



### Paddle down the Dart in an Open Canoe with Charlie Chambers

**Saturday 22 2pm – 5pm**

A quiet paddle to enjoy the natural sights and sounds of the river, looking out for wildlife along the way. Meet at the back of Sharpham House. All equipment provided – wear light but warm clothes. Adults and older children. Limited spaces.

**£15 per person.**

Booking essential. Please call 01803 732542 or email [admin@sharphamtrust.org](mailto:admin@sharphamtrust.org)

### Nettlecraft - Part 2 - Working with the Nettle with Emma Kidd

**Sunday 23 11am – 2.30pm**

Did you know that you can eat raw nettles? Following on from Part 1, we will explore how to bring Nettles in to our everyday lives. We will make raw “nettle pills”, learn how to prepare energizing Nettle infusions and cook a yummy Nettle soup which we can all share for lunch. Please bring bread for soup if desired, and a medium jam jar to take home some Nettle infusion.

Meet outside the South Wing. **Cost £15 per person.**

Booking essential. Please call 01803 732542 or email [admin@sharphamtrust.org](mailto:admin@sharphamtrust.org)

### Tree Nursery Work & Wild Food with Liz Turner

**Sunday 30 10.30am – 4pm**

A combined day to look after the trees in our nursery at this crucial growing time plus a wild food walk before lunch. Do come & help trees at the start of their life by weeding saplings in our tree nursery and sample seasonal wild food with us. At lunchtime we will have a fire & cook tasty snacks & teas. Bring other lunch items. Meet at Walled garden. **Donations please.**

Contact Liz at Trees for Health, 01803 867018, [info@treesforhealth.org](mailto:info@treesforhealth.org)

## JUNE

### Family Canoe Trip with Charlie Chambers

**Friday 4 10.00am – 1.30pm**

Join Charlie Chambers to paddle an open canoe down the river to a beautiful spot on the estate where we will stop to play some games before returning in the canoes. Suitable for children aged 7 plus. Meet at the back of Sharpham House. All equipment provided – wear light warm clothes.

**Cost £15 per person.**

Booking essential. Please call 01803 732542 or email [admin@sharphamtrust.org](mailto:admin@sharphamtrust.org)

### Elderflower Day with Liz Turner

**Sunday 6 10.30am – 4.30pm**

Join us to harvest elderflowers in the morning & other wild foods if in season. In the afternoon help Trees for Health make some food products for local markets - we are experimenting with wild tree foods, so come to learn about the whole process from picking to packaging! Also sample some elderflower recipes on the day. Meet at Walled Garden.

**Donations please.**

Contact Liz at Trees for Health 01803 867018 [info@treesforhealth.org](mailto:info@treesforhealth.org)

### Wilderness Inquiry with Hetti Dysch and Sebastian Kelly

**Wednesday 9 7pm- 9pm**

This is an invitation to join an experiential inquiry group designed to deepen and explore your connection with nature, self and community. Wilderness facilitators, Hetti Dysch and Sebastian Kelly, will lead exercises through which the therapeutic benefits of being outdoors may be felt and investigated. There will also be time for tea and chatting around a central fire. All adults welcome. Please come dressed for all weather with sensible shoes and waterproofs.

Park and meet outside front of Sharpham House 7pm.

**£5 plus donations.**

Drop in or Pre-book. For more info please call 07738 235179 or 07914 762941

### Medieval Madness with Sharpham Outdoors Ranger

**Saturday 19 11am – 2.30pm**

Come and enjoy some Medieval Madness by learning to live like Robin Hood and his merry men! Exploring Medieval traditions and superstitions we will try some fire-craft, make hazel bows...and if you are brave enough, some Medieval gruel. Bring a packed lunch. Meet at the back of Sharpham House.

**£12 adults £8 children.**

Booking essential. Please call 01803 732542 or email [admin@sharphamtrust.org](mailto:admin@sharphamtrust.org)

## JULY

### Estate Open Weekend

**Saturday 3 and Sunday 4 10am onwards**

Join us for a whole estate open weekend. There will be talks, walks, seasonal food, activities music and theatre as well as the opportunity to visit the house and estate, and to learn more about the diverse activities based at Sharpham. See website for more information nearer the time.



