




FROME'S GREAT BIG GREEN WEEK

8TH - 16TH JUNE 2024





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.


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Book online at discoverfrome.co.uk/gbgw

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

Swap, Share, Repair

Big Green Clothes Swap

WEDNESDAY 12TH * 7 - 9PM **SILK MILL** **£2 CASH**

Are you looking for a sustainable, ethical and affordable way to revamp your wardrobe? Then look no further; the Big Green Clothes Swap is here to sweep all your wardrobe worries away.

Bring your unwanted clothes along to the Silk Mill and rummage among the piles to discover some new treasures. Please count the number of items you bring so we can work out how much is shared and saved.

All genders and ages welcome.

Big Textile Reuse - Summer Meet Up

FRIDAY 14TH * 10AM - 1PM **FROME TOWN HALL** **FREE**

A summer get together with talks, haberdashery and textile swaps!

This action-packed meetup includes:

- Talks from sustainable fashion and business experts Tamara Cincik and Katherine Symonds-Moore.
- A haberdashery, fabric and (textile-related) book swap.
- Share-a-dish lunch. Bring some food to share. Hot drinks provided!
- A raffle to help raise some money for Everyone Needs Pockets.

You might be a mender, a maker or just someone who loves clothes.

All welcome! Doors open 9:30am.

Donate IT Tech Amnesty

SATURDAY 15TH * 10AM - 1PM **FROME TOWN HALL** **FREE**

Old tech gathering dust? Donate it to the Frome tech amnesty! Simply bring any old devices at the Town Hall car park drop-off point.

Devices will be wiped of data, refurbished and distributed to local people who need them. Anything that can't be reused will be recycled.

Check what you can donate at www.bit.ly/frome-tech

Nature

Frome Heritage Tree Walk 🌳

SATURDAY 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.

Family Pond Dip and Allotment Explore 🌿

SUNDAY 9TH 🌞 10AM - 12PM WELSHMILL POND FREE

Engage with nature, explore local wildlife and learn about seasonal foods. We'll be pond dipping and using our microscope to take a closer look - you'll be amazed by how much life is in a tray of pond water!

After the pond dip, we'll wander through Welshmill allotments to spot different foods growing and learn about seasonal produce.

We want this event to be as inclusive as possible; please get in touch if you or your child has additional needs we should be aware of.

River Festival

SUNDAY 9TH 🌞 10AM - 2PM RODDEN MEADOW FREE



Join Friends of the River Frome and Frome Families for the Future for some river exploration! We'll take a dip to see what lurks beneath the water's surface, embark on a captivating storytelling journey along the riverbanks and launch Frome's Big River Watch (8-16 June).

Plus come and speak to the organisations protecting and preserving our local river.

Don't miss this chance to connect with nature, community, and the beauty of the Frome River!



Living Churchyards

DAILY 🌞 2 - 5PM CHRIST CHURCH FREE

Christ Church welcomes visitors every afternoon during Frome's Great Big Green Week. Bring a picnic; smell the roses and enjoy watching the birds and butterflies in Parson's Paddock.

Do you know your trees, lichens and wildflowers? See how many species you can identify.

Plus some special events on:

- 🌞 **Saturday 8th: Stolen Moments** with bandoneon player Mirek Salmon and pianist Keith Harrison-Broninski, who play the modern tangos of Astor Piazzolla and other tango classics and originals.
- 🌞 **Thursday 13th: Frome Wild Bunch** will be offering exciting activities and other information about what they do and how you can take part.

Rodden Nature Reserve Open Day

TUESDAY 11TH 🌞 2 SESSIONS RODDEN NATURE RESERVE FREE

Join a 2-hour guided walk with conservationist George Linklater. Learn about the incredible flora and fauna we have in Frome. Plus expert tips for successful wildlife spotting, including the best sites to see birds here for the breeding season.

We'll also share how the area acts as a nature corridor and a vital flood defence for Frome town centre, and how it's maintained and protected for the community and the wildlife.

There are 2 sessions: 10:30am-12:30pm or 2-4pm. Both start at the reserve entrance on Castiel Road (BA12 5LA). No dogs please.

Tiny Forest Citizen Science Workshop

TUESDAY 11TH ☀ 4 - 5PM | EGFORD LANE PARK | FREE

Join Frome Town Council for a beginner-friendly workshop to help collect data within the tiny forest on tree growth, soil composition and biodiversity, using a range of practical and accessible techniques.

Learn about the early stages of a tree's life and growth, take part in insect surveys and look at soil health. If you've joined us in the Tiny Forest before, come and see how much has changed. All ages welcome.

