



APRIL TO JUNE
2015|16

Training Programme

This programme is for community volunteers throughout the UK. The courses help people boost their resilience in the face of current climate change and economic circumstances. A small grant programme is attached to the course programme and delegates that attend will be able to apply for a small grant to help their community project.

Creating a Sustainable Garden

20-21 April 2015

Trainers: Jo Dyer and Karen Atkinson

You would think that gardening is a relatively sustainable pastime. Yes, it CAN be - but there are also many ways in which gardening can harm the environment and endanger wildlife.

In this course we will consider what 'sustainability' means and some of the main issues and challenges that gardening sustainably poses.

We will explore ways in which we can enjoy our favourite pastime AND do our bit for the planet and its inhabitants - often saving money at the same time. Some of the planet-friendly gardening techniques you will learn include: making home-made soil improvers and plant foods, how to manage pests and diseases using planet-friendly methods, how to reduce your use of water in the garden and how to plant a flower-filled garden to enhance biodiversity.

Bee Keeping with Basic Certificate Training

17-18 June 2015

Trainers: Graham Royle

Keeping bees is a challenging activity. There is a great deal to learn if you are to be successful. The British Beekeepers Association (BBKA) provide an assessment system to enable beekeepers to improve their skills in a structured way and to gain recognition for their achievements.

This short course is designed to enable beekeepers to gain the BBKA Basic Certificate. The syllabus for the Basic Certificate can appear daunting at first glance but closer inspection will show that it merely lists the things which all beekeepers should know. Having completed this course, participants will be able to apply to the BBKA to take the assessment. The assessment is completely practical/oral and takes place mainly at the hive in a local apiary.

Really Useful Gardens

22-23 June 2015

Trainers: Jo Dyer and Karen Atkinson

You don't have to make a choice between your garden being beautiful or being useful - it can be both! During this two-day course, we will look at plants which are both beautiful and edible, plants and materials which can be used to make food and homes for the wildlife that visits your garden, and plants which can be used to make low-cost and effective food for other plants.

You will learn how to use plants from the garden to make some simple home remedies to aid health and well-being, and how to make gifts and flower displays for the home. Course participants will also be given advice on how to incorporate the plants we have looked at into their own growing spaces - turning them into Really Useful Gardens.

Community Mapping

Dates and trainer TBC

For a long time, local government and other organisations have taken a negative approach to community development and regeneration; meaning they have always started by looking at the problems. Over the years much attention has been given to the deficits of our neighbourhoods; such as maps to reflect crime, unemployment and poor health outcomes.

Authorities and groups are always quick to ask the question "what is wrong with this area?" and slow to ask "what is right?" or "what do you value about this area?"

When this is the perception, it can be very damaging to the self-esteem and resilience of communities, to know that they are only regarded in negative terms. But we all know communities are not made up of problems, they are made up of people and every person has the potential to become an asset to their neighbourhood. Community Mapping seeks to rebalance our view by properly cataloging

everything that is of value, it's just bad bookkeeping to ignore the assets and only ever count the negatives. Also, through the assets we may find ways of addressing the issues of an area. The course will give community groups the tools and skills to research and create community maps that take into account the physical and social assets within your community.

Lobbying

Dates and trainer TBC

Being able to campaign and lobby effectively is the most important aspect of challenging perceptions and championing your project. This course will look at the tools needed to develop successful campaigns to lobby at a local and national level.

A variety of communication methods will be discussed and explained to create, support and strengthen the work you do in your community.

- Are you passionate about what your group does?
- Are you frustrated when others don't see the value or show interest in what your group does?

Then this course is the one for you!

Bringing Your Green Space Alive

Dates and trainer TBC

There are patches of land in many communities that are being unused and can potentially become an eyesore, these spaces can be transformed into a real asset for your community which everyone can get involved with and enjoy.

Maybe you want to clean up a green space and bring it back to its former glory, use it as a communal garden, a space to attract wildlife or an area for games and activities. This course will look at a variety of different options for bringing your green space alive and give you ideas on how to involve the whole community. You will leave with an action plan to help get you started.

the
Tudortrust

Trafford Hall

National Communities Resource Centre

Cost to volunteers working with local community groups

£50 for first participant;
£20 for each additional participant from same group on same course.

Cost includes single en-suite accommodation for the duration of the course, all meals and refreshments.

Groups may apply for a small grant to help take things forward, after attending on a course.

To apply for a place on a course please contact The Training Team on

01244 300246 or
training@traffordhall.com
www.traffordhall.com