# The Sharpham Programme

The Sharpham Trust, established in 1984 by Ruth and Maurice Ash, comprises 550 acres of sustainably farmed land following a stretch of the River Dart for almost 3 miles between Totnes and Dartmouth.

Today as we seek to discover ways to live sustainably and meaningfully at Sharpham we invite you to participate in our charitable programme and to join us during our seasonal open events.

**Sharpham House** and gardens overlooking the river offers a range of talks and courses exploring ways of living in the contemporary world through mindfulness, art and nature. It is also possible to book the house for your own group. **01803 732 542**

**Sharpham Outdoors** provides environmental activities, forest school, crafts and conservation for groups in or out of education as well as a public programme. **01803 732 799**

**The Barn Retreat** Buddhist Meditation, gardening, and community living for periods of one week to six months in a converted Barn on the estate. **01803 732 661**

### Tenanted farms on the estate include:

**Sharpham Wine and Cheese** producing high quality wine from its vineyard and cheese from the milk of its Jersey herd 01803 732 203. The Vineyard cafe is open from May - September. 01803 732 178

**Robert Owen Foundation** at Lower Sharpham Barton provides working opportunities for adults with learning disabilities on its bio-dynamic farm. 01803 732 502

**Higher Sharpham Barton** also bio-dynamic, rears cattle for beef and runs a family camp each summer. 01803 732 324

Further details of the Sharpham Estate can be found on our website or by contacting

**The Sharpham Trust, Ashprington, Totnes, Devon, TQ9 7UT.**  
Charity No.285767 Company No.1659601  
Tel: 01803 732 055 [manager@sharphamtrust.org](mailto:manager@sharphamtrust.org)  
[www.sharphamtrust.org](http://www.sharphamtrust.org)

# | Adventure | | Discover | | Experience |

Come and explore life through adventure, interaction and engagement with the natural world on the glorious Sharpham Estate

In addition to this programme of public events we run curriculum linked forest school, conservation and craft based activities for schools and community groups of all ages and abilities. Work experience and volunteering opportunities are also available at Sharpham.

**Why not come by bike or on foot along the cycle path or by water taxi at high tide.**



For all events unless otherwise stated meet on the Sharpham Estate, Ashprington (Map ref: SX 827 579). Please wear old clothing, suitable shoes and waterproofs if necessary.

Sorry no dogs. See website for directions and updates

[www.sharphamtrust.org](http://www.sharphamtrust.org)

## JANUARY

**Wilderness Inquiry** with Hetti Dysch and Sebastian Kelly

**Wednesday 13 7pm – 9pm**

This is an invitation to join an experiential inquiry group designed to deepen and explore your connection with nature, self and community. Wilderness facilitators, Hetti Dysch and Sebastian Kelly, will lead exercises through which the therapeutic benefits of being outdoors may be felt and investigated. There will also be time for tea and chatting around a central fire. All adults welcome. Please come dressed for all weather with sensible shoes and waterproofs.

Park and meet outside front of Sharpham House 7pm.

**£5 plus donations.**

Drop in or Pre-book. For more info call 07738 235179 or 07914762941

**How to grow/harvest and use willow creating your own willow bed** with Sharpham Outdoors Education Ranger

**Saturday 16 10am – 4pm**

Always a popular event! This workshop is at the Sharpham Estate Community Willow Bed. If you have always wanted your own little patch of willow to work with or have grander plans for large production this is the training day for you. You'll learn how to plant, grow and harvest willow, including what types of willow to grow. The cost includes all materials and tools.

There are only 20 places available on this workshop. Meet at the rear of Sharpham House. Please bring lunch. **£40 per person.**

Booking essential please call 01803 732542 or email [admin@sharphamtrust.org](mailto:admin@sharphamtrust.org).

