



NCCH Workshops



FREE FOOD AND WILDCRAFTED MEDICINE

Saturday 12th and Sunday 13th June, 2010

Venue: The Tin Chapel, Enmore, Nr Bridgwater, Somerset TA5 2AN

Timetable:

Friday 12th June: meet at the Tin Chapel at 7.00 p.m. for an exciting organic dinner out (optional but good idea to meet everyone socially-please confirm in advance)

Saturday 12th June:

- What to look for in hedgerow food and herbs
- Identification and collecting
- Conservation considerations
- Collecting locally – field work, please bring suitable clothing and footwear!
- Lunch preparation - soups
- Using wildcrafted herbs medicinally
- Making creams and salves to take home (practical)

Sunday 13th June:

- Collecting locally
- Salad lunch preparation
- Infusions, decoctions, tinctures and poultice making
- Pessary making
- Reviewing what you have learnt and how to put into practice at home.

Enmore is an ancient rural village in the foothills of the Quantocks, the first designated area of natural outstanding beauty in the UK; it is surrounded by farmland, mixed woodland and heathland and near the North Somerset coast – ideally suited to collecting food and herbs!

Workshop leader: Abigail Francis MH,

Abigail Francis is a herbalist and iridologist, having trained with Jill Davies, Christopher Hobbs and Richard Schultz. She is a member of the Association of Master Herbalists and Guild of Naturopathic Iridologists and runs a busy practice in Norwich. Abi is a well experienced teacher, having taught iridology for several years with the Independent School of Iridology and has been on the NCCH team for 4 years. She hails from rural Norfolk where she lives with four cats and Harry the dog. She enjoys organic gardening, growing her own vegetables and is an excellent vegetarian cook.

Course cost: £160.00 covering tuition, handouts, light lunch and a.m. & p.m. refreshments (£75.00 non-returnable deposit + balance of £85.00 payable one month before course date)
A certificate of attendance will be given for CPD if required.

Accommodation: For those staying locally, a list of suitable nearby B&B's will be sent upon confirmation of your booking.

Booking: Open to all interested! Numbers are however limited, allocated on a first-come, first-booked basis. Please use the separate booking form enclosed, and return with your deposit to:

NCCH, Peggies, Beach Road, Woolacombe, Devon EX34 7AE
tel 01271-870436 email rogerwj@ncch.co.uk

NCCH WILDCRAFTED FOOD/MEDICINE COURSE BOOKING FORM

Please book my place on the workshop
12/13th June, 2010

Name:

Address:

Tel.

e-mail

I enclose a deposit (non-refundable) of £75.00.

I will pay the balance of £85.00 one month before respective workshop dates

PLEASE MAKE CHEQUES PAYABLE TO "NCCH"

Please indicate whether you will be coming on Friday evening for dinner out.

Do you have any restrictive dietary preferences? If so, please state.

Signed

Please return to: Roger Groos, Peggies, Beach Road, Woolacombe, Devon EX34 7AE