

FRODSHAM TRANSITION INITIATIVE

a community-led process that helps a town or village 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.



Hello, this newsletter does, as usual, offer you opportunities to join in an initiative or suggest your own initiative to help make our part of the world, Frodsham, more sustainable. These are generally related to reducing energy consumption or building the community.

It is difficult to describe how FTI work. Our role is to encourage and assist initiatives. If you have an idea come and meet us, we will offer advice and publicity for you to grow a group for your initiative, sometimes we can help with funding.

There are some of my initiative ideas, listed below, hoping to light your imagination and enthusiasm.

Some initiatives turn into commercial enterprises generating local employment.

If you have anything you would like to share, show or schedule in the next issue please come to our monthly meeting or contact me Chris Cleaver at chcleaver@ntlworld.com

The monthly meetings are more social than business and quite short, come and join us for a chat with a purpose.

Initiatives in Progress.

Cycling — Contact Allan
allanarthur@btinternet.com

Incredible Edible – See report below.

'Care of the Elderly' project in partnership with Home Instead. - See the Christmas Project below.

Frodsham Sings! - Frodsham Community Choir – Contact Christine
frodshamsings@outlook.com
Follow on Twitter @frodshamsings

Frodsham Community Children's Garden – a volunteer run garden for children to get messy, learn and have fun – contact Cathy
greenfingersgardenclub@outlook.com
See their Facebook page

Community tree and orchard planting – Contact Tom
blundell269@btinternet.com

Natural Veg Men – See report below.



Initiative ideas

If you have a bee in your bonnet or an idea - come and take the initiative. Or you may be inspired by one of the ideas below.

Some suggestions are :-

Promoting locally grown food and local shopping.

A local food competition for restaurants.

Promote travel free tourism. Tour local – days out in Frodsham.

Promoting public transport to commuters into Frodsham. Info packs to local employers.

You can find more information on this website or by emailing us.

www.transitionnetwork.org
frodshamtransition@gmail.com

Community

This is about people in Frodsham doing more things together, being a community rather than a factory or a dormitory.

Frodsham Guides HQ is used by a number of community groups; they are raising funds for improvements including kitchen, accessible entrance and toilets. If you would like to help and Buy a brick contact Nikki. nikki.barker@btinternet.com

Frodsham Foundation is working to support the commercial foundation of the community. Without production and employment the community is not sustainable. FF aims to promote

innovation and enterprise in Frodsham, perhaps their most noticeable action is support of the Frodsham Christmas Festival.

Visit the website for more information and what's on in Frodsham..

www.frodshamfoundation.net

Frodsham Foundation is negotiating a lease for the Goods Shed at the station for community use. The actual uses are under consultation. One suggestion is a food assembly, a type of local food market where customers pick up pre-ordered food.



Picture from Chester Chronicle

Frodsham Community Centre has a lot going on; visit the website to find out.

www.frodshamcc.co.uk

Initiative reports

The Natural Veg Men

Growing natural, chemical free produce at their site on Watery Lane; the Veg Men are big on localism, sustainability and food education. They are now delivering seasonal veg boxes in the area, visit their website for more information.

www.vegmen.co.uk

Incredible Edible

NEWLETTER OCTOBER 2014 – WHAT'S ON NOVEMBER 2014



You can see from our picture that the plantings at the Princeway medical centre look awful and in desperate need of some TLC. FTI plans in the next few weeks to raise a happy band of volunteers to clear the beds in preparation for Incredible Edible plantings next spring. Volunteers will be most welcome so please contact Allan. Our 'macher', and he will keep you posted on the arrangements.
allanarthur@btinternet.com



We are repeating this in the hope of encouraging a good response.

Care for the Elderly – Be a Santa to a Senior

After the success of the Be a Santa to a Senior last year, local at-home care company, Home Instead Senior Care Frodsham are already making plans to roll it out again for this year.

Be a Santa to a Senior aims is to ensure that older people in our community, who would otherwise not receive a gift at Christmas, receives one this year. We will again be working with our caregivers and other agencies (such as

local churches and charities) to identify people in our community who would benefit from the scheme and are approaching local retailer/s and people to get involved. We feel with the right support we can make a real difference to the lives of many elderly people in our community and make this wonderful initiative a great success!

Gifts can be anything from blankets or throws; slippers or socks; toiletries such as lotions, bath soaps or toothpaste; pyjamas, nightgowns or robes; food hampers or sugar-free sweets; kitchen or bath towels; scarves, gloves, chocolates, or biscuits.

If you would like to help by making a donation, please contact Eula on 01928 733020/ 07825913168.



Dates for your diary

November

Monday 3rd November - Frodsham Sings! choir rehearsal at Frodsham Guide Headquarters 7.30-9.00pm

Saturday 8th November - Frodsham Sings" choir rehearsal at St Laurence's Church 9.30-11am

Saturday 8th November - Bonfire and Fireworks by the Round Table at Frodsham Community Centre.

Monday 17th November - Frodsham Sings! choir rehearsal at Frodsham Guide Headquarters 7.30-9.00pm

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Wednesday 19th November - Frodsham
Transition Initiative monthly meeting,
social and business. Queens Head Hotel.
7.30pm.

Saturday 22nd November - Frodsham
Sings! choir rehearsal at St Laurence’s
Church 9.30-11am

Monday 24th November - Frodsham Sings!
choir rehearsal at Frodsham Guide
Headquarters 7.30-9.00pm

Saturday 29th November - Frodsham
Sings! Performing at Frodsham Christmas
Festival

December

Fri 5th, Sat 6th & Sun 7th - Frodsham
Sings! has tree at Five Crosses Methodist
Church Christmas tree festival – singing
still to be confirmed

Saturday 6th December - Frodsham Sings!
Performing at Kingsley Christmas market.

February

We are going to celebrate the second
anniversary of FTI.