



# THE GREAT BIG GREEN WEEK

11<sup>th</sup> - 18<sup>th</sup> September

PROGRAMME

The Great Big Green Week is a celebration of how the Frome community is taking action to tackle climate change and protect its green spaces. We have a fantastic range of events lined up including guided walks, talks, workshops and foodie events.

All events with a ✨ need to be booked in advance.

For tickets visit [tinyurl.com/GreatBigGreenWeek2022](https://tinyurl.com/GreatBigGreenWeek2022) unless otherwise stated.

## Sunday 11th September

### ✨ Eco Crafty Day for Kids 10am-1pm - Millie Moon - £20

Fancy becoming a "Nurdleenerd"?! Join environmental educator, local teacher and author of the Nurdle book collection, Claire, for a morning to find out all about nurdles and other ocean plastics and what you can do to help.

Make your own personalised Nurdle toy and have a go at becoming an ocean plastic artist.

Suitable for age 6 and upwards. Refreshments included.

Book via [milliemoonshop.co.uk](https://milliemoonshop.co.uk) or call 01373 464437.



### Pump Track Celebration 12pm-3pm - Pump Track, Welshmill - Free

Join FROGS at Welshmill Park for a free event to celebrate 10 years since the Pump Track was inaugurated and the play area refurbished with Lottery money. Bling your Bike with the Children's Festival. Wonder at how people rode a Penny-Farthing. Marvel at the amazing bike stunts from Fusion Extreme, along with bike related activities/guidance, games and wildlife information. So bring a picnic and join in the fun.

Thanks to FTC and the People's Budget for support. For more information on the event go to [www.fromefrogs.org.uk/join.php](https://www.fromefrogs.org.uk/join.php)

### Cycle Sunday 12pm-3pm - Market Yard - Free

Join us for an afternoon of bike-related fun.

Grab a bargain at Frome's 5th annual bike jumble sale. Second-hand bikes, parts and accessories will be available at a fraction of the cost of buying them new. Proceeds from the sale will go to setting up a new Frome Community Bike Project.

Dr Bike will be on hand offering free safety check ups and there will be a chance to try some fun cycle skills and a pedal powered disco.

There will also be the opportunity to try out Frome Town Council's hireable ebikes and speak to local cargo bike owners about the amazing opportunities a cargo bike can offer.

Profits from the new Bike Project will support Frome's Missing Links to create a family-friendly and traffic free path connecting Frome town centre with the Colliers Way route to Radstock and beyond.

Find out more about the Frome Community Bike Project at: [www.fromebikeproject.org/about/](https://www.fromebikeproject.org/about/)

Do you have something to donate to the jumble? Drop off bikes, parts and accessories behind Frome Town Hall on the following dates:

- Thursday 18th August 10-11am
- Tuesday 23rd August 7-8pm
- Saturday 27th 10-11am

# Sunday 11th continued

# Monday 12th September

## \* Frome Heritage Tree Walk 2pm-3.30pm - Start outside the Cheese & Grain - £7

Julian presents regular talks on the subject, including an appearance on Channel 4's Tree of the Year TV programme.

Chair of Wessex Ancient Tree Forum, he also campaigns to save threatened trees and ancient woodland, and started the Reviving Selwood Forest project to plant oaks grown from Selwood Forest's most ancient specimens. Find out more at [www.worldtreestory.co.uk](http://www.worldtreestory.co.uk)

Well behaved dogs on a short lead are welcome (at the owner's responsibility).

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.

Starting at the Cheese and Grain, the easy walk will include Millennium Green, Rodden Meadow and Willow Vale, and take around 60-90 minutes.

Julian's interest in trees started at a young age – growing up next to woodland which had a profound effect on him. He travels widely, camera in hand, to document historic ancient trees, resulting in three books; Britain's Tree Story, World Tree Story, and most recently Britain's Ancient Forest.



Frome Heritage Tree Walk

## \* Great Big Green Community Connector Session 11am-12pm - Frome Medical Practice - Free

Green & Healthy Future's Charlotte Carson leads this short training session (approximately 1 hour) to help your community live greener and healthier lives. Tea and cake included!

Book via: [www.eventbrite.co.uk/e/great-big-green-community-connector-session-tickets-377915604747](http://www.eventbrite.co.uk/e/great-big-green-community-connector-session-tickets-377915604747)



## \* Cooking Workshop - Meat Free Monday 6pm-6.45pm & 7.15pm-8pm - Welshmill Hub - £7

Join Ally Read from Foodage4Thought to prepare delicious pitta breads with seasonal salad whilst talking along the way about our own food habits and ways we can reduce our carbon footprint.

