



NCCH Workshops

HEDGEROW FOOD AND WILDCRAFTED MEDICINE - WINTER REMEDIES!

Saturday 16th and Sunday 17th October, 2010

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



Timetable:

Friday 15th Oct.: 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 16th Oct.:

- What to look for in hedgerow food, fruits 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 cough syrups, creams and salves to take home (practical)

Sunday 17th Oct.:

- Collecting locally
- Lunch preparation – puddings!
- Infusions, decoctions, tinctures and poultice making. Immune boosters for winter
- 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! Autumn is a time of nuts, fruits and berries, excellent for both food and medicine!

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 WILDCRAFTED FOOD/MEDICINE COURSE BOOKING FORM

Please book my place on the workshop
16/17 October, 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

Courses are held subject to adequate numbers of students subscribing – we cannot accept any liability resulting from their postponement or cancellation. See website for our refund policy.