. Even if it stops the future being sunny. But no one else finds it funny.

Everything on this planet is linked. If we're not careful we'll all go extinct. But none of you have yet blinked.

All national leaders have the power. To help the earth in its darkest hour, If you don't, we'll look at you in history, and we will glower.

You need to save the rest of nature and humanity. So please stop all of your insanity. To save us from this calamity.

You need to change so my generation can thrive. So my generation is able to thrive, So my generation can stay alive.

I need you to change for my generation. So we can build better nations, Ones that can be full of elation.

The IPCC issued code red. No action now means we will all be dead. I need you to get that into your head. Please do not mark this message as read.

© Matthew



'My future Frome would be loads of fruits to eat as I walk through town. The animals also love all the fruit and visit our houses in the town. The teachers at my school always teach us in the fresh air and we have our snack altogether in the gardens.'

Lorea Gurucharri Carson. aged 6

AFTER THE PLANNING MEETINGS

This Town had a purpose towards joy. It sat quietly thinking at the edges of meetings listening to new ideas for urban planning and the knowledge - serious as great bells - of right living. This warned the Town's heart. How, after threadbare times and makeshift some integral caring could arise in its place.

So the river could cease sickening and be brought back to health; working out, turning energy, giving its bright ions and light to dragonflies and joggers or those stumblers who are confounded by wonder and stutter along paths beside shining telling the children to love it all: flow, tumble, flood.

The Town's wind will grow up, up... catch hold of its power and pass it on, linking up to the grid. Clever systems of waste and heat (yours, mine) will spin ceaselessly, turning in and out on themselves. Nothing will be lost. All will be remade.

Curved streets and allotments, zones of serendipity: homes for the real future, houses working for a living. And beyond these tons of strong structures, wood, glass, stones, straw, fleece beyond this mind of strong will, still the town has a purpose towards joy: hopes for dancing dresses of cherry trees lining the High Street, frilled white blossom in Springtime, birds singing good dreams in the leaves, red fruits for harvest, street party celebration at the turning year, town mouths stained sweet luscious with cherry kisses.

© Rose Flint 2010

Frome declares Energy Independence!

FROME can now officially power itself, after a 6th community-owned wind turbine was installed by the Frome Renewable Energy Cooperative (FRECO) last week.

The power generated from the turbines, alongside the success of the Solar Streets programme, means that Frome is no longer reliant on electricity imported from the grid. Over 4,000 people in Frome have invested in the turbines to receive a small return, meaning they are truly community owned.

Local resident Charlie Sparks said "It's fantastic that the power I'm using to charge my ebike and cook my dinner is generated just down the road, and owned by myself and my neighbours. We're no longer reliant on energy companies, or big power stations."

The other missing piece of the puzzle was Frome's "Big Battery" which was installed two years ago to store excess electricity for times when demand is high. "The Big Battery isn't much to look at" said Ranger Dave. "That's why, we've hidden it in the Food Forest."

