




FROME'S GREAT BIG GREEN WEEK

7TH - 15TH JUNE 2025



Join us for nine days of events!

Frome's Great Big Green Week is a celebration of our community and green spaces. It's an opportunity to swap climate anxiety for an appreciation of what we have now and take small but meaningful action to tackle climate change.

Most of this year's events are free. All events with a  symbol need to be booked in advance. Please book early to avoid disappointment. You can click the event titles in this PDF to go to the event webpage.

Fashion 3

Nature 4

Wellbeing 8

Food & Growing 9

Taking Action 13

Cycling 16

Programme at-a-glance 10

Key actions 20

Book online at discoverfrome.co.uk/gbgw

Can't book online? Pop into Frome Town Hall or call 01373 465 757

Fashion

The Big Green Clothes Swap

WEDNESDAY 11TH • 7 - 9PM **THE SILK MILL** **£3 CASH**

The annual Big Green Clothes Swap is back to refresh your wardrobe. Find preloved treasures among piles of possibilities. Bring as many (or as few) unwanted items as you like, and take home some gems.

All genders welcome. Supported by The Frome Wardrobe Collective.

Is upcycling and buying secondhand the future of fashion?

FRIDAY 13TH • 10AM - 1PM **FROME TOWN HALL** **FREE** 

Come along and connect with others to take action on growing projects and enterprises that reuse textiles, save carbon and landfill and increase our wellbeing: revamp, repurpose, reuse, repair.

Everyone Needs Pockets is a growing network of 150+ makers, designers, stitchers, knitters, sustainable fashion fans and researchers. You don't need skills, only the desire to find out more!

ChariTee

Refresh Your Wardrobe for a Good Cause

FRIDAY 13TH • 3:30 - 6:30PM **I DRESS MYSELF** **DONATE**

I Dress Myself at Vallis Mills Trading Estate will be selling blank organic cotton T-shirts, sweatshirts, and hoodies in exchange for donations to Fair Frome. Suggested donations range from £2 to £8, and other items like jackets and coats are available too.

This is a great opportunity to pick up high-quality, sustainable and Fair Wear certified clothing while supporting a local charity that helps those in need. Mostly adult garments, but there will be some kids T-shirts and hoodies available.

Nature

Tiny Forest Community Morning

SATURDAY 7TH ☀ 10AM - 12PM **EGFORD PARK** **FREE**

Come along for some citizen science, light gardening, fun activities and good company. How many bugs can you find? Can you name all the trees in the Tiny Forest? Bring a picnic and make a day of it!

All ages welcome. Tools, tea and cake provided.

Frome Heritage Tree Walk 🇬🇧

SUNDAY 8TH ☀ 2:30 - 4PM **CHEESE & GRAIN** **£8**



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, legacy and lore.

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

Plant a Pocket Meadow for Biodiversity 🇬🇧

TUESDAY 10TH ☀ 6:30 - 8:30PM **FROME TOWN HALL** **FREE**

Discover how to create your own 'Pocket Meadow' - a small wildflower space that supports pollinators and brings nature back into everyday community spaces.

This free talk is perfect for anyone concerned about the climate emergency, wanting to know how to take simple, positive action.

Learn how to get involved in a limited local pilot scheme, with seeds and advice provided to help you get started.



Family Pond Dip and Bug Hunt 🇬🇧

WEDNESDAY 11TH ☀ 1:30 - 2:30PM **WELSHMILL POND** **PWYC***

Engage with nature, explore local wildlife and connect with others.

We'll be pond dipping and using our microscope to take a close look at what we find - you'll be amazed how much life is in a tray of pond water!

This event is aimed at families with pre-school or home educated children. Children must be supervised throughout the event. We want this event to be as inclusive as possible, so please get in touch if you or your child has additional needs we should be aware of.

*Pay What You Can: this is a free event with a suggested donation of £3 to Science Boost CIC.

Nature Afternoon with the Wild Bunch

THURSDAY 12TH ☀ 1:30 - 4:30PM **CHRIST CHURCH** **FREE**

This relaxed, family-friendly event is all about simple things you can do at home - whether you've got a garden, a balcony, or just a few pots to help support our struggling wildlife.

Kids can enjoy hands-on, nature-themed activities, and there'll be time to explore the lovely green space around Christchurch, a peaceful spot that's full of wild plants and all kinds of wildlife.