We'll be using biodegradable food packaging, recycled foil and 'no-plastic' bio cling wrap.

Suitable for vegetarians, vegans and curious meat-eaters!

Only 8 spaces per session available so book early.

Book via: [meatfreemonday1.eventbrite.co.uk](http://meatfreemonday1.eventbrite.co.uk) or [meatfreemonday2.eventbrite.co.uk](http://meatfreemonday2.eventbrite.co.uk)

## \* Planet Friendly Living 7pm-9pm - Frome Town Hall - Free

Join environmental educator, local teacher and author Claire Vowell who will shine a light on nurdles, described as "the worst toxic waste you have probably never heard of!". What are they, what's their link to single use plastics and how are they impacting wildlife around the world?

We can all make a huge difference, so join Claire for an evening of discovery and discussion to find out what we can do to lower our impact on the planet.

To help start your planet friendly living journey, we'll also be joined by local businesses and groups who provide, and can offer, advice on some simple environmentally friendly swaps.



Foodage4Thought @ The Welshmill Hub

# Tuesday 13th September

## Wild Bunch After School Fun 3.15pm-5pm – Egford Park - Free

Join the Frome Wild Bunch for some after school fun in Egford park. Take part in some challenges, create some bug houses to take home with you, and explore the wildlife in the park. Learn about the Tiny Forest and help the Keepers carry out biodiversity surveys.



## \*MOTHERLOAD (film screening) 7pm-9.30pm – Frome Town Hall - Free

Sustainable Frome present MOTHERLOAD - a crowdsourced documentary in which the cargo bicycle becomes a vehicle for exploring motherhood in this digital age of climate change.

The film follows director and new mother Liz Canning on her quest to understand the increasing tension between modern life and our hunter-gatherer DNA, and how cargo bikes offer a solution.

Refreshments available.



## \*Sustainable Business Champions 7pm-8.30pm – Welshmill Hub - Free

This event celebrates existing plastic free and sustainable businesses in town and provides others with an opportunity to learn how to become a sustainable business.

## \*The Climate Emergency: Five Things to Change and Four Ways to Do It 7pm-8pm – The Silk Mill - Free

We face a shortening time window to stop chaotic climate change. A quick run through of the problems with the current system, five things to change and four ways to do it.

Whilst only the government has the power to make such rapid transitions in the next 2 to 3 years, it is vital we all do what we are telling the government to do.

Councillor Shane Collins is a long time Green activist involved with anti-roads protests, drug reform and climate campaigning. He lost 15 elections before being elected to Mendip DC in 2015 and Somerset Council in 2022. Shane is also a director of the Green Gathering Festival and programmes the Speakers Forum at Glastonbury Festival.



Become a Sustainable Business champion

# Wednesday 14th September

## Talking Bench 10am-11am – Outside the library - Free

Come and meet your local Social Prescribing team, Health Connections Mendip, and chat with our Green Health Connector about how what we are doing is helping Frome reach Net Zero at the Talking Bench outside the library.



## \*Yoga in the Meadow 12.30pm-1.30pm – Rodden Meadow - Free

Mindful Flow led by Loren Barclay. Taking in the beautiful surroundings of Rodden Meadow, this class is designed to help unravel physical tension whilst calming the nervous system, taking its inspiration from Vinyasa Flow Yoga but without being too wild or intense. The class will help you connect considered movement with deep breath in fluid but easy to follow sequences.

Loren is a passionate and dedicated Mindful Movement and Breathwork teacher with experience that spans almost two decades. Find out more at [www.lorenbarclay.com](http://www.lorenbarclay.com)

Suitable for all levels.



## Pop Up Play 3.30pm-5.30pm – Millennium Green - Free

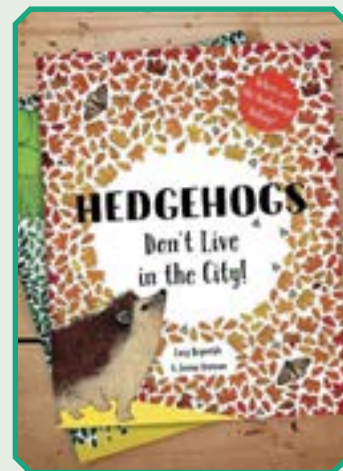
Super Roots will be bringing hammocks, ropes, hoops and tools to Millennium Green to create a playful space with the children to explore, craft and play wild.

