

the
community
farm



FEEL GOOD FOOD FEEL GOOD FARMING

Grow and Make Handbook



About The Community Farm

We are a not-for-profit social enterprise located in the Chew Valley just south of Bath and Bristol. Founded in 2011 as a community benefit society. We are a Nature Friendly organic farm that is owned and governed by our shareholder members. We grow and sell organic and locally sourced food.

Working with a network of organic producers and local farmers who share our ethics, we supply fresh, local and organic food via an organic box delivery service. Through our box delivery service we sell local and organic vegetables, fruit, meat, dairy products and groceries.

We provide hands-on experience of organic farming through: School visits, volunteering, away days from work, workshops, and events. We invite groups of volunteers from the community and some corporations to come and work on the field. We also work in partnership with third sector organisations, running courses or providing experience in horticulture for people who may have specific needs.

Coming to Grow and Make

The aim of Grow and Make is to create a supportive and relaxed environment for people to learn, socialise, be active, connect with and give to nature to help improve or maintain wellbeing. We will do this through gardening, cooking, building and nature connection amongst other activities.

How is Covid-19 impacting us?

The Covid-19 outbreak has been a difficult and overwhelming time for many of us. We want to make sure Grow and Make sessions are welcoming, calm and supportive. In order to do this we need to make sure everybody adheres to the Health and Safety procedures stated below. We will also check that everyone is feeling safe during the sessions and if you have any concerns please communicate them with the course facilitator or the group as a whole.

Although restrictions have been eased, we remain vigilant about the risks and ongoing development of the Covid-19 pandemic and want to assure all volunteers that their safety is of paramount importance to us. We Are keeping to health and safety and social distancing measures, to keep everyone safe. The details of these can be found below.



What are the new safety procedures for Grow and Make?

To keep everyone safe, you must not come to the farm if you are feeling at all unwell, or if showing any symptoms of Covid-19, or if you have been in contact with anyone who has symptoms (high temperature, new continuous cough).

Health and Hygiene -

- On arrival, we ask that you wash your hands.
- Each person will have one set of tools to use for the day, these must not be shared.
- Throughout the day hands must be washed every 2 hours, or after touching items someone else may have touched, unless wearing gloves. (Please bring your own hand sanitiser if you have any).
- Please bring your own gardening gloves.
- Please avoid touching your face whilst at the farm, and cover your mouth when you sneeze using a sleeve or tissue and bin it right away afterwards.
- Wash hands before and after using the toilet.

Movement around the farm -

- It is essential that we must all keep 1 metre plus apart from one another at all times.

- People attending the sessions will only use the roundhouse and compost toilets in the learning area.
- We will be in the roundhouse at times but not for the whole day.
- Masks can be worn but are not compulsory as the room will be ventilated and we will stay 2 metres apart when indoors.
- We may at times cook together in the roundhouse. In this case each person will have their own table and equipment. Only one person will be cooking at the hob or doing the washing up at any time.
- Please be aware that if the weather is looking bad it is likely we will be in the round house for a few hours so if you are uncomfortable with this you may choose not to attend.
- If the weather is looking particularly bad for the whole day we may cancel the session. You will be notified by text on the Tuesday before.

What will I need to bring for the day?

We ask that you bring your own (gardening) gloves from home if you have any and if not, we can provide disposable gloves. Wear lots of warm, waterproof clothes as we will be outdoors a lot and indoors will be well ventilated and possibly cold at times. Bring strong waterproof boots or shoes, especially in winter.

Other info:

- If you will struggle to afford the fuel costs to get to the farm let us know and we may be able to help you out.
- You can attend Grow and Make sessions for up-to 3 months, after which you are welcome to attend our weekday volunteering sessions if they are suitable for you, or we may recommend other activities you could join. (The length of time could be extended if Covid restrictions change and more people can attend sessions).
- We may request you come with support if your needs are high. We may also suggest alternative services for you to attend which cater for greater needs.
- We meet at the Roundhouse at The Farm's main Denny Lane site. There's plenty of parking available inside The Farm entrance. Just follow the signs past the polytunnels to the Roundhouse area, once you've arrived.

Health and Safety

We will provide you with a safe working environment. Please make sure you use tools and personal protective equipment as advised, listen to H&S advice and tell us when you are concerned about any potential problems.

We try to make sure tasks aren't too strenuous, but you need to work at a pace which suits you, take regular breaks and drink plenty of water. If you're unsure about how to do a task, or would like some tips- please just ask. If you are finding a job too difficult, we can try to find you other things to do.

Please read through the additional H&S Information and Risk Assessment given to you at your induction.

How do I register?

If you have read through the information and would like to register please make sure you fill out our [registration form](#)

Once you have registered we will contact you and invite you to join the group if a space is available. Please do not attend a session until we have contacted you with a start date. Please be aware it could take a week or two from when you filled out the form. You are welcome to try a session to see if it is for you before committing to more but please let us know if you are unable to attend or need to stop coming so we can open the space up to someone else.

Thank you from all of us at The Community Farm.

For any questions regarding Grow and Make, please contact Alice, the course facilitator, directly via email growandmake@thecommunityfarm.co.uk or telephone 07716 294309