It's a great chance to connect with nature, pick up some ideas, a packet of free wildflower seeds and enjoy the outdoors.

Dusk Chorus Walk 🦉

FRIDAY 13TH 🌞 6:30 - 8:30PM | HEAL SOMERSET | £15

Enjoy a peaceful and contemplative experience as the day slowly fades into night and the sounds of nature shift from the busy activity of daytime to the more tranquil rhythms of evening.

Join us as the day winds down and the sun sets, when expert guide Nick Patel will help you identify and spot the resident and visiting birds on site as help you to recognise their songs and calls. This is also the perfect time to spot foxes, owls, moths and bats flitting overhead.

The experience will also invite you to reflect on the quiet resilience of nature and to learn more about how rewilding is allowing new stories for the wildlife around us.

Bioblitz Nature Festival 🦋

SATURDAY 14TH 🌞 10AM - 4PM | VALLIS FARM | £5

Join us for a fun, family-friendly Bioblitz Festival celebrating the amazing biodiversity on our farm! We'll explore this land from a neglected edge to a thriving space for people, nature, and fun.

Take part in the event using the iNaturalist app, join scavenger hunts, wild clay workshops (pre-booking essential), kimchi demos by Somerset Kimchi & Kraut, and stalls from local groups including Heal Rewilding and Somerset Ceramics. Discover native wildlife - and enjoy tasty local food and drink too!

Heal Somerset, Dusk Chorus Walk



River Vision Festival

SUNDAY 15TH 🌞 10AM - 2PM | RODDEN MEADOW | FREE

Come and explore the River Frome with Frome Families for the Future and Friends of the River Frome!

Take a paddle to discover what's hiding beneath the surface, get creative with art activities, and enjoy inspiring talks throughout the day. You'll also have the chance to meet the brilliant organisations working hard to protect and care for our local river.

It's a wonderful opportunity to connect with nature, the community, and celebrate the beauty of the River Frome.

Our Prickly Pals 🦔

Helping Frome's Hedgehogs

SUNDAY 15TH 🌞 6 - 7PM | THE GOOD HEART | FREE

Hedgehog's - Britain's most popular mammal - have dramatically reduced in numbers for decades. This talk, presented by Frome's Keyford Hedgehog Rescue, will briefly look into the reasons for their decline and then focus on how we can help stabilise and even grow the local hedgehog population.

Whether you have a garden or not, this talk will let you know how you can become a Frome Hedgehog Hero! The event is free though donations to Keyford Hedgehog Rescue will be very welcome. Tea, coffee and homemade cake will be available from 5:45pm. Children are welcome and should be accompanied by a responsible adult.

Wellbeing

Journey with the Breath 🐾

SATURDAY 14TH ☀ 10:15 - 11:30AM **VICTORIA PARK** **DONATE**

Join breathwork practitioner Esther Dickinson to connect to your breath and turn within. By modifying the way we breathe, we are able to alter the ways in which we interact with the world around us. Our breath gives us life, it is one of the most natural things to us, and yet in today's fast-paced world, our wellbeing often gets pushed to the sideline.

When we slow down, using our breath to ground us in the here and now, we can shift our response, interaction and approach to the external. For a more sustainable future, the way we breathe and move is paramount.

Contact Improvisation: Dancing with Nature

SATURDAY 14TH ☀ 2:45 - 5:00PM **VICTORIA PARK** **£10-£15** 🐾

A movement session with yoga teacher Rebecca Brewin and breathwork practitioner Esther Dickinson combining a deep love for nature, movement and body awareness. This session brings together various elements focusing on 3 points of connection: to ourselves, to the earth, and to each other.

Humans, as a social species, are in need of physical connection. Contact Improvisation removes the barriers and can lead to healing, greater awareness, enhanced connectivity, confidence, and well-being.

Food & Growing

Food, Folk and Fire 🐾

SUNDAY 8TH ☀ 10:30AM - 2PM **VALLIS VEG** **PWYC***

Back to Nature invites you for a community-focused day filled with hands-on nature activities, delicious plant-based meal cooked on the fire, and fun for all ages. This small, intimate gathering is open to everyone - whether you're a nature enthusiast, a food lover, or simply looking for a day outdoors.

