



Sustainable Arnside

Minutes – 11th Jun 2025 at 1930hrs

Meeting held at Arnside Educational Institute (EI), on Church Hill

1. **Welcome from PB** - present: Paul Bates, Rachel Dutfeld, Janet Talbot, Sue Weldon, Cath Grayson, Helen Thompson, Claire Philpott, Michelle Bates, Mary Hamilton, Viv Mautner, Ann Kitchen and Val Stevens.
2. **Apologies and Minutes of meeting 15th May 25.** - Apologies were received from Angela Jones, Janet Hargreaves, Phil Charnley, Helen Chaffey, Stephen Thompson, Angela Jones, Tim Tranter, Alistair McKinnon and Bill Grayson. The minutes from the previous meeting were accepted.
3. **Growing Well – Guest Sinead McCann** – Sinead presented an informative and very interesting talk, enjoyed by us all. She gave us details about how the organisation, Growing Well, is run and about the opportunities it provides for people with **mental health** challenges, as well as having a fundamental belief in **growing produce organically**. Her talk was appropriate for our Well-being Week, for obvious reasons and we enjoyed her presentation style which was relaxed and humorous. Growing Well is run locally, from **Low Sizergh Barn**, and so it is **accessible for all Arnside residents**. This is done in terms of providing help for citizens with mental health difficulties as well as offering an opportunity to buy organic fruit and veg, in the form of a **veg box** which can be bought and collected from Low Sizergh Barn. Here are some extra points;
 - The activity is the therapy
 - It is the largest organic farm in Cumbria
 - It is a registered charity
 - Offers free service
 - 6 acres of National Trust land
 - They rent from the Park family
 - 60 varieties of fruit and veg
 - Sell what they grow
 - They grow some things that can't be seen in the supermarkets
 - The fruit and veg box – get what you're given
 - Very little aggravation on site, despite the potential with mental health issues
 - Some volunteers move on to work in commercial gardens such as hotels or restaurants that have their own gardens. Growing Well supports that transition.
4. **The Big Green Well-being week** – HT, SW, CG, HC – preparations are mostly done now with the BGWW now in progress.
 - The clothes swap on Sat the 7th and the Community Composting talk, were both successful and give possibilities for **future development**.
 - We need to make sure there will be **enough cakes baked** for the WI.
 - We need to make sure that the Harri Van will have access outside the EI on the 14th of June.

- SW will take photographs of the different activities on the 14th.
- There is possibly a lack of groups at the EI due to the emergency services not attending as we had planned but **the Repair Cafe will run there as usual in the morning.**
- There are plenty of groups booked for the WI and SW is drawing out a floor plan so that different groups and organisations know where they are placed in the WI on the 14th of June.
- CG has been liaising with school and National Landscapes when organising the activities for the children.
- HT has been advertising Facebook, on many different FB pages. She has also contacted the Westmoreland Gazette in the hope that they do an article on the BGWW, fingers crossed!
- HC will step in for Giles Archibald as he has had to cancel due to a family illness which has taken him overseas. This is very unfortunate but we are very lucky that HC will step in to take over that job and read Giles Archibald's speech for him. We wish Giles and his family, all the best.

The next meeting will be on Thur the 17th of July 2025, at the EI at 1930hrs.

We will not be meeting in August as we will be taking our usual summer break.