Keeping it Green

Millions of people attend events and festivals every year. It’s a wonderful way to indulge your passions and open your eyes to new ideas.

Large gatherings will have a massive impact on the environment, usually with a crazy amount of single-use plastic. There is also the environmental impact from transport fuel and powering the event.

Some event planners are changing their ways and some festivals have already made the shift to a more environment friendly ethos. British festivals contribute 23,500 tonnes of waste with only 32% being recycled.

So how do we tackle this at our Green Fair?

Our practical and creative approach involves our Green Fair Charter. One of the strands of the whole fair is to demonstrate achievable ways in which people can make their lives healthier, greener more ethical and sustainable.

Our Charter helps us and our stall holders to understand how to hold an event without damaging the local and global environment so that we all “Leave No Trace”.

Stall holders must sign up to the charter in order attend the event which means that we can vet who attends and what is on offer at the event, right down to the teaspoons. It also sends a very clear message to our event visitors and ensures the clean-up process is fast and simple.

10 Tips for a Green Event

1. Have a charter that all stall holders have to sign up to attend the event.
2. Ensure all activities utilise re-usable resources and create a low environmental impact.
3. Offer inspiring talks and activities related to environmental solutions.
4. As well as having recycling points, have interpretation which explains how items will be recycled or reused.
5. Ensure stall holders create minimal waste with none going to landfill and that they remove their own waste at the end.
6. Favour stalls and caterers using Fairtrade, locally sourced, organic or hand made products.
7. Provide opportunities for visitors to share travel arrangements and offer discounted tickets to cyclists and walkers.
8. Provide some compost loos on site and use only hire loos with eco credentials.
10. Reward visitors who bring their own reusable drinks containers, cutlery, plates and bags for life.
Family Holiday Activities

Bring your family to an exciting wilderness experience at The Sustainability Centre in the South Downs.

### Family Day Time Activities
**Age 7 & Over**

£40 per half day activity for up to 5 people
Book a whole day for 10% off

<table>
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<tr>
<th>Date</th>
<th>Type</th>
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<th>PM Activity 1.30 - 3.30</th>
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<td>Over 7’s</td>
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<td>Wild Camp Cookout 1</td>
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<td>Family Day Activity</td>
<td>Over 7’s</td>
<td>Nature’s Medicine 1</td>
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<td>Over 12s</td>
<td>Fire Lighting Skills 2</td>
<td>Fire by Friction 2</td>
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### Family Overnight Adventures
**Age 7 & Over**

£40 per half day activity for up to 5 people
PLUS - Your overnight stay includes accommodation of your choice, with 1 extra overnight space, so you can sleep 6.

### Advanced Wilderness Skills
**Age 12 & Over**

£50 per half day activity for up to 2 people (Adult & Child)
Book a whole day for 10% off
A Truly "Green" Green Fair!

A fantastic family day out with a difference, whatever the weather. A truly eye opening, Zero Waste event, where you can connect with other people involved in practical sustainability.

Our Green Fair Charter is a promise from our stall holders that they will recycle everything and not use things like one use plastic at our event. Our aim is to eliminate rubbish that goes to landfill.

Live a Greener Life

You will find lots of ideas and ways to live a "Greener Life", from quick fixes to understanding the bigger issues facing the planet. There are demonstrations, talks and guided walks. Also you will find ethical shopping, amazing food stalls, our vegetarian cafe, local organic produce, renewable technology, green communities, Fair Trade stands, rural crafts and course tasters.

Relax & Enjoy

For your entertainment we have the music stage with live music all day right next to the local ales bar. There are free children's activities all day and you can join in with our circus skills tent, or visit The Sustainability Centre stand and learn all about “Soil” and why it is so important to your health and wellbeing. What could be better!

Discount Tickets
Adults £10  Children £5

Discount Green Fair tickets are On Sale NOW!
What’s Up on the Downs

Wed 20th April  2022
7pm to 9pm
£10, £9 Friends

Our current 21st century lives come with masses of stress and pressure. These can have a huge impact on hormones, physical and mental health. If you feel you are overwhelmed by a veritable minefield of information which might have left you confused and disempowered, this is the talk for you.