**Winter Night Walk** with Nick Baker

**Thursday 21 7pm**

Nick Baker is a 'Naturalist' first and foremost. He loves the subject of wildlife both as a hobby and as a job. He is an inspirational teacher whose enthusiasm and knowledge of wildlife are infectious. He is also a successful television presenter with many programmes to his credit including the 'Really Wild Show' for children and 'Tomorrow's World'. He has a new series of 'Weird Creatures with Nick Baker' which is currently on the Science Channel right now! Meet outside the front of Sharpham House. **This is a free event sponsored by Nature at Sundown.**

Max 15 people. Booking essential. Telephone or text 07915 488374

## FEBRUARY

**Wilderness Inquiry** with Hetti Dysch and Sebastian Kelly

**Wednesday 10 7pm – 9pm**

This is an invitation to join an experiential inquiry group designed to deepen and explore your connection with nature, self and community. Wilderness facilitators, Hetti Dysch and Sebastian Kelly, will lead exercises through which the therapeutic benefits of being outdoors may be felt and investigated. There will also be time for tea and chatting around a central fire. All adults welcome. Please come dressed for all weather with sensible shoes and waterproofs

Meet outside front of Sharpham House 7pm. **£5 plus donations.**

Drop in or Pre-book. For more info please call 07738 235179 or 07914 762941

**Love Trees!**

**Sunday 14 10.30 – 4pm**

An opportunity on Valentine's day to show your love of trees – join us on the estate with Transition Town Totnes, Trees for Health and the Estate community to plant nut trees and to plant on and care for trees in the tree nursery. Bread and soup provided at lunchtime. Meet at Sharpham House 10am to walk to below Richard's Wood site; or walk along the cycle path from Totnes to meet us there at 10.30am – follow signs on the path.

Contact Liz at Trees for Health 01803 867018  
[info@treesforhealth.org](mailto:info@treesforhealth.org)

**Winter Starscape** with Mike Cooke

**Saturday 20 7pm**

An exploration of the winter sky. Come and join us and become familiar with the main constellations of the season and how to find your way around the night sky and how to navigate using the stars. You will have the opportunity to hear about the astronomical highlights of the season and will be able to view them through amateur telescopes.

An innovative electronic imaging system using a laptop computer will also be set-up to show live on-screen nebulae and galaxies and star clusters for all to see! Meet outside the front of Sharpham House. **This is a free event sponsored by Nature at Sundown.**

Max 15 people. Booking essential. Please call or text 07915 488374

## Sharpham Outdoors JAN 2010 - JUNE 2010

**Wilderness Inquiry** with Hetti Dysch and Sebastian Kelly

**Wednesday 10 7pm – 9pm**

This is an invitation to join an experiential inquiry group designed to deepen and explore your connection with nature, self and community. Wilderness facilitators, Hetti Dysch and Sebastian Kelly, will lead exercises through which the therapeutic benefits of being outdoors may be felt and investigated. There will also be time for tea and chatting around a central fire. All adults welcome. Please come dressed for all weather with sensible shoes and waterproofs

Park and meet outside front of Sharpham House 7pm.

**£5 plus donations.**

Drop in or Pre-book. For more info please call 07738 235179 or 07914 762941

**Family Bushcraft for Mother's Day** with WildWise

**Sunday 14 10am – 4pm**

A different kind of treat for Mum - a wild day out for all the family in beautiful nature. Fire making, wild food & games in the woods!

**Cost: £45 one adult, £65 two adults (plus kids).**

Booking essential. Please call 01803 732542 or email [admin@sharphamtrust.org](mailto:admin@sharphamtrust.org)

**Badger tracks and signs** with Simon Roper

**Wednesday 24 6pm**

Come and investigate the evening activity of the Sharpham Badgers - learn how to track their movements, and hopefully watch some as they emerge and forage for their spring supper.

Simon Roper is a director of Ambios with a long history of working with and conserving nature, with a specific knowledge about and interest in Badgers. Meet outside the front of Sharpham House.

**This is a free event sponsored by Nature at Sundown.**

Max 15 people. Booking essential. Please telephone or text 07915 488374

## APRIL

**Family Bushcraft Day** with WildWise

**Thursday 8 10am – 4pm**

An invigorating day for all ages to try for yourselves the outdoor skills that will make future days in nature much more fun!

