

NEWSLETTER

SUMMER 2010



The Farming Life Centre

Supporting the Well Being of
Peak District Farming Communities

Welcome To The First Newsletter From The Farming Life Centre!



The Farming Life Centre

The Farming Life Centre has been here at Blackwell Hall Farm for five years. We are dedicated to improving the quality of life of Peak District farmers and rural communities, promoting health and well-being through projects services and resources. We also celebrate farming, past present and future, through our displays, reminiscence groups and the Future Farms project.

The Farming Life Centre is a welcoming meeting place that plays host to a variety of social and health related groups, including Craft Group, Young Farmers, Farmers Lunch Group, Farming Memories Group, Chair Based Exercise and Art Classes. Additionally, the centre's meeting rooms are available for hire for meetings, courses and other groups.

The Social Group

The Social Group meets at The Farming Life Centre, on Wednesday afternoons, fortnightly. A varied and interesting programme is organised, with guest speakers on a range of subjects. Forthcoming meetings includes presentations on Bee Keeping, Trams and Ayrshire Cattle.

Recently the group spent a very enjoyable afternoon visiting the M&C Collection of Historic Motorcycles in Bakewell. Members are looking forward to this year's annual summer outing to JCB Factory and Wootton Organic Farm .

An annual membership fee of £12.00 is charged, and new members are always welcome.



Members of Social Group
at the Motorcycle Museum



Health Trainer
Penny Ward

Health Trainer Project

Penny is a Health Trainer based here at The Farming Life Centre, where she organises a number of projects which promote health and well-being to our local rural community, including:

Chair Based Exercise: A series of simple exercises most of which can be completed whilst sat down. They are a great way to keep joints and circulation working well and are suited to everyone, especially those with limited mobility. Penny is trained to take chair based exercise classes and is available to visit local groups where she will deliver a series of classes.

My Time Art Time : Open art sessions which allow you to enjoy art in a relaxed and social setting, with the opportunity to try new techniques and meet other people who enjoy art. New members are very welcome.

Walking to Health : A programme of short walks, many of them local, which take in local scenery, local history and always with a cup of tea and a biscuit at the end of it!

The next walks in our programme are :

“Amble Through Alstonefield”
Thursday 8th July



“Litton Edge View”
Wednesday 21st July

For more information about any of the above please call Penny at The Farming Life Centre on 01298 85162

Did You Know? Directors of The Farming Life Centre are volunteers who are registered as Trustees with the Charities Commission and as directors with Companies House. They are key to the success of the FLC as collectively they make decisions on finance, policy future projects and services and they appoint and support the centre manager. Directors meet together four times per year and are a friendly and welcoming bunch.

Can You Help? We have vacancies for Directors at present and would welcome more volunteers from the farming community to join us to put forward current agricultural views. For more information, please have a look at the Governance section on the FLC website or telephone Julia Cook on 01298 85162.



Watch out for
The Farming Life Centre in
Derbyshire Life
July Issue

Future Farms

Our latest Future Farms project aims to provide diversification support to farmers in the LEADER area of the Peak District. In collaboration with **Growing Rural Enterprise**, a series of one day training events have been arranged during spring and summer 2010. The programme consist of visits to farm businesses which have successfully diversified, combined with a business start up and development advice. It is primarily aimed at farming families, focusing in particular on the next generation of farmers.

- 27th July : Tour of Care Farms in Staffordshire**
 - 4th Aug : Farm Tourism—Self-Catering @ Wheeldon Trees Farm, Earl Sterndale**
 - 11th Sept : Making the Most of Meat—Adding Value @ Tideswell**
 - 28th Sept : Successful Farmhouse B&B @ Stoop Farm, Hollinsclough**
- Please contact us to book at place or for more information.*

Just for Fun, a short quiz about our Newsletter. Take the initial letter of each answer and re-arrange them to name something which you would expect to see on a farm. The correct answers can be found on the news page of our website, address below.

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You are warmly invited to attend our
Annual General Meeting
On Tuesday 13th July 2010
At 5.30pm
To be followed by guest speaker
“Patricia Warren, The Country Matchmaker“



& Fish & Chip Supper

You are reading this!
Red Fruit enjoyed at our Cream Tea
What we will do through Alstonefield
Call us if you would like more of this
Museum visited by the Social Group
We will enjoy a view of the edge here
Place for beehives

We hope you have enjoyed our first newsletter. If you have any comments, questions, or would like to join our mailing list to receive future newsletters we would love to hear from you . Please visit our website www.thefarminglifecentre.org.uk telephone **01298 85162** or email us at info@thefarminglifecentre.org.uk