Activities will be aimed at 8-12 year olds, all children/families are welcome.

## \*Hedgehog Storytime + 'How to be a Hedgehog Hero' Crafty Session for Families 3.30pm-4.30pm - Victoria Park Bandstand - Free/£6 with signed copy

Join local illustrator Jenna Herman for storytime with her Hedgehoggy book *Hedgehogs Don't Live in the City!* as well as some games and crafts to encourage us all to help our local hedgehogs this Winter.

This charming children's picture book invites little explorers to enter a tumbling leafy cityscape in search of one rare and distinctive animal. Produced with input from the British Hedgehog Preservation Society, *Hedgehogs Don't Live in the City!* features delightful rhyming verse and enchanting detail to encourage hide-and-seek exploration.



Hedgehog storytime

# Wednesday 14th continued

## \* **Everyday Botany Walk with David Hamilton**

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

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.

Well behaved dogs on a short lead are welcome (at the owner's responsibility).



## \* **Climate Action Group**

7pm-8.30pm - Frome Town Hall - Free

The Climate Action Group is a space to network and share ideas about how we can keep healthy, active and green, where we can learn from and be inspired by one another.

This meeting will focus on active and sustainable transport. Everyone is welcome whether you are part of a business, a community group, a charity or just an interested individual.

More information can be found at [frometowncouncil.gov.uk/climate-action-group](http://frometowncouncil.gov.uk/climate-action-group)

## **The Big Green Clothes Swap**

7pm-9pm – The Silk Mill - £2 suggested donation

Back for its second year, the Big Green Clothes Swap is a great excuse to clear out your wardrobe and find some fine new second (or third!) hand threads.

Bring your unwanted items along to the Silk Mill between 7pm and 9pm, and have a rummage through the piles to find some new treasures.

The rules? There are no rules! Bring what you don't want, take home what you do. All genders welcome.

Plus there will be a stall from Frome's sustainable fashion brand Daines Atelier, showcasing designs and offering alterations to your finds at the swap.



## \* **Frome Food Hub's 20-mile Pop-Up Feast**

7pm-10pm – Projects - £35

Local takeaway business hēt (meaning food with heat) will cook up a menu showcasing hyperlocal ingredients and food products, all of which available from the Frome Food Hub, and grown or made within 20 miles of town.

Projects are your hosts, and will serve local wines and ciders from their bar. Please note these are not included in the ticket price.

Book via [bit.ly/3uOUQMv](http://bit.ly/3uOUQMv)



# Thursday 15th September

## \* **Green Community Connectors @ The Walled Garden**

11am-12pm – Walled Garden at Mells – Free

An informal Green Community Connector training session at the beautiful Walled Garden in Mells.

Join the Green and Healthy Future team to learn about some of what is going on in Frome to live greener and healthier lives.

Stay for wood fired pizza and chat from 12 noon.

NB: access details: one step at entrance and uneven floor.

Book via [www.eventbrite.co.uk/e/walled-garden-green-community-connectors-tickets-377919506417](http://www.eventbrite.co.uk/e/walled-garden-green-community-connectors-tickets-377919506417)



## \* **Wild Bunch Gathering on Location**

1.30pm-2.30pm – Broadway Allotments - Free

Join the Frome Wild Bunch for their monthly gathering to promote and share ideas about gardening for wildlife.

For Great Big Green Week, they'll be on location in Broadway Allotments, learning about this amazing natural space in the midst of our town, and looking at maintaining 'wild' spaces we may have created in our own gardens.



## **Pop Up Play**

3.30pm-5.30pm - Millennium Green - Free

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Mojo Moves Silent Disco @ Rodden Meadow



# Friday 16th September

## Future Shed Friday

9.30am-1.30pm - Welshmill Hub - Free

Future Shed supports enterprises and grows networks of action, connecting people and ideas, signposting and start-up coaching.

Open for drop in plus a meet up to connect with others from 10am to 12pm. Come and get involved in making Frome greener and healthier.

Find out more at [greenhealthyfuturefrome.org/future-shed-frome/](http://greenhealthyfuturefrome.org/future-shed-frome/)



## Energy Advice Drop In

10am-4pm - Frome Library - Free

Whether you have questions about lowering your energy bills, moving to low carbon heating, home insulation or dealing with energy debt, advisors from the Centre for Sustainable Energy and the Healthy Homes team are here to help.



