

FOOD SOVEREIGNTY EACH ONE, TEACH ONE

Thank you so much for your booking. Any questions not answered here please email nicole@feedavalon.org.uk or call/text 07477603141

Start & Finish Times

Please arrive by 1pm on Friday. You are welcome from 12pm to set up/arrive. We will be having a shared lunch between 1 - 2pm. We aim to finish by 4.30pm on Sunday.

Please note phone reception is pretty poor, if you need to make arrangements we recommend doing it beforehand.

Accommodation

Sleeping options include:

- Camping. We are aware it is getting colder now & can provide additional blankets/groundmats if needed.
- Live-in vehicles are welcome to park on site.
- Cabin. You are able to sleep in the cabin overnight where we are teaching. It is a large wooden building with a stove and electric heater. Please note it would be a shared & mixed gender space. You would still need your own bedding and mats.
- Caravan - we have a caravan available that sleeps four (in two doubles). This could be used either by a small group or preferably two individuals. The beds are comfortable.
- Local indoor accommodation - We are really, really aware that the above options are not suitable or accessible for everyone. Therefore we'd like to do our best to support you if you are staying indoors somewhere locally, for example through an air B&B (you'd need to arrange this independently). If this is financially inaccessible for you, we can contact friends in the local area and see if they could host you over the weekend. Please communicate as far in advance as possible if this would support you to participate.

What to Bring

- Enough appropriate clothing incl. outdoor clothing
- You may want indoor/outdoor footwear in case it is wet e.g. wellies & trainers.
- Washkit, towels, etc.
- Tent/sleeping bag/anything else you need to be comfortable
- Torch with spare charged batteries if needed
- Stationery - notebook, pens, pencil are essential. A folder for all your handouts would also be useful.
- Any materials you may need for your session/facilitation practice
- Relevant resource materials that you might like to put in the library for the duration of the course (e.g. handouts, books, magazines, leaflets)
- Memory stick / hard drive / laptops or blank DVD so we can copy resource material, handouts and photos for everyone
- A camera if you have one
- Enough cash if you need to get public transport home (there is no cashpoint in the village)
- Meals and drinks are provided. You may wish to bring additional snacks
- **Please bring food to share for the first meal on Friday that communicate about your journey/where you are from or food that shares a 'food story' that matters to you**
- Please bring everything you need for comfortable camping, if you are camping at Brook End. We have kettles & cooking facilities.

Facilities

The main facilities are camping. There are compost toilets, a sauna, hot showers and an accessible kitchen for in-between meals.

All food & drink will be provided - breakfast, lunch, dinner, hot drinks through the day & snacks. Please bring any of your favourite extras if you think you will need them.

We will be learning in a cabin as well as out on the land as much as possible. There will be electric points to charge laptops/phones. We currently do not have the internet in this space. There is net access at the pub. For any emergencies people may use the family home's internet.

Please note phone signal is notoriously bad in the village! You may wish to warn your friends/partners. Once again, for emergencies you can use the house. Most people can generally find phone signal somewhere on the site.

Respecting the privacy of the family. Brook End is home to Barbara, Nicole's 94 year old grandmother. She has increasingly poor mental health. Seeing strangers can ignite anxiety and paranoia. Please if possible stay in the main part of the site. The family house is up the yellow brick path. Thank you. The family are very happy to host you all.

River of Life: Who you are & What you bring

Draw your life journey that has led you to this course. We believe that having a greater understanding of yourself will aid your organising, education & outreach work. We have an intersectional worldview and this is a big theme of the weekend. Our different perspectives are valuable. We want you to bring those diverse perspectives and backgrounds and contribute them to the weekend and movement.

Mark/draw/share:

- Any turning points or significant events or anything else relevant to why you now want to explore food sovereignty at a deeper level.
- Words or images relating to your background, class, race, gender, sexuality, spirituality, body, health and so forth.

Please do this on at least A3 sized paper if not larger (half a flip chart). You will get a chance to present this to the group as a way of introducing yourself and they will go up on the wall so please make it colourful and legible.

There is no right or wrong river, so please just have a go!

Other than the River Of Life pictures that we've invited you all to have a go at, there will be a quick round of names and pronouns. If you're not sure what pronouns are and why it's important to be aware of and use peoples correct pronouns, check out this video: <https://www.youtube.com/watch?v=3xpvricekxU>

If you're unfamiliar with this type of name and pronoun introduction, we simply ask that you are respectful of the process. For more information on non-binary gender see: <http://info.umkc.edu/lgbt/wp-content/uploads/2015/05/Trans-NonbinaryFactSheet.pdf>

Other Preparation

Sharing a small presentation about your project

On the Saturday evening we will have an opportunity for everyone to share about their projects/campaigns/struggles/groups/organisations. We will have limited time (Max. 10mins). Please prepare something if needed to communicate more about your work. These are obviously not compulsory! You can also just share a few words.

Learner-led sessions

As a huge theme of the weekend is popular education, on Sunday you will have the opportunity to facilitate a short session. This will enable you to put your learning into practice. There will be time available on Sunday to design your session (10 minutes in pairs). However you may wish to start thinking now about any activities you would like to share. The sessions can be anything related to food sovereignty and are ideally creative, participatory and political. We will be introducing popular education techniques and methodologies over the weekend, so please don't worry if this is new territory to you. We are flagging this up now in case you wish to bring materials/resources with you.

Pre-course reading

We will be sending an email with a couple of pdf attachments as recommended pre-course reading. This is because our time together is limited and having a shared understanding will aid group conversations. Do not sweat if you are unable to do it, however if you can that would be great. We understand time is a limiting factor!