*Pay What You Can: adult ticket prices £5-£17 based on what you can afford. Children under 8 free, children 8 or over £2.

Permaculture Volunteer Day 🐾

WEDNESDAY 11TH ☀ 9AM - 1PM **42 ACRES** **FREE**

Spend a half-day working with the 42 Acres team in our permaculture produce garden. Learn regenerative growing skills whilst contributing to our permaculture projects, working with nature not against it. In this way we tend to ourselves, to the land, and to our shared future.

The day is designed to be an enriching experience working with us on a range of tasks, with an opportunity for meditation, sharing and nature connection. We will end with a simple shared lunch. Afterwards, you're welcome to stay and explore our land or take a wild dip in our lake.




42 Acres, Permaculture Garden





Frome's Great Big Green Week, June 7th-15th at a glance

Events with a  symbol need to be booked in advance.


SATURDAY 7TH JUNE

10AM-12PM	Tiny Forest Community Morning	Egford Park	FREE
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SUNDAY 8TH JUNE


10AM-1PM	Donate IT Tech Amnesty	Frome Town Hall	FREE
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 10:30AM-2PM	Food, Folk and Fire	Vallis Veg	PWYC
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 11AM-1PM	Family Bike Ride and Picnic	Frome Canoe Club	FREE
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 2:30PM-4PM	Frome Heritage Tree Walk	Cheese & Grain	£8
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MONDAY 9TH JUNE


 VARIOUS	Book a Bike Ride Buddy	FCBP (see pg 16)	FREE
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TUESDAY 10TH JUNE


 6:30PM-8:30PM	Plant a Pocket Meadow	Frome Town Hall	FREE
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WEDNESDAY 11TH JUNE


 9AM-1PM	Permaculture Volunteer Day	42 Acres	FREE
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 1:30PM-2:30PM	Family Pond Dip and Bug Hunt	Welshmill Pond	£3 / FREE
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4PM-7PM	Drop-in Dr Bike	FCBP (see pg 16)	FREE
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 6PM-8PM	Arts-led Action in the Earth Crisis	Online	FREE
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7PM-9PM	The Big Green Clothes Swap	Silk Mill	£3
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 VARIOUS	Book a Bike Ride Buddy	FCBP (see pg 16)	FREE
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 Find more info and tickets at
www.discoverfrome.co.uk/gbgw


Not online? Pop into Frome Town Hall or call 01373 465 757


THURSDAY 12TH JUNE

 9:30AM-1:30PM	Bike Ride to Stourhead	Victoria Park	FREE
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 10:30AM-12:30PM	Imaginarium	Frome Town Hall	£5
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1:30PM-4:30PM	Nature Afternoon - Wild Bunch	Christ Church	FREE
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 4PM-6:30PM	Big Green Summer Meetup	Victoria Park	FREE
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 VARIOUS	Book a Bike Ride Buddy	FCBP (see pg 16)	FREE
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FRIDAY 13TH JUNE

 9:30AM-12:30PM	Bike Ride to Tytherington	Victoria Park	FREE
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 10AM-1PM	Is upcycling and buying second hand the future of fashion?	Frome Town Hall	FREE
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3:30PM-6:30PM	ChariTee - Refresh Your Wardrobe	I Dress Myself	£2-£8
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 6:30PM-8:30PM	Dusk Chorus Walk	Heal Somerset	£15
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SATURDAY 14TH JUNE

9AM-1PM	Frome Farmers' Market	Boyle Cross	FREE
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CANCELLED	Bioblitz Nature Festival	Vallis Farm	£5
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 10:15AM-11:30AM	Journey with the Breath	Victoria Park	PWYC
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 1PM-4PM	Green Hacks Day	Rook Lane Chapel	FREE
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 2:45PM-5PM	Dancing with Nature	Victoria Park	£10-15
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 6PM-9:30PM	Cheese for Change	Rook Lane Chapel	£15
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SUNDAY 15TH JUNE

10AM-2PM	River Vision Festival	Rodden Meadow	FREE
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 6PM-7PM	Helping Frome's Hedgehogs	The Good Heart	FREE
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Cheese for Change: A Tasting Event for Community Fridge Frome 🇬🇧

SATURDAY 14TH ☀ 6 - 9:30PM | ROOK LANE CHAPEL | £15

Get ready to savour the flavours at our Cheese Tasting Fundraiser, benefiting the Frome Community Fridge. This delightful evening promises a selection of exquisite cheeses paired with fine ciders, all in the company of fellow cheese enthusiasts.