In this talk Sarah will highlight what can go wrong with your body and how medicinal herbs plus some simple changes in lifestyle can help.

Cast Off
Scarves, Hats & Gloves

Help Us Raise Funds

We are launching a fundraising initiative called Cast Off.

We are asking you to give us your cast off silk scarves, fancy scarves, woollen scarves, hats and gloves (which are still in a good state of repair).

We will then give them some TLC and package them up for sale. Each one will be lovingly cared for and presented beautifully.

Your Cast Offs will raise money for our New Learning Centre Retro Fit. What could be better than putting your Cast Offs to good use.

Your support will enable the work we do with children and young people; nature therapy for people of all ages and to manage our 55 acre site. With your help we are planting seeds of inspiration for the future.

Kindly bring or send your Cast Offs in small batches of a maximum 5 at a time. Any items that are not suitable will be recycled.

Women’s Health Evening with Sarah Hillyer

Wed 20th April  2022
7pm to 9pm
£10, £9 Friends

Our current 21st century lives come with masses of stress and pressure. These can have a huge impact on hormones, physical and mental health. If you feel you are overwhelmed by a veritable minefield of information which might have left you confused and disempowered, this is the talk for you.

In this talk Sarah will highlight what can go wrong with your body and how medicinal herbs plus some simple changes in lifestyle can help.
New Member of our Education Team!
Meet Kati Heath

As a life-long lover of nature and wildlife I have been lucky enough to combine this in my eco worldwide adventure. I have been to many National Parks all over the world to learn about their unique eco-systems. Some of my favourite discoveries are Jasper National Park in Canada, Bokor National Park in Cambodia, Wilsons Promontory National Park in Australia, Cat Ba National Park in Vietnam, Tongariro National Park in New Zealand and of course The South Downs National Park in England.

I’m the newest member of the Education Team here at The Sustainability Centre, joining in January 2022 as an Outdoor Education Officer.

I’m excited to begin this new journey at the Sustainability Centre and getting to work with our other wonderful tutors. I am currently getting to grips with teaching on our immersive school visits, with important topics such as renewable energy, water conservation, looking into the past at the Saxons and World War II and how they link with our impressive 55-acre site.

One of the best jobs is working with our residential school trips, providing hands on practical activities to help children to learn about the environment around them, including pond dipping, mini beast hunts, making an earth oven, shelter building and much more!

My degree is in Primary Education with Forest School Ideology and I have been a fully qualified teacher since 2014.

I have taught in the outdoors as part of The Gambia Exchange Programme, as a tutor for ACLE summer camps in Italy and by volunteering as an EAL (English as an additional language) Tutor. I have also been an instructor for the Jacari Charity and have volunteered with the Raleigh International Project on a health and sanitation project in Nicaragua, constructing eco-latrines with local communities.

All of this ignited my passion for global concerns and conservation initiatives and I’ve never looked back since.

A different and immersive experience was volunteering with WWOOF (World Wide Opportunities on Organic Farms), where I lived and travelled New Zealand for two years. This is where I fostered my gardening skills and cultivated an enthusiasm for growing and all things plant based.

As an Outdoor Leader I’m thrilled to share my knowledge at The Sustainability Centre and teach future generations important and practical sustainable ways of living to make a long lasting difference in this world.
Our Green Room’s Sustainable Makeover

After finishing our last course of the year in December, the courses team rolled up their sleeves ready to redecorate our rather tired-looking Green Room. This space works very hard for us and has many functions including school visits, funeral services, lectures and adult courses to name a few. We wanted to use a colour palette inspired from nature and include as many natural materials as possible. A subtle grey/green washable emulsion was chosen to make a calm connection with our beautiful trees and surrounding landscape which can be viewed from the Green room’s windows.

After washing down and prepping the walls, we carefully considered our design choices with air quality in mind. Indoor air pollutants called volatile organic compounds (VOCs) are found in many paints, new carpets, MDF and varnished furniture – that ‘new smell’ we all detect is ‘off-gasing’ of carbon-based chemicals which can take 6-12 months to subside. By purchasing from a local company which makes paint with very low VOC; we managed to keep the transport miles low and support the local economy at the same time.