**Cost: £45 one adult, £65 two adults (plus kids).**

Booking essential. Please call 01803 732542 or email [admin@sharphamtrust.org](mailto:admin@sharphamtrust.org)

**Wilderness Inquiry** with Hetti Dysch and Sebastian Kelly

**Wednesday 14 7pm – 9pm**

This is an invitation to join an experiential inquiry group designed to deepen and explore your connection with nature, self and community. Wilderness facilitators, Hetti Dysch and Sebastian Kelly, will lead exercises through which the therapeutic benefits of being outdoors may be felt and investigated. There will also be time for tea and chatting around a central fire. All adults welcome. Please come dressed for all weather with sensible shoes and waterproofs

Park and meet outside front of Sharpham House 7pm.

**£5 plus donations.**

Drop in or Pre-book. For more info please call 07738 235179 or 07914 762941

**Nettlecraft - Part one - Getting to know the Nettle**

with Emma Kidd

**Sunday 18 10am – 1pm**

Get up close and personal and allow the nettle to speak to you. Through detailed observation and artistic expression, we will endeavour to investigate what this powerful plant has to reveal to us – We will use Goethean study techniques to explore with drawing, touch, taste, sight and intuition. You are welcome to bring lunch to share in the garden afterwards. Meet at the front of Sharpham House. Suitable for adults and older children.

**£15 per person - includes sketchbook to take home.**

Booking essential. Please call 01803 732542 or email [admin@sharphamtrust.org](mailto:admin@sharphamtrust.org)

**Birds and Breakfast**

**Sunday 25 6.00am – 8.30am**

Come and enjoy the magic of the dawn chorus on the Sharpham Estate. A woodland and river walk listening to bird song. Carole Walker will help us to hear and identify the birds, bring binoculars along if you have them. Return to Sharpham Quarry for a light breakfast around the campfire. Meet at the back of Sharpham House. Suitable for older children and adults.

**Cost £10 per person - including breakfast.**

Booking essential. Please call 01803 732542 or email [admin@sharphamtrust.org](mailto:admin@sharphamtrust.org)

## MAY

**Fire craft Workshop** with WildWise

**Saturday 1 10am – 4pm**

A celebration of fire! An exhilarating day learning the skills of fire-making in a variety of ways, including rubbing sticks together! **Cost: £40 adults, £5 kids.**

Booking essential. Please call 01803 732542 or email [admin@sharphamtrust.org](mailto:admin@sharphamtrust.org)

**Wild Food Forage and Feast** with WildWise

**Sunday 2 10am – 4pm**

Discover some of the hidden resources of Devon's plants & trees in a whole day of foraging, harvesting, cooking & sampling.

**Cost: £40 adults, £5 kids.**

Booking essential. Please call 01803 732542 or email [admin@sharphamtrust.org](mailto:admin@sharphamtrust.org)

**Poetry evening – Weeds and Wildflowers** with Alice Oswald

**Tuesday 4 7.30pm**

Weeds and Wildflowers: Join Alice for a walk in the grounds of Sharpham with stops for poems from her book *Weeds and Wildflowers*. You are warmly invited to respond with a favourite poem on the theme.

We will be inside if the weather is torrential. Meet outside front of Sharpham House. **Donations please, suggested £5.**

**Wilderness Inquiry** with Hetti Dysch and Sebastian Kelly

**Wednesday 12 7pm – 9pm**

This is an invitation to join an experiential inquiry group designed to deepen and explore your connection with nature, self and community. Wilderness facilitators, Hetti Dysch and Sebastian Kelly, will lead exercises through which the therapeutic benefits of being outdoors may be felt and investigated. There will also be time for tea and chatting around a central fire. All adults welcome. Please come dressed for all weather with sensible shoes and waterproofs

Park and meet outside front of Sharpham House 7pm. **£5 plus donations.**

Drop in or Pre-book. For more info please call 07738 235179 or 07914 762941

MARCH