Whether you're a seasoned cheese connoisseur or just looking to enjoy a unique night out, this event is perfect for you! Your participation not only offers you an opportunity to explore a variety of cheeses but also supports our efforts to combat food waste in our community. Every ticket sold will help keep the Community Fridge Frome running and help make Frome a waste free town.

Gather your friends, bring your appetite, and join us for an evening of good food, good cider, and good company - all for a great cause!

Frome Farmers' Market

SATURDAY 14TH ☀ 9AM - 1PM | BOYLE CROSS | FREE

Frome Farmers' Market returns to the historic market venue of Boyle Cross with the usual array of high quality food from hyperlocal and nature-friendly producers: think regenerative beef, chemical-free veg, and cider made from surplus fruit.

Frome Weekly Market will also be happening from 9am - 3pm in the Market Yard car park outside Frome Library, making this the perfect day to head into town to support, shop and eat local.

Taking Action

Donate IT Tech Amnesty

SUNDAY 8TH ☀ 10AM - 1PM | FROME TOWN HALL | FREE

Gained some new tech recently? Donate your old devices, including phones, laptops, tablets, game consoles and digital cameras, at the Frome Tech Amnesty.

Donate IT will find your old device a new home with someone local who needs it. They will securely wipe your data from any devices, and anything that's not fit for reuse will be recycled. 70% of global toxic waste is linked to discarded tech in landfill - help make a difference.

Arts-led Action in the Earth Crisis 🇬🇧

WEDNESDAY 11TH ☀ 6 - 8PM | ONLINE | FREE

An online workshop with Bridget McKenzie, founder of Climate Museum UK and Culture Declares.

How can you grow your capacities as a creative practitioner to respond to the Earth Crisis? This interactive session will explore a process of growth starting with acknowledgement and truth-telling, then moving on to meaning-making and empathy, as a foundation for imagining alternative futures and sustaining your creative activism.

Imaginarium 🇬🇧

A Collective Imagination Game

THURSDAY 12TH ☀ 10:30AM - 12:30PM | FROME TOWN HALL | £5

"What if?" is one of the most powerful questions we can ask about the future. Join facilitator and imagination coach Jenny Lachs in this fun, interactive workshop where we'll strengthen our imagination muscles and imagine Frome 10 years from now - as an even greener community.

Let's beat the doom and gloom narrative and create a vision for a brighter future worth fighting for!



Big Green Summer Meetup 🍷

THURSDAY 12TH ☀ 4 - 6:30PM VICTORIA PARK FREE

This will be a chance to get together and celebrate all the wonderful green and sustainable initiatives happening in Frome, find out what everyone is up to and make new connections.

Join us for a bring-your-own picnic with a free vegan ice cream for everyone who books a free ticket. The community café at Victoria Park will also stay open this evening for refreshments.

There will be a gazebo and tables set up for anyone wanting to bring leaflets or display materials to share information about their projects.

Green Hacks Day 🍷

SATURDAY 14TH ☀ 1 - 4PM ROOK LANE CHAPEL FREE

Join us for a lively and hands-on Green Hacks Day, where we're bringing together a community of expert makers, fixers, growers and doers running workshops, demos and much more - all ready to share simple ways to live more sustainably.

This free event from Green and Healthy Frome is a day to come together, get inspired, and pick up practical skills that make everyday life greener, cheaper and healthier.

Check out the back cover for more ways to take action.

Beyond GBGW...

How do we help creativity and community to thrive in Frome? 🍷

WEDNESDAY 25TH JUNE ☀ 9:30AM - 1PM FOOTBALL CLUB FREE

Every day in Frome, creative people make great things happen and community groups gather to put their time and passion into the things they care about. But not everyone gets to be part of Frome's magic. Costs rise, volunteers are stretched, it can be difficult for people to earn a good living, and opportunities aren't the same everywhere...

Join us for this big and important discussion, where everyone gets a chance to talk about the issues that are important to them. Everyone is welcome. You don't need to have been involved in anything before.