Trying not to buy anything new: the team brought in old sheets or tarps to use as dustsheets together with pre used paint brushes and other decorating tools. The plastic old indoor plant pots were looking shabby, preferring not to buy new, a volunteer made natural wood planters from redundant shelving. We replaced our curtains which were at the end of their life with wood blinds and fitted a large used TV screen which was gifted to The Centre to use for presentations. Instead of replacing our carpet we had it cleaned to freshen it up and prolong it’s life.

Our aim was to redecorate and reequip the room working with limited budget/time, use the most eco-friendly products and repurpose materials. I think we have achieved this goal. Our renovated Green Room welcomed it’s first group of participants last week who were learning how

Top Tip

No one likes decorating alone – offer cake and coffee to helping friends and have fun! Rather than hire in a professional, ask around your friends and family; there is usually someone with the skills who is willing to lend a hand -try mentioning the cake again!
A Day in the Life of an Accommodation Assistant

Our daily commute to the Sustainability centre varies across the team. Some may walk, others cycle, many car share but all with a common goal; to complete the daily ascent up onto the South Downs way to work!

7.00am A member of staff arrives bright and early to prepare a vegetarian, continental breakfast for anyone staying in the Bed and Breakfast side of the Eco Lodge.

9.00am A quick cup of tea, wish guests leaving well, plan for the day, grab a radio and a handful of keys for moving around the site and we’re off!

First check of the day is a quick march around the campsite to ensure that all the facilities are clean and in working order.

10.00am Keeping up to date with a well-stocked linen cupboard may look like a week painting the Humber Bridge to the untrained eye but it’s usually the next job we get on with. With both sides of the Eco lodge, Hostel, B&B and yurts to have enough clean linen, this is an essential daily task.

We then move on to stripping and cleaning any rooms that have been vacated by our guests.

11.00am Now it’s time for a deep clean of the campsite and preparation of any yurts that may have guests arriving at 2pm. We will generally do these tasks on foot, making our way to the campsite through the woods, but if we are particularly busy (or feeling extremely lazy) we will carry all our equipment down the hill by electric buggy.

1.00pm If we are on schedule we aim to have lunch around midday.

1.30pm The afternoon is spent preparing guest rooms for new arrivals, turning around laundry, answering guest email enquiries, maintenance around the site and other tasks that may need attention.

4.00pm One final check of the campsite to ensure that it is still in full working order and provide any campers with logs they may have ordered to use in the provided fire bowls. Then one last foray into our laundry room to start drying the final wash loads of the day, drop all our keys and radio in the front office, then it’s off down the hill in all directions. Hometime!

The next day … It all starts again… And we love it!
Spring is in the air and Sustainability Centre Volunteers are busy coppicing willow, managing meadows, mulching growing areas, weeding our new herb gardens before herbs start growing and tending to the polytunnel.

Hedge cutting finishes before the birds start nesting in March and apple and pear pruning finishes then too.

Jostaberry, currant and gooseberry pruning is happening right now and numerous seeds are being sown in the polytunnel. The spring tidy up will transform the site!

**Top Tips …**

**For wildlife friendly gardening.**

**Leave seed heads on flowers for as long as possible.**

These are valuable resources for birds and small mammals and provide cover for overwintering insects, including beneficial insects that control garden pests.

Remember many of our butterflies over winter as caterpillars, including common blue and marbled white. Some overwinter in chrysalis form, including holly blues and orange tips and many overwinter as eggs.

Seed heads look beautiful when covered in frost!

Goldfinches and numerous other birds have been regularly spotted throughout winter feeding on seedheads in our meadows. If we’d cut them down, they wouldn’t pay us a visit!