## \*Tour of Frome Medical Practice Wellbeing Garden and Hot Composters

1pm-2pm - Frome Medical Practice - Free

Come and meet some of the staff involved in the Frome Medical Practice Wellbeing Garden, have a nose at what they are growing and find out more about how they are working towards "Closing the Loop" with composting their food waste on site.

Expect hands on composting, picking herbs for your own tea and enthusiastic staff sharing their stories (not necessarily in that order!)

Book via [www.eventbrite.co.uk/e/wellbeing-garden-tour-tickets-377923016917](http://www.eventbrite.co.uk/e/wellbeing-garden-tour-tickets-377923016917)



Pond dipping @ Welshmill Pond

## \*Pond Dipping and Community Wildlife Mapping

5.30pm-7pm - Welshmill Pond - Free

Join Frome Town Council's Resilience Officer Jo Morris to investigate the wildlife at the new pond in Welshmill. Try out some pond-dipping methods, learn about amphibians and explore the variety of insects and their larva in and around the pond. There'll also be a chance to find out about the Community Wildlife Mapping project and how you can get involved.



## \*Mojo Moves Silent Disco

7pm-9pm - Rodden Meadow - £10/£6

Did you know Mojo Moves silent discos in the meadow are a place for you to dance just like you would at a gig? There's no routines to follow just a good boogie to be had by all.

You're in your own world of music but hanging out with some ace people who don't give a monkey's if you can do the fandango. Oh and as a bonus you can dance an average of 10,000 steps. Thinking about it? Just do it!

Limited child tickets available @ £6 each.

Book via [www.mojomoves.co.uk](http://www.mojomoves.co.uk)

# Saturday 17th September

## \*Frome Churchyards' Biodiversity Trail

10am-12.30pm - start at Dissenters' Cemetery - £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.

This one-mile trail starts with a short talk at Dissenters' Cemetery (BA11 3EH), and continues to Christ Church and Wesley Methodist, finishing at St John's churchyard.

Assistance dogs only please.



## Ready Steady Cook with the Community Fridge

2pm-4pm - Market Yard - Free

Red Tomatoes and Green Peppers at the ready... Join the Frome Community Fridge for some zero waste foodie fun!

We'll be challenging some of Frome's top cooks to make a tasty meal from ingredients collected by the Community Fridge.

The award-winning fridge collects surplus food from local shops and makes it available to the community, saving over 30 tons of food going to landfill a year.



## \*Bat Box Building

5.45pm, 6.05pm & 6.25pm - The Roundhouse - Free

Come and build a bat box with the Frome Wild Bunch.

There will be easy to put together kits so you can make your own on site, ahead of the guided bat walk taking place that evening.

There will be 3 sessions with only 6 boxes to build at each. These can be made by individuals, pairs or groups, so booking for this event is per box rather than per person.

Soup will be available to those staying on for the bat walk.

**Booking essential. Please note, tickets for the bat walk need to be booked separately.**



## \*Bat Walk

7.15pm-9.15pm - 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.

**Please note, tickets for bat box building need to be booked separately.**

# Sunday 18th September

## Ride Kids Ride

12.30pm-4pm - 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.

There will be prizes, a raffle, BBQ and refreshments available.



## \*The Draw of the Sea with Wyl Menmuir

5pm-6pm - Frome Town Hall - £10

The ocean fires our imagination, provides endless joy and solace but also wields immense destructive power on people, communities, and their environment.

Join us to hear Wyl Menmuir in conversation with conservationist, author and natural history broadcaster Philippa Forrester to explore the incredible power that water has on our lives and why it has such a magical power to cast its spell.

This event is part of the Frome Lit Fest (16th-23rd September)

Book via [www.fromelitfest.com](http://www.fromelitfest.com)



Wyl Menmuir

## \*River Walk with Friends of the River Frome

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

Walk along the river with Friends of the River Frome 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.

Well behaved dogs on a short lead are welcome (at the owner's responsibility).



# Other things happening during Great Big Green Week and beyond...

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

## Green Corridor @ Gallery at the Station

Gallery at the Station celebrates Great Big Green Week 2022 with a 'Green Corridor' display. Open 10am-4pm Monday - Friday.