Public Transport Information

Rail

The nearest train stations are Castle Cary, Yeovil (Yeovil Junction or Yeovil Pen Mill), or Bristol Temple Meads.

However please note the public transport links from Castle Cary are very inadequate! From the Yeovil stations you would need to walk to the bus station (or take a taxi) and you can take the 377 First Bus directly to Compton Dundon. You can take a direct bus, the 376 (which changes into the 377) from Bristol Temple Meads all the way to Compton Dundon.

If you email Nicole in advance I may be able to pick you up, or ideally several of you, up from the train station. This is only possible with significant notice.

Bus

The best website to get detailed travel information is **Traveline South West** <http://www.travelinesw.com> where you can go to 'Plan your journey'. Please note the buses do not go to Compton Dundon as often as they used to - if you are arriving late (after 7pm) you may need to get the bus to Street.

If you email me in advance I can collect you from Street (10 mins in the car). Please get off at the main stop in the centre of Street near the Library. I want to ensure any shuttles from the train station and bus stops do not clash so people are not left waiting.

The bus drivers are very friendly in Somerset so if you tell them where you are going they can give you a nod when you arrive. The buses that go to Compton Dundon are the **377** towards Yeovil (if coming from the North. It will be the **376** from Bristol) or the 377 to Bristol (if coming from the South). There is also the **38** Webber Bus, which is cheaper.

The first buses are £7 for an all day South West, which would take you from Bristol to Compton Dundon.

Coach

Berry's coaches run coaches direct from London to Street. You can find prices and timetables here: <http://berryscoaches.co.uk/> You can also get the National Express to Bristol Bus Station, and then get the 376 towards Somerset. Otherwise you can get the Megabus and then walk to the bus station (about 10mins), which is the nearest stop for the 376.

Driving Information

The address is Brook End, Castlebrook, Compton Dundon, Somerset, TA11 6PR.

Basically - look for the pub The Castlebrook Inn in the village, we are right opposite down a track.

From the South

Compton Dundon is reached on the B3151 which links Street and Somerton. It is easily reached from the A303, coming off at the Podimore roundabout and taking the A372 (signed Langport) and then turning right onto the B3151 (signed Somerton and Street).

On reaching Compton Dundon the vehicular access is the first on the left after the first property, opposite a telegraph pole just before the Castlebrook Pub. You will have to turn wide as the gate is 11'- 6" between low walls. Follow the access to the end and park as indicated.

From the North

From the North East direction use A361 to Glastonbury, A39 to Street (turning left off the first roundabout) and taking the B3151 (through second r'bout) signed Somerton. At Compton Dundon proceed through village and start slowing down when Pub is seen on left.

Just past the pub a telegraph pole will be seen on the left, the access is right opposite and you drive right to the end and park as indicated.

From the Motorway

From M5 exit at junction 23, Take A39 signed Street and Glastonbury. After approximately 12 miles pass through Ashcott, pass right turn (A 361) signed Taunton and signal immediately right in front of Pippers PH, signed Berhill. At crossroads turn right onto B3151 and descend hill into Compton Dundon. Proceed through village; and start slowing down when Pub is seen on left. just past the Castlebrook pub a telegraph pole will be seen on the left, the access is right opposite and you drive right to the end and park as indicated.

Financial Information

The course is free however donations are extremely welcome. All money will be used for local food sovereignty related work undertaken by Feed Avalon. If you are able to access a contribution from an organisation we recommend a suggested donation of £80 for the weekend.

We are able to support with travel costs where there is financial need. Please email Nicole separately. We will only be able to reimburse those that have communicated fully in advance. PLEASE KEEP YOUR RECEIPTS. We are unable to reimburse any travel without receipts.

Donation information:

Information for Bank transfers

The bank name is Feed Avalon CIC

Sortcode: 089299 Account number: 65694370

The Cooperative Bank. Please use your name and 'GTS' as the reference.

Cheque information

Cheques can be made payable to 'Feed Avalon CIC' and posted to Unit C1, Northover Buildings, Glastonbury, BA6 9NU

Paypal Information

The receiving email address is nicole@feedavalon.org.uk. Otherwise there is a link on the home page of www.feedavalon.org.uk under the title 'support our work'. Simply press the donate button.

Course Overview

Friday

12 - 1pm	Lunch. Bring and share food with food journey stories
1 - 2pm	Welcome & grounding. Introduction to the course & designing the course culture.
2 - 3.30pm	Rivers of Life. What food sovereignty means to us personally. Introduction to popular education.
3.30 - 4pm	Break
4 - 5.30pm	Fundamentals of Food Sovereignty
5.30 - 7.30pm	Collectively made & co-prepared intentional meal
7.30 onwards	Food Sovereignty in the UK - Differences & contexts Relax & bed

Saturday

7.30 - 9am	Breakfast
9 - 11am	Historical contexts
11 - 11.30am	Break
11.30 - 12.30pm	Emerging themes from session
12.30 - 1.30pm	Lunch
1.30 - 2.30pm	Emerging themes part two
2.30 - 3.30pm	Plenary: What is still an elephant in the room regarding food justice issues in the UK?
3.30 - 4pm	Break
4 - 5.30pm	Popular education for food sovereignty in practice
5.30 - 7.30pm	Collectively made & co-prepared intentional meal
7.30 onwards	Food Sovereignty movement - share your project Relax & bed

Sunday

7.30 - 9am	Breakfast
9 - 10.30am	How we eat today: Barriers & opportunities
10.30 - 11am	Break with snacks
11 - 2pm	Participant-led sessions with feedback
2 - 3pm	Lunch & clear up
3 - 4.30pm	Feeding into the UK Food Sovereignty National Gathering. Next Steps & Evaluation