**Top Tips …**

**For wildlife friendly gardening.**

**Use prunings as habitat piles.**

These are used by welcome garden visitors: hedgehogs like to hibernate (especially if you add a pile of leaves); frogs and toads often over winter here. They are all very partial to slugs, which is great for the keen gardener/veg grower. Habitat piles are also great for fungi, stag beetles and other insects and attract visiting birds.
What's On

Forest School Taster Day
Friday, March 25, 2022
All Day
Adult Course

Medicinal Herbs
Saturday, April 2, 2022
All Day
Adult Course

Clay Oven
Saturday, April 9, 2022
All Day
Adult Course

Spoon Carving
Tuesday, April 12, 2022
All Day
Adult Course

Wild Camp Design 1
Overnight Adventure
Wednesday, April 13, 2022
10:30am-12:30pm
Family Activity

Wild Camp Cookout 1
Overnight Adventure
Wednesday, April 13, 2022
1:30pm-3:30pm
Family Activity

Nature’s Medicine 1
Family Day Activity
Thursday, April 14, 2022
10:30am-12:30pm
Family Activity

Explore Wild Food 1
Family Day Activity
Thursday, April 14, 2022
1:30pm-3:30pm
Family Activity

Mallet Carving 1
Advanced
Wednesday, April 20, 2022
10:30am-12:30pm
Family Activity

Spoon Carving 1
Advanced
Wednesday, April 20, 2022
1:30pm-3:30pm
Family Activity

Womens Health Evening
Talk By Sarah Hillyer
Wednesday, April 20, 2022
7:00pm-9:00pm
Talk

Pendant Carving
Thu, Apr 21 - Fri, Apr 22, 2022
All Day
Adult Course

Holiday Activity - Fire Lighting Skills 1
Advanced
Thursday, April 21, 2022
10:30am-12:30pm
Family Activity

Holiday Activity - Fire By Friction 1
Advanced
Thursday, April 21, 2022
1:30pm-3:30pm
Family Activity

Willow Obelisks
Saturday, April 30, 2022
All Day
Adult Course

Youth Mental Health First Aid
Tue, May 3 - Wed, May 4, 2022
All Day
Adult Course
What's On

Foraging, Fire And Folklore
Wednesday, May 4, 2022
All Day
Adult Course

Spoon Carving
Tuesday, May 31, 2022
All Day
Adult Course

Nature Led Meditation 1
Wednesday, June 1, 2022
All Day
Adult Course

Wooden Stool Making
Friday, June 3, 2022
All Day
Adult Course

Foraging, Fire and Folklore
Thursday, June 9, 2022
All day
Adult Course

Kitchen Gardening Weekend
Sat, Jun 11 - Sun, Jun 12, 2022
All day
Adult Course

Medicinal Herbs
Sunday, June 26, 2022
All day
Adult Course

Nature led meditation 2
Wednesday, July 6, 2022
All day
Adult Course

Clay Oven
Saturday, July 9, 2022
All day
Adult Course

Advanced Knife Skills
Saturday, July 16, 2022
All day
Adult Course

Tree Folklore & Wild Crafts 1
Family Day Activity
Saturday, July 16, 2022
1:30pm-3:30pm
Family Activity

Foraging, Fire And Folklore
Wednesday, July 20, 2022
All Day
Adult Course

Trug Making
Thu, Jul 21 - Fri, Jul 22, 2022
All Day
Adult Course

Wildflower Meadows
Sunday, July 24, 2022
All Day
Adult Course

Wild Camp Design 2
Overnight Adventure
Wednesday, August 3, 2022
1:30pm-3:30pm
Family Activity

Mallet Carving 2
Advanced
Saturday, August 6, 2022
10:30am-12:30pm
Family Activity

Spoon Carving 2
Advanced
Saturday, August 6, 2022
1:30pm-3:30pm
Family Activity

Woodland Management
Saturday, August 6, 2022
All Day
Adult Course

Nature Connection 2
Overnight Adventure
Wednesday, August 3, 2022
10:30am-12:30pm
Family Activity

Wild Camp Cookout 2
Family Day Activity
Thursday, August 4, 2022
1:30pm-3:30pm
Family Activity

Mallet Carving 2
Advanced
Saturday, August 6, 2022
10:30am-12:30pm
Family Activity

Spoon Carving 2
Advanced
Saturday, August 6, 2022
1:30pm-3:30pm
Family Activity

Tree Folklore & Wild Crafts 2
Family Day Activity
Thursday, August 4, 2022
10:30am-12:30pm
Family Activity

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