My Garden of a Thousand Bees 🐝

SUNDAY 16TH ☀ 4 - 6PM | FROME TOWN HALL | FREE

This wonderful film follows acclaimed wildlife filmmaker Martin Dohrn as he records all the bee species in his tiny urban garden in Bristol. Filming with one-of-a-kind lenses forged at his kitchen table, he catalogues more than 60 species. He eventually gets so close to the bees he can identify individuals by sight, documenting life at their level as we have never seen it before.

After the film, Meadow In My Garden CIC will lead a Q&A to answer your questions about bees and wildlife-friendly planting, and show you how to make a bee hotel.



Wellbeing

Adult Wellbeing Nature Connection Group

MONDAY 10TH ☀ 11AM - 2PM | VALLIS VEG | FREE

Come for a taster of Shared Earth Learning's 'forest school for adults', which supports those who are experiencing mental health problems, social isolation or just struggling to be human right now.

We offer drinks, biscuits and a seasonal lunch prepared and cooked communally on the campfire. Plus opportunities to engage in activities like foraging, horticulture and natural crafts. Relax in a hammock, listen to the birds sing and meet like-minded people in a supportive environment.

Parking is available a 5-minute walk away at Wallington Way or Vallis Vale. If you have access needs please contact Kirsty to arrange parking on site: 07708 476188 / sharedearthwellbeing@gmail.com

Better Nature Morning Challenge 🐝

MON 10TH - FRI 14TH ☀ 7 - 7:45AM | RODDEN MEADOW | £6 / £25

Take the Better Nature Challenge this week and start your mornings with a guided, mindful nature connection session. The challenge is designed to help you reset your morning routine from screen to green. Sessions will include guided forest bathing and mindful nature connection activities to take forward into your daily life.

£6 per session or £25 for all 5.

Help! I'm freaking out about climate change! 🐝

SUNDAY 16TH ☀ 2 - 5PM | VALLIS FARM | £15-20

It's easy to fall into despair in the face of this global ecological crisis. In this outdoor workshop we will look at the different ways we might respond to something of this enormity and how we can support ourselves (and each other) to remain resilient, hopeful and active. Light refreshments will be provided.

Food & Growing

Frome Farmers' Market

SATURDAY 8TH * 9AM - 1PM | BOYLE CROSS | FREE

Since October 2022, Frome's farmers' market has taken place at Boyle Cross – the town's original market venue. Frome Boyle Cross market runs every second Saturday of the month, from February to December 9am-1pm.

It's a great destination to meet and buy from local farmers, cheesemakers, market gardeners, and bakers.

Family Pond Dip and Allotment Explore 🐸

SUNDAY 9TH * 10AM - 12PM | WELSHMILL POND | FREE

Engage with nature, explore local wildlife and learn about seasonal foods. We'll be pond dipping and using our microscope to take a closer look - you'll be amazed by how much life is in a tray of pond water!

After the pond dip, we'll wander through Welshmill allotments to spot different foods growing and learn about seasonal produce.

We want this event to be as inclusive as possible; please get in touch if you or your child has additional needs we should be aware of.

Elderflower and Spring Foraging Feast 🐸

SUNDAY 9TH * 3PM - 7PM | RODDEN MEADOW | £40



Embark on an exhilarating wild food adventure where you'll learn to identify, gather, and cook wild edibles. Enjoy a gourmet picnic of locally sourced goodies after a 2-hour exploration of Rodden Meadow, with professional forager and conservationist George Linklater. Celebrate the flavours of the season with a symphony of culinary delights, fostering a deeper connection to the English countryside.

Adults £40 / Children £25. 90% plant-based menu.



Community Market Garden and Off-Grid Water Systems Tour 🐸

SUNDAY 9TH * 11AM - 4PM | WHITEMILL LANE | £5

Enjoy a day at Frome Field 2 Fork, a welcoming and inclusive community market garden. Join us for a morning tour to learn about how we manage water on our 1.5 acre site using off-grid water systems including a borehole, solar-powered submersible pump, gravity-fed irrigation, rainwater harvesting and permaculture earthworks.

Then spend the rest of the day volunteering in the garden to sow, plant, compost, weed, harvest, fire tend, cook and play! We will harvest some of our veggies to make a shared lunch over the rocket stove and eat together around 1pm. All ages and backgrounds are warmly welcomed. Hot drinks and tools are provided.

Adult Wellbeing Nature Connection Group


MONDAY 10TH * 11AM - 2PM | VALLIS VEG | FREE

Come for a taster of Shared Earth Learning's 'forest school for adults', which supports those who are experiencing mental health problems, social isolation or just struggling to be human right now.

