



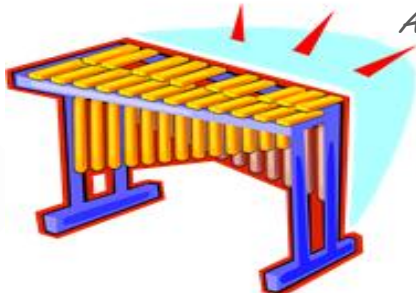
**Thank you for the music!**

Music has a universal power to reach us all and it has a huge positive impact upon people living with a learning difficulty, particularly those on the autistic spectrum. Music therapy touches the soul and improves the quality of life for disabled people and those with mental health issues. Disability often isolates an individual and music builds a bridge to communication and social contact. So...we, at Earthworks, are very happy to announce our new fundraising venture, an outdoor music area. We are hoping to raise money for a large glockenspiel, chimes and steel drums.

If you would like to donate please send your cheques, made payable to Earthworks, St. Albans, to the Earthworks office marked 'Music Project' or you can now text your donation. (See below) **JustTextGiving™**

With your help we can make Earthworks alive with the sounds of music!

*Alexandra McCann, Fundraiser*



**Earthworks St. Albans People of all abilities learning and working together**

**Help support  
Earthworks, St. Albans**

Text EART44 £2 / £5 / £10  
to 70070 to donate now. eg EART44 £5

Earthworks  
Registered charity no. 1067139



Registered Charity No. 1067139 and Company Limited by guarantee No. 3307683

## Fruit Trees and Fruit Cake

I'm Simon Brook and I am a volunteer from near Potters Bar. I have been at Earthworks for around four years, in the past many different days of the week but generally on a Friday. I have come a long way since I started volunteering there during my final year at University. There have been many events and tasks that I can recall such as a long-running one, watering tomatoes every day during the summer months and chopping wood using an axe in the winter months. I have also gained experience in machinery from my 'mentor' one of the Steves doing the strimming.

My life at Earthworks has had many ups and downs. I remember that at one point I decided to try and finish a job I had started with another volunteer, Viv, the next week whilst she was away. This was tidying up a bed in the ornamental garden. As well as getting rid of most of the plants I was meant to (and a few that I wasn't), I did a little pruning on a tree. It was growing wildly into the bed, amongst other things that were over-grown and I cut down a few branches with some help. As my job progressed and I tidied the bed, thinking this was a problematic tree, I had help from other trainees and staff which eventually led to the whole tree being cut down and uprooted. A lot of hard work and effort went into this and I think I was proud with myself and everyone else. I later found out this was an apple tree. Oops!

One thing I am proud of, well everyone is proud of for me, is that I bring in a simple but lovely fruit sponge that most people enjoy whenever there is a special occasion (almost every week).

The secret is a closely guarded secret of flour, margarine, eggs, sugar and sultanas plus possibly cherries... wait... did I just type that? I really enjoy my volunteering at Earthworks and have made many friends among the staff and trainees - you could say it's my second home!

*By Simon Brook*



## POND PROJECT

Two ponds at Earthworks have been used in a pond project to teach trainees about the difference in water quality requirements for individual aquatic habitats and its inhabitants. In the ornamental garden, the pond has been refurbished and two goldfish have been introduced to teach trainees about fish husbandry and maintaining water quality for the new arrivals. Also, as newts were evident in the area before the pond was refurbished, a smaller pond has been housed next to the ornamental pond, so the newts have the option of using both pools of water.

The second pond and the larger of the two aquatic environments is the wildlife pond situated next to the meadow. It has been cleared of New Zealand Pygmy weed which is a very invasive non native plant, and the bank has been levelled and planted. Wood has been positioned around the bank area to increase seasonal habitats for newts. A pond survey was carried out by the trainees and the wildlife information will be added to the million ponds project database. The survey scored 47 which means the overall health of the pond is brilliant! For more wildlife pond information you can go to -

[www.pondconservation.org.uk](http://www.pondconservation.org.uk)

*By Michelle Heffernan*

**A message from Sarah Panter, Horticultural Co-Ordinator**

I am delighted to be given the opportunity to join such a well respected and successful charity and to be working with such a dedicated and friendly team. I took on the role of Horticultural Co-ordinator on the 12th July and have received such a warm welcome from trustees, staff, volunteers and trainees alike.

