



feva

Forum for Environmental
Volunteering Activity

:spaces:

green places
for head spaces



a FEVA networking event
for environmental and
mental health organisations

Thursday 24th September 2009

Redhall Walled Garden
Lanark Road
Edinburgh
EH14 2LZ

Registration & coffee: 10am
Start: 10.30 - 5pm
Ceilidh: 7 - 11pm



Context

One in four people will experience mental ill health at some point in their life.

What is :spaces:?

- An outdoor playground of networking and peer-group learning at Redhall Walled Garden, Edinburgh
- A meeting place and springboard for environmental and mental health organisations to come and learn about each other

This inspirational event is a conference with a difference. It involves learning about the impact our outdoor spaces can have on our lives through hearing stories, meeting new people and experiencing some outdoor hands-on activities around Redhall Walled Garden.

What is the aim of :spaces:?

To maximise opportunities for environmental activity as part of a process of recovery for those suffering from mental ill health by making long lasting partnerships between environmental and mental health organisations.

How will we achieve this?

By meeting, understanding and working together in a facilitated outdoor and inspirational setting for a day.

What will it involve?

After an opening speech by Bill Torrance of BBC Scotland's Beechgrove Garden and a Green Gym warm up (to prepare you for the day ahead), there will be a range of presentations and activities to give participants a taste of the wide range of outdoor environmental opportunities available across Scotland. These will include:

Green Activities - an all day programme of hands-on activities which will include: guerilla gardening bombs, bird box building, path-making, pottery tiles, planting a sleeping beauty thicket, willow-weaving, sculpture trail, pond dipping, guided walks and much more...

Peoples' Stories – a programme of short talks including:

- first-hand experiences of recovery and growth through engaging with the outdoors
- a range of presentations by environmental organisations outlining opportunities for involvement and working together

Green Olympics – working creatively outdoors and outside your comfort zone – to include a range of short, fun activities to challenge and stimulate you and your group

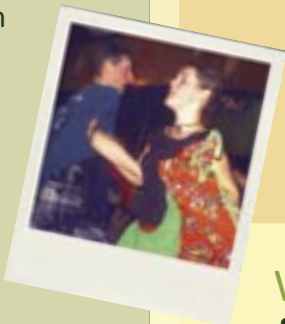
Organic Refreshments - served all day in the marquee and yurt

Who's it for?

- Managers, group leaders and volunteers from both environmental and mental health organisations
- Local government officers and commissioners of mental health services across Scotland
- Anyone interested in getting active in the outdoors

Come to the evening ceilidh!

Participants will be welcome to come together in our evening ceilidh which is open to the public. With the fabulous Cosmic Ceilidh Band and organic bar it is sure to be a great night.



CEILIDH
COLLECTIVE

There's also a raffle - fundraising for Redhall Walled

Garden - with a fantastic range of prizes.

How to book

Booking online



You may pay online at www.thebooth.co.uk. If you haven't sent a booking form when you book and pay for your place online, we will send one for you to fill electronically. An electronic version of this form can also be found on our website at www.feva-scotland.org.

Using our booking form

You may use the form below to book your place and return it by post to Michelle Lowe, boe, c/o Redhall Walled Garden, 97 Lanark Road, Edinburgh EH14 2LZ, or alternatively you can use the enclosed Word form which can be filled in electronically and returned by email to michelle@boe.org.uk

Booking form

I wish to attend :spaces: on Thursday 24th September 2009 at Redhall Walled Garden, Lanark Road, Edinburgh

Name	<input type="text"/>	Job Title	<input type="text"/>
Organisation (if applicable)	<input type="text"/>		
Address	<input type="text"/>		
	<input type="text"/>		
Post Code	<input type="text"/>		
Telephone	<input type="text"/>		
Email	<input type="text"/>		

Dietary/Special Requirements (please indicate) Vegetarian Vegan Gluten-free Nut allergy
Other (please state):

Payment (please indicate)

Enclosed is a cheque for £65 (made payable to Bespoke Organic Events)

OR: Please send me an invoice Purchase order number (if any)



Bursary

If you can't afford the fee please get in touch with Michelle Lowe at michelle@boe.org.uk or on 01381 629 161/07817 496 279 as we do have a limited number of subsidised places available.

Refunds

Please note that we cannot refund your payment if you cancel your place with less than 2 weeks notice.

Getting there

To get to Redhall Walled Garden by public transport catch bus number 44 from Princes Street or Dalry Road (go out of Haymarket Railway Station and turn right). Get off at Redhall View. If you have any problems call the venue on 0131 443 0946. Parking will be on Lanark Road. There will be no parking on site, except for disabled participants or people being dropped off. To encourage car-share, we will circulate your email address to registered participants. Is this acceptable to you? Yes No
If yes, where will you be travelling to/from?



Data

If you would like to receive information about similar events being run in the future (including events being delivered by partner organisations) please indicate in box here:

We will not under any circumstances pass your details on to any third party. Yes, please No, thank you!

Please return your completed form by Thursday 10th of September 2009 to michelle@boe.org.uk or by post to Michelle Lowe, boe, c/o Redhall Walled Garden, 97 Lanark Road, Edinburgh EH14 2LZ

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Hear it ... remember for a day
See it ... remember for a week
Experience it ... remember for the rest of your life

"Keep close to Nature's heart... and break clear away, once in a while, and climb a mountain or spend a week in the woods. Wash your spirit clean."

John Muir

"...We are human in good part because of the particular way we affiliate with other organisms. They are the matrix in which the human mind originated and is permanently rooted, and they offer the challenge and freedom innately sought. To the extent that each person can feel like a naturalist, the old excitement of the untrammelled world will be regained. I offer this as a formula of re-enchantment to invigorate poetry and myth: mysterious and little known organisms live within walking distance of where you sit. Splendor awaits in minute proportions."

Edward O. Wilson



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