## 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? 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), call 01373 468368 or visit [healthconnections.mendip.org/lets-connect/training/](http://healthconnections.mendip.org/lets-connect/training/)

## Co-Wheels Great Big Green Week Offer

Co-wheels are offering a time limited code that will be active during Great Big Green Week, 11th-18th September. Enter the code FREEJOIN25 to join for free\* and get £25 driving credit. To sign up visit [www.co-wheels.org.uk/frome](http://www.co-wheels.org.uk/frome). \*Please note the monthly subscription of £5 will still be required.

## Be Radical and Rest Day - 10am-4pm 24th September, Frome Town Hall

An invitation for people of Frome and surrounding areas to take 30 mins out of their day to rest, to take a radical peaceful stance against a fast world through the act of being in quiet rest. There will be a series of 30 minute allocated simple resting spaces, and a number of allocated guided / facilitated spaces such as Yoga Nidra, Meditation, Gentle Movement and Sound Healing throughout the day. Each session, whether guided or not, will be held by someone present in the quiet space who is not actively participating/resting.



This year Frome's Great Big Green Week is supporting the newly established Frome Community Bike Project who are raising funds to set up in their new location at Frome Station and to purchase tools for the workshop.

# Free SHARE Membership



Free standard membership at SHARE

SHARE are offering free standard membership for those that sign up during Great Big Green Week. With over a 800 items, why buy when you can borrow? Save money, reduce green house gases and reduce waste.






For updates and tickets visit [frometowncouncil.gov.uk/great-big-green-week](http://frometowncouncil.gov.uk/great-big-green-week)

FROM COMMUNITY FROM COMMUNITY FROM

# Bike Project



Say hello...  
[hello@frombikeproject.org](mailto:hello@frombikeproject.org)

-  A place for low-cost, second hand bikes in Frome
-  Opportunities to volunteer, share skills and meet new people
-  Use our workstations and tools to fix your own bike
-  Join a bike maintenance course to learn new skills
-  Bike servicing and safety checks
-  Cycle skills sessions and community group rides
-  All profits supporting Frome's Missing Links



Sign up for updates:  
scan QR code or visit  
[bit.ly/fromebike](https://bit.ly/fromebike)

[www.fromebikeproject.org](http://www.fromebikeproject.org)



# Week at a glance

<b>S</b> <b>11</b>	10am-1pm 12pm-3pm 12pm-3pm 2pm-3.30pm	Eco Crafty Day for Kids Pump Track Celebration Cycle Sunday Frome Heritage Tree Walk
<b>M</b> <b>12</b>	11am-12pm 6pm-6.45pm +7.15pm-8pm 7pm-9pm 10am-4pm	Great Big Green Community Connector Session Cooking Workshop - Meat Free Monday Planet Friendly Living Gallery at the Station: Green Corridor opens
<b>T</b> <b>13</b>	3.15pm-5pm 7pm-8pm 7pm-8.30pm 7pm-9.30pm	Wild Bunch After School Fun The Climate Emergency: Five Things to Change Sustainable Business Champions event MOTHERLOAD screening
<b>W</b> <b>14</b>	10am-11am 12.30pm-1.30pm 3.30pm-4.30pm 3.30pm-5.30pm 6pm-7pm 7pm-8.30pm 7pm-9pm 7pm-10pm	Talking Bench Yoga in the Meadow Hedgehog Storytime + 'Hedgehog Hero' Craft Session Pop Up Play Botany Walk Climate Action Group The Big Green Clothes Swap Frome Food Hub's 20-mile Pop-up Feast
<b>T</b> <b>15</b>	11am-12pm 1.30pm-2.30pm 3.30pm-5.30pm 7pm-10pm	Green Community Connectors (The Walled Garden) Wild Bunch Gathering on Location Pop Up Play Frome Food Hub's 20-mile Pop-up Feast
<b>F</b> <b>16</b>	9.30am-1.30pm 10am-4pm 1pm-2pm 5.30pm-7pm 7pm-9pm	Future Shed Friday Energy Advice Drop In with CSE Tour of FMP Wellbeing Garden and Hot Composters Pond Dipping and Community Wildlife Mapping Mojo Moves Silent Disco
<b>S</b> <b>17</b>	10am-12.30pm 2pm-4pm 5.45pm-6.45pm 7.15pm-9.15pm	Frome Churchyards' Biodiversity Trail Ready Steady Cook with the Community Fridge Bat Box Building Bat Walk
<b>S</b> <b>18</b>	12.30pm-4pm 2pm-4pm 5pm-6pm	Ride Kids Ride River Walk with FORF The Draw of the Sea