Free lunch, hot drinks and snacks included! (Vegan & gluten-free options) Learn more and book free tickets at www.terrestrial.org.uk/open-space

Frome Wild Bunch

THIRD THURSDAY EACH MONTH

Join Frome Wild Bunch at one of their monthly gatherings for anyone interested in gardening for wildlife in our private gardens and shared local green spaces. The group shares ideas, hosts and holds free public events that promote wildlife-friendly approaches in our neighbourhoods.

Visit bit.ly/frome-wild-bunch to see what's coming up.

Frome Festival

FRIDAY 4TH - SUNDAY 13TH JULY

A rich and vibrant celebration of arts, culture and community in Frome with over 100 events. Look out for the eco symbol ♻ in the programme and the wildlife-friendly focus in this year's Hidden Gardens.

Pick up a programme around town or go to www.fromefestival.co.uk



Let's get cycling!

Frome Community Bike Project is a bike recycling centre and community cycle hub for Frome. We're bringing you these **free Cycle Together** events in partnership with Green and Healthy Frome.

We also offer repairs, servicing, workstand hire and ebike conversion from our workshop at Station Approach (tucked away behind City Plumbing), with profits supporting local charity Frome's Missing Links.

To find out more visit www.fromebikeproject.org

Hire

Free ebike for a month 

Spaces left starting on
Friday 6th or Saturday 7th June

Try an ebike, free for 4 weeks, to explore the benefits and see how it fits your routines. Includes all the equipment you need, with child seats available too.

Repair

Dr Bike - Checks & Advice

Wednesday 11th June • 4-7pm
@ FCBP, Station Approach

Stop by our workshop for answers to all your cycling questions! Learn how to fix minor issues with our mechanic and pick up maps, accessories and advice from friendly volunteers. Plus fun kids' activities!

Ride

Family Bike Ride & Picnic 

Sunday 8th June • 11am-1pm
Starting @ Frome Canoe Club

Social Group Rides 

Thursday 12th June • 9:30am-1:30pm
Friday 13th June • 9:30am-12:30pm

Book a Bike Ride Buddy 

Monday, Wednesday & Thursday

Enjoy a scenic, flat and traffic-free riverside route, and bring along a picnic! Suitable for all ages, and great for parents to build confidence cycling with their kids.

Cycle through Frome's beautiful countryside on a group ride. Easy 9-mile ride on the 14th or a more challenging 27 miles on the 13th - with plenty of stops!

Spend an hour with a qualified cycling instructor, tailored to your needs to boost skills and confidence.

Notes



Find more info and tickets at
www.discoverfrome.co.uk/gbgw

Not online? Pop into Frome Town Hall or call 01373 465 757



Frome's Great Big Green Week is organised by Frome Town Council as part of Green and Healthy Frome, a unique partnership working to ensure there are many ways to live greener and healthier lives in our town.

Projects include Future Shed, Cycle Together, Healthy Homes, Green Connectors and Plastic Free. Period.



Green and Healthy Frome brings together Edventure Frome, Frome Medical Practice and Frome Town Council and is funded by The National Lottery's Climate Action Fund.

www.greenhealthyfuturefrome.org

FrOme
TOWN COUNCIL

5 actions for the planet

Small changes can make a big difference over time. Take a look at these 5 simple actions based on this year's GBGW programme and choose one to start with. They'll benefit your health or your wallet too!

You don't have to do these things alone. Each action has a local group or project that can help you get started, stay motivated, and meet people.

1 Learn some basic sewing skills to repair and repurpose clothes, and swap or buy pre-loved clothes instead of buying new.

→ everyoneneeds pockets.org

2 Download the iNaturalist app to learn more about the plants and animals around you. It will help you feel more connected to nature and help wildlife monitoring and conservation efforts. Win-win!

→ bit.ly/frome-wild-bunch

3 Find a scenic route for a journey you make regularly. Walk or wheel along it weekly for a boost to both mental and physical wellbeing.

→ discoverfrome.co.uk/walkers-are-welcome
→ fromebikeproject.org

4 Learn a seasonal dish or two each month to build up a library of recipes that use locally grown, seasonal produce.

→ fromefield2fork.org

5 Set aside a little time each week to do something for the planet. Patch up some clothes, write a letter to your MP, plant some seeds, leave the car at home... every small action adds up and feels good.

→ transitionfrome.org.uk

There are many more groups and organisations supporting sustainability in Frome. Find more at loopfrome.org/keepitfrome