

GROW YOUR OWN FOOD 2008

4 Courses of TEN weekly Sessions

(2 - hours 7- 9 pm)

at Walkley Community Centre 7 Fir St, S6 3TG

Monday 29th Sept Organic Cultivation

Food Production for the Home and Allotment Kitchen Garden

Introduces ideas which explain the principles of Organic Horticulture.

Relevant and useful whether you are a beginner or have some experience.

This course gives students the confidence and understanding they need to achieve their growing aims and ambitions autonomously.

Tuesday 30th September

SOCIAL AND THERAPEUTIC HORTICULTURE

It's great to achieve your own personal growing goals, but so much more is possible if we collaborate and co-operate. The therapeutic potentials of growing are boundless, but many people find it impossible to take on all the challenges involved. This course will summarise and review the history of provision in Sheffield with visits and presentations by local practitioners.

Wednesday 1st October

EXPLORING BIODYNAMICS

A Common-sense Guide to Bio-Dynamic Techniques and Philosophy

Bio-dynamics is a next step on from basic Organic growing and is founded upon a solid basis of benign practices, the timeless wisdom accumulated by peasant cultures over many generations and in a wide variety of contexts.

Friday 3rd October

EATING PERMACULTURE

Permaculture is now well-established as the science of bio-regional and global co-existence with nature. This course will focus on achievable ambitions, illustrated by relevant, local examples. It should guarantee that you invest time and energy wisely in fulfilling your own vision of a benevolent and abundant food future.

COST: £ 75 per course

Book a Place: 2686727 or 07771 832759

Tutor Richard Clare has been an organic grower and activist for 20 years. He has helped to restore and maintain more than 100 allotments, including many used for volunteering and therapeutic projects.

Having achieved a degree of individual self-sufficiency, the next step was to share that experience with others, by providing access to organic food activities and teaching people how to grow their own. This led to the establishment of *Sheffield Organic Food Initiative*, a charity dedicated to the promotion of Organics, Biodynamics and Permaculture in the city.

During the 1990's, Richard developed several projects based on organic food production in the voluntary and community sector, including a '*Green Gym*' in collaboration with the local *Healthy Living Centre*, the *Womens' Organic Community Allotment* and the *Healthy Gardening Group's* small grants scheme for horticultural therapy projects, funded by the local Health Authority.

In 1999, Richard introduced Sheffield to the cultural and commercial agenda proposed by the Soil Association's *Food Futures* project, which led to the creation of two *Farmers' Markets* and a *Green Food Map*.

Richard was also responsible for the regeneration of one of Sheffield's inner-city parks, the *Ponderosa*, using sustainable methods to create a demonstration site for urban Permaculture, including a mature community orchard.

For more than 10 years, Richard supervised the restoration of a derelict walled garden at *Unstone* in North-East Derbyshire to the point where it became a vibrant demonstration of all things Organic. This achievement attracted 5 years funding from Volunteering England and the L.S.C.

The *Gardening for Health* project was the only Soil Association - certified therapeutic project studied by Joe Sempik from Loughborough University during the research for *THRIVE's Growing Together* study into the social and health benefits of horticulture.

In addition to writing and delivering formally accredited courses, Richard has independently developed courses for the general public, *Organic Culture and Cultivation*, which have attracted more than 200 students over the past 5 years. Please check out *Feedback* on the website to see what previous students thought.

In 2006, Richard was employed as a consultant to advise on the feasibility of an allotment site at *Catcliffe*. In 2007, he delivered workshops at the *L.E.A.F.* project as part of the national *S.P.A.N.* consortium to support demonstration centres for the local food sector. Currently supervising an organic allotment project at *Shirebrook* near Bolsover for Derbyshire Adult and Community Education Service.

Check out www.growsheffield.com for a flavour of local organic culture

For more information, please visit www.organic-guru.co.uk