

FRODSHAM TRANSITION INITIATIVE

a community-led process that helps Frodsham become stronger and happier. It involves a community action programme to transition to a more sustainable lifestyle for the benefit of both present and future generations.



Season's Greetings



from us all at Frodsham Transition Initiative.

Christmas is nearly here but there is still time to support local businesses and shop local.

I am informed that for every pound spent locally, 50-70 % stays within the local economy.

Independent shops in Frodsham have a competition running until Dec 24th - support 10 shops and get a stamp on the tree and be entered into a prize draw for prizes donated by each retailer taking part. Forms and details can be found in participating shops.

In our initiative round up we hear from Sam Cooper whose business promotes shopping and sourcing products locally

Find out more/ meet us FTI and our initiative partners

We have a steering group that meets monthly at the Queen's Head Pub, Frodsham, all welcome.
See 'Dates for your diary' for times of next meetings.

A lot has been happening in December!

Updates from our Initiatives

**.'Be a Santa to a Senior'
project by Eula Hersey-a**
partnership with Home Instead.



The children at the Horseshoe Inn, Kingsley, decorating the gift bags for the presents for the older people



and some of the gifts ready to go.

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Incredible Edible in Frodsham

HSBC volunteers, Clare Patterson and Allan Arthur at work



A former flower bed at the Princeway Medical Centre is to be used as a community vegetable garden. Volunteers help dig up the weeds ready to plant vegetables in the spring.

Frodsham Sings! – Community choir

By Christine Webber

We have been busy singing at local events in December.

In January Frodsham Sings has a new Musical Director – Ian Oulton who leads the Distaff Singers and helps lead the Kelsbarrow Choir.

We are pleased to welcome Ian and look forward to the choir progressing positively forward – singing for pleasure for ourselves and others.



Frodsham Sings! at Kingsley Christmas fair.



At Frodsham Methodist Church Christmas Tree festival we decorated a tree and on the Saturday sang carols and Christmas songs.



We sang at the Frodsham Senior Citizen's Christmas party in the Community Centre.

Orchard Tree Planting By Tom Blundell – Tree Warden



The December morning was sunny at first and while we were digging, the wind increased, the rain came and it was very cold. Despite this, 27 brave helpers (including Scouts and Guides) planted 30 more fruit trees in the Orchard Field in Hob Hey Wood, Frodsham

Natural Veg Men –

A local business with objectives to shorten the food chain, eat local and educate children about good food.

Contact Sam Cooper sam@vegmen.co.uk
www.vegmen.co.uk

Sam Cooper has detailed below their recent community involvement to promote their objectives.

Natural Veg Men at Kingsley Market

The building of trust is essential to any relationship and sadly we are just waking up to the fact that big business cannot be trusted when it comes to food. Organisations like transition are making it easier for people like us to connect with local people and to communicate who we are.

We came to the market in the hope of meeting local people and talking to them about our veg box scheme and the philosophy behind it. We are determined to make a positive and sustainable impact on local food supply and actually talking to people, face to face, is an important aspect of the process. It allows us the opportunity to show people our produce and to communicate how we operate and why we think it's important. Conversely it allows our customers to put a face to our name and to see that we are real, local people.



The Market for us was a success; we picked up a few new customers and managed to introduce ourselves to a lot of local people. People who will now know who The Veg Men are and what we are about.

Customers in the Frodsham area

We are now 2 months in to our veg box scheme. After taking the first 6 weeks slowly we have recently advertised the

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scheme and are now covering everywhere between Chester, Frodsham and Tarporley. We have 9 active customers in the Frodsham area and we're looking forward to the New Year and a big push to pick up more.

Soup workshop at Kelsall Primary



We run a scheme with several local schools, allowing them to act as a veg box pick up point for staff and parents. For every box delivered in this way we donate £1 to the school. Working with schools in this way allows us to foster meaningful links that are mutually beneficial. As a result further collaboration is inevitable.

At the beginning of the month we spent the day cooking soup with the students at Kelsall primary; they made parsnip and apple soup and Borscht, using our local produce. In the afternoon we served it up to their parents whilst the pupils listed the ingredients and explained how they cooked it!

Promoting healthy eating and affecting social change are two of our four founding principles. The day was a huge success and we were delighted to see the enthusiasm the students showed for working with and eating fresh vegetables and fruit. We expect to be running the same workshops in both Kingsley St John and Tarporley C of E, sometime in January.

Sam Cooper
Co-Founder

****FTI 2nd Birthday Update****

FTI is nearly 2 years old so we are holding our Birthday Celebration on

Wednesday 18th March 2015

On that evening Frodsham Community Centre main hall is booked for the celebration of the 2nd Anniversary of Frodsham Transition Initiative. There will be a presentation on Energy supply in North Cheshire, including fracking by Professor Roy Alexander, Professor of Environmental Sustainability, University of Chester and Professor Joe Howe, Professor and Director of the Thornton Energy Institute, University of Chester. There will also be stalls by FTI initiatives.

STOP PRESS:

The Neighbourhood Plan process for Frodsham has commenced. The plan is led by the Frodsham community and it sets out a vision and policies for the future development of the Frodsham area. Initial discussions have started and a steering group of local councillors, volunteers and other representatives of the community is being formed to manage the process. If you are interested please come to our next FTI meeting – see January “Dates for your diary”. We hope the steering group will decide to have an information stall at our event 18th March 2015.

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Dates for your diary

January

Sat 10th Choir rehearsal 9.30-11am
St. Laurence's Church

Wed 14th FTI - Business/social meeting
7.30pm Queen's Head Pub

Sat 17th Choir rehearsal 9.30-11am
St. Laurence's Church

Sat 24th Choir rehearsal 9.30-11am
St. Laurence's Church

February

Choir every Saturday morning 9.30-11am
At St Laurence's church

Wed 11th - FTI - Business/social meeting
7.30pm Queen's Head Pub

Wednesday 18th March 2015

******FTI Birthday Celebration******

See above.

**Thank-you to all FTI
supporters for 2014 and
we look forward to more
community adventures in
2015**