We offer drinks, biscuits and a seasonal lunch prepared and cooked communally on the campfire. Plus opportunities to engage in activities like foraging, horticulture and natural crafts. Relax in a hammock, listen to the birds sing and meet like-minded people in a supportive environment.

Parking is available a 5-minute walk away at Wallington Way or Vallis Vale. If you have access needs please contact Kirsty to arrange parking on site: 07708 476188 / sharedearthwellbeing@gmail.com



Frome's Great Big Green Week, June 8th-16th at a glance

Events with a  symbol need to be booked in advance.

SATURDAY 8TH JUNE

	2:30-4PM	Frome Heritage Tree Walk	Cheese & Grain	£8
	9AM-3PM	Bike Sale and Dr Bike	Outside Frome Library	FREE
	9AM-1PM	Frome Farmers' Market	Boyle Cross	FREE
	2PM-5PM	Living Churchyards (repeats daily)	Christ Church	FREE

SUNDAY 9TH JUNE

	10AM-1PM	Group Bike Ride	Victoria Park	FREE
	10AM-12PM	Pond Dip & Allotment Explore	Welshmill Roundhouse	FREE
	10AM-2PM	River Festival	Rodden Meadow	FREE
	11AM-4PM	Community Market Garden and Off-Grid Water Systems Tour	Oak Tree Paddock, Whitemill Lane	£5
	3PM-7PM	Elderflower & Spring Foraging Feast	Rodden Meadow	£40

MONDAY 10TH JUNE

	11AM-2PM	Adult Wellbeing Nature Connection Group	Vallis Veg	FREE
	7-7:45AM	Better Nature Morning Challenge (repeats daily Mon-Fri)	Rodden Meadow	£6 / £25

TUESDAY 11TH JUNE

	10:30AM OR 2PM	Rodden Nature Reserve Open Day	Rodden Nature Reserve	FREE
	4PM-5PM	Tiny Forest Science Workshop	Egford Lane Park	FREE
	7:30-9PM	Retrofit: Next Steps	Frome Town Hall	FREE



WEDNESDAY 12TH JUNE

	10AM-4PM	Dr Bike - Bike Checks & Advice	FCBP, Station Approach	FREE
	7-9PM	Big Green Clothes Swap	Silk Mill	£2

THURSDAY 13TH JUNE

	12:30-1:30	Adult Cycle Training Level 1	Victoria Park	FREE
	2PM-5PM	Wild Bunch @ Living Churchyards	Christ Church	FREE
	4PM-6PM	Big Green Summer Meetup	Victoria Park	FREE




FRIDAY 14TH JUNE

	10AM-12PM	Bike Maintenance Class	FCBP, Station Approach	FREE
	10AM-1PM	Big Textile Reuse	Frome Town Hall	FREE

SATURDAY 15TH JUNE

	10AM-1PM	Donate IT Tech Amnesty	Frome Town Hall	FREE
	10AM-1PM	Family Friendly Placard and Banner Making	Holy Trinity Church	£3 / FREE
	10AM-4PM	Dr Bike - Bike Checks & Advice	FCBP, Station Approach	FREE
	3PM-5PM	River Cleanup	Welshmill (Canoe Club)	FREE

SUNDAY 16TH JUNE

	9:30-12:30	Group Bike Ride	Victoria Park	FREE
	2PM-5PM	Help! I'm freaking out about climate change! (Workshop)	Vallis Farm	£15 - £20
	4PM-6PM	My Garden of a Thousand Bees film screening	Frome Town Hall	FREE



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

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



Taking Action

River Festival

SUNDAY 9TH * 10AM - 2PM | **RODDEN MEADOW** | **FREE**



Join Friends of the River Frome and Frome Families for the Future for some river exploration! We'll take a dip to see what lurks beneath the water's surface, embark on a captivating storytelling journey along the riverbanks and launch Frome's Big River Watch (8-16 June).

Plus come and speak to the organisations protecting and preserving our local river.

Don't miss this chance to connect with nature, community, and the beauty of the Frome River!

Retrofit: Next Steps 🏠

TUESDAY 11TH * 7:30 - 9PM | **FROME TOWN HALL** | **FREE**

Interested in making your home more comfortable, healthy, and energy efficient? Come along to this talk with Frome Community Retrofit lead Sally Richards. Learn about retrofit assessments, where to go next and who can help you along the way. We will be talking about next steps: how to access funding, get expert advice and find the right builder for you.

