



FROGS

Newsletter Spring Extra 2018

Frome Recreation and Open Grounds Supporters

Welshmill Park

In the last newsletter we were looking forward hopefully to spring – since then we seem to have taken two steps back to winter. Nonetheless, Welshmill Park has been busy on fine March days with lots of young visitors who don't seem to feel the cold. There are now six new benches in the park, made of recycled plastic, which are an excellent addition.



The Other Side

We have held a couple of volunteer sessions at The Roundhouse Garden so far, spreading woodchip under the trees, weeding the big bed near to Rossetti

House, and thinning out some herbs in the medicinal herb beds. Thank you to the Rangers who have built us a couple more beds to use.

There is more to be done – if the weather permits – and we will be there on **Sunday 25 March** between 10am and noon – please come down and give us a hand if you can. Hand tools, a rake perhaps, gardening gloves and some warm clothes would be advisable!

Legal Rights for Nature?

FTC is to introduce a new byelaw which will give legal rights to the River Frome, to protect it from future damage. To find out more about this interesting concept and to take part in the consultation survey, please go to: www.ecohustler.co.uk/2018/03/01/consultation-survey-frome-give-legal-rights-nature

Yellowfish Event

This event was to take place on 3 March, but was postponed because of the weather.

We will now be supporting the Bristol Avon Rivers Trust's event on **Saturday 24 March**, meeting at 3pm outside Frome Library. We will be explaining the dangers of putting inappropriate liquids down the surface water drains which run into the river. We need a good number of people to participate – painting the Yellowfish symbol (in an appropriately environmentally harmless substance!) on drains and learning about the importance of keeping the river clean. It would be a great help to know what numbers to expect for this, so please could you let Liz know if you think you could come along:

lizhutchinson01@yahoo.co.uk

Herbal Workshop Sessions

We now have dates for the workshop sessions at The Roundhouse, when Olivia – a qualified herbalist – will show us how to identify, harvest and use the herbs growing at The Other Side and in hedgerows, including making products to take home. Each 2 hour session will cost £20, or £50 for all three.

The dates are:

Sunday 22 April 2-4pm Wild spring tonics - making hot teas, fresh juices and smoothies, and (hopefully!) an early spring salad.

Sunday 22 July 2-4pm Summer flowers – harvesting and making hot fixed oils for skin care and relaxation, and turning these oils into a simple balm with beeswax and coco butter.

Sunday 7 October 2-4pm Winter roots - for a traditional digestive decoction, and an immune-boosting syrup.

Numbers are limited, so to book your place, please email:

enquiries@fromefrogs.org.uk

Wildlife Walks

The programme so far:

Sunday 22 April Bird Identification with Dan Lupton - meet at 9am at the town end of Willow Vale

Sunday 13 May Woodland Wildflowers with Veryan Conn – meet at 2.30pm at the cattle grid by the parking area on Elm Lane

Sunday 20 May Otters with Tony House – meet at 1.30pm at Chantry Church crossroads

Saturday 21 July Butterflies with Eve and Mick – meet at 2.30pm at East Woodlands Church

Friday 7 September Bats with Adel Avery – meet at Great Elm river bridge

Frome Children's Festival

The Children's Festival organisers are planning the following events:

Sunday 29 April - Sports Fest and skate jam at Victoria Park 10am to 2pm

Monday 7 May – Mayhem at Rodden Meadow

Holiday activities – 2 hour drop-in sessions during Easter holidays

Children's Festival Sunday 8 July 12 to 6pm in Victoria Park – this year's focus is on accessibility.

For further details or to offer your help at any of these, please contact:

sue@fromechildrensfestival.com

Data Protection

FROGS holds the names and email addresses of its supporters; and the names, addresses, phone numbers and email addresses of its trustees.

This information is held in order to establish and maintain support for FROGS.

We will only send our supporters FROGS Newsletters, and occasionally information and reminders about events.

The information is password protected, it is stored on an Excel spreadsheet and Yahoo email, and is not shared with other people or organisations. The Secretary and the Chair of FROGS are the only people who have access to the supporters' data.

We will hold this information until the data subject asks us to delete it.

If you wish to cease being a FROGS supporter and for your information to be deleted, please contact us at enquiries@fromefrogs.org.uk

Check out the FROGS website: www.fromefrogs.org.uk