



Fir Tree Community Growers



The Wellbeing Preservers



NHS
Liverpool
Commissioning Group

We are the Wellbeing Preservers:

**FREE one day training
(or 2 x 2 hour workshops)**

offered to Liverpool third sector groups:

Community food growing, trading veg, train the trainers or a wellbeing experience day at Rice Lane City Farm.

- OFFER: is for an expert trainer and opportunities for partnership work.
- We can come to you – you need to provide a venue and between 8 and 15 learners.
- You can come to Rice Lane City Farm (L9 1AW) or Fir Tree Community Growers (WA11 8RG) – you need to get between 8 and 12 learners to the farm.
- Sessions can be run as entry level or expert training in wellbeing at the farm, organic veg growing, fruit growing, mushroom cultivation (additional cost of £8 per head for mushroom spores and media), forest gardening, designing a community food growing site and considerations for commercial growing.
- Train the trainers is about building capacity with likeminded organisations: e.g. food growing workshop ideas, lesson plans, health and safety and legal issues, setting up Unit Award training and funding ideas.

To discuss your needs and book your free day of training contact Jenny Griggs of Fir Tree Community Growers
climatefriendlyfood@gmail.com
07419373181
www.facebook.com/FirTreeCommunityGrowersCropshare