Retrofit events are all about sharing specialist knowledge, creating a retrofit community, and signposting opportunities for local building professionals, so come along if you are looking for help or if you are working in retrofitting services.

Jo Morris will also be talking about the free energy advice service at Frome Town Council and how we can offer practical support to residents to help save money on bills.



Big Green Summer Meetup 🏠

THURSDAY 13TH * 4 - 6PM | **VICTORIA PARK** | **FREE**

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. Wear white to be in a special photo!

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.

Help! I'm freaking out about climate change! 🏠

SUNDAY 16TH * 2 - 5PM | **VALLIS FARM** | **£15-20**

It's easy to fall into despair in the face of this global ecological crisis. In this outdoor workshop we will look at the different ways we might respond to something of this enormity and how we can support ourselves (and each other) to remain resilient, hopeful and active. Light refreshments will be provided.

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

Make Your Mark: Family Friendly Placard and Banner Making 🇬🇧

SATURDAY 15TH ✨ 10AM - 1PM **HOLY TRINITY CHURCH** **PWYC**

Come along to a fun-filled morning of creativity and expression. Bring your family and friends to create unique placards and banners and make your voice heard about the climate crisis and biodiversity loss.

You can use your placards and posters to join a local protest, display them from your home, or donate them to Frome Families For the Future for us to display on our next excursion! You can also help create our new banner and find out about upcoming family-friendly local protests.

No artistic skills required - just bring your imagination! We'll provide all the materials you need to make your mark and stand out in the crowd. This is a Pay What You Can event - suggested donation £3.

River Cleanup 🇬🇧

SATURDAY 15TH ✨ 3 - 5PM **WELSHMILL** **FREE**

Join us for a family-friendly river litter pick! Frome Families for the Future are joining forces with Frome Canoe Club and Friends of the River Frome to clear rubbish in the river and the surrounding areas.

We'll start with the 15-minute Frome Big River Watch, a quick and easy citizen science activity - download The Rivers Trust's Big River Watch app beforehand if you can.

Then we'll litter pick along the Welshmill/town centre stretch to help out the animals that live in and near the river. All litter-picking equipment provided.



GBGW & Beyond...

Nunney Churchyard: Count on Nature

SATURDAY 9TH JUNE ✨ 2 - 5PM **ALL SAINTS CHURCH** **FREE**

Drop in anytime and find out what's living in the churchyard! There will be a children's nature trail, bug hotel building, drawing and painting flowers & more. Plus cream teas and homemade cakes for sale.

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 public events that promote wildlife-friendly approaches in our neighbourhoods.

The next gatherings are June 20th (Climate-friendly gardening) and July 18th (Swifts). Visit bit.ly/frome-wild-bunch to book your free place.

Refugee Week

MONDAY 17TH - SUNDAY 23RD JUNE

Right after GBGW comes Refugee Week, celebrating the contributions, creativity and resilience of refugees and people seeking sanctuary. Frome's event line-up includes something for all ages and backgrounds.

2024's theme is "Our Home". From the places we gather to share meals to our collective home, planet earth.

Visit www.discoverfrome.co.uk/refugee-week for info and tickets.

Frome Festival

FRIDAY 5TH - SUNDAY 14TH JULY

This year's Frome Festival includes a number of nature and wellbeing themed events, along with fantastic opportunities to enjoy local food, produce, makers and artists across 250+ events and activities.

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



Let's get cycling!

Frome Community Bike Project is a new 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

Shop

Bike Sale & Dr Bike

Saturday 8th June • 9am-3pm
Outside Frome Library

We'll be at the Frome Saturday Market outside the library with a selection of bikes for sale plus offering advice and free bike safety checks.

Repair

Dr Bike - Checks & Advice

Wednesday 12th June • 10am-4pm
Saturday 15th June • 10am-4pm

Bike Maintenance Class

Friday 14th June • 10am-12pm
All @ FCBP, Station Approach

Bring your bike along to our workshop for a free safety check with our mechanic. Small repairs and adjustments are included where possible.

Learn how to remove your wheel, locate and repair a puncture then replace your wheel and check your brakes ready to ride away. No experience necessary.

Ride

Group Bike Ride

Sunday 9th June • 10am-1pm
Sunday 16th June • 9:30am-12:30pm

Adult Cycle Training: Level 1

Thursday 13th June • 12:30pm-1:30pm
Starting @ Victoria Park bandstand

Cycle through Frome's beautiful countryside on a group ride. Easy 9-mile ride on the 9th or a more challenging 20 miles on the 16th - with plenty of stops!

Join this beginner session to build your confidence cycling on roads with a qualified instructor. Simple, practical training on quieter roads.

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