The important work will begin with the development of the planting plan for 2012 along with some fresh project ideas for next season. These include trialling the production of microgreens for sale to local restaurants, a task which I think the trainees will really enjoy.

I am also hoping to establish traditional flowers into the allotment for cutting, arranging and selling. We would also like to welcome more visitors to site to buy our lovely produce so I am hoping to help with promoting Earthworks within the local community.

Most importantly, all of these activities will involve the trainees at every stage, providing valuable skills across a broad range of activities.

Finally, I would like to thank everyone, especially the trainees and volunteers, along with Bianca, Steve and Phil on site for their help and patience. Your support has been very much appreciated!

*By Sarah Panter*



**A message from Nadine Fineman, Student Mental Health Nurse**

—I was told I was going to Earthworks 3 weeks before I started. I discovered how horticultural training and being outdoors speeds up any recovery and gives people with a learning disability, or mental health problem, a sense of belonging.

All the trainees spend their day keeping the grounds looking great—planting seeds, weeding and watering and chopping wood to sell.

The trainees work is unread and they have taught me so much.

I now realise the importance of the experience I have gained at Earthworks. It has taught me vital skills I will need in my work. I believe horticultural training has a fantastic effect!

*By Nadine Fineman*

www.earthworksstalbans.co.uk

**EARTHWORKS ANNUAL FAIR**  
"People of all abilities learning and working together"

Saturday 3rd September  
11.00 to 4.00pm  
at Hixberry Lane, St. Albans AL4 0TZ

Activities for all including:-  
Live folk music  
Earthworks plants and vegetables for sale  
BBQ and homemade food  
Handmade Earthworks crafts for sale  
Lucky Dip  
Raffle  
Fete games  
Bee Keepers  
Lots of stalls  
and much more.....

Earthworks is a registered charity number 1067139 and company ltd by guarantee 0330768

**GET IN TOUCH WITH US:**

Tel. 01727 847311

Office: West Lodge, Hill End Lane, St. Albans AL4 0RA Site: Hixberry Lane, St. Albans AL4 0TZ

E.mail: earthworks@earthworksstalbans.co.uk Web site: www.earthworksstalbans.co.uk

Staff: Sarah Panter (Horticulture Co-ordinator) Bianca Badham (Craft &amp; Welfare Co-ordinator)

Steve Pike (Contracts Co-ordinator) Phil Maitland (Acting Project Co-ordinator)

Alexandra McCann (Publicity &amp; Fundraising Co-ordinator)

Fiona Gulliver (Administrator)

**MANAGEMENT COMMITTEE:** David Ball Nadine Brown Bill Connor Jo Dickenson Steve Shelley (Chair)  
Ray Gibbins Alistair Holland (Treasurer) David James Lynette Warren Roy Warren**Summer Recipe—Tomato and Pesto Tart (For 4)***(BBC Good Food)*

- 375g ready-rolled puff pastry
  - 6-8 vine tomatoes, thinly sliced
  - 4 tbsp pesto
  - 2 tbsp mascarpone
- ⇒ Heat the oven to 200°C/fan 180°/gas 6
- ⇒ Unroll the pastry onto a baking sheet and score a border 1cm from the edge.
- ⇒ Prick inside the border with a fork, then bake for 15-20 minutes until light golden
- ⇒ Gently squash down the middle. Spread the pesto inside the border, dot over the mascarpone, then layer the tomato on top. Season.
- ⇒ Bake for 10 minutes until the tomatoes are cooked and the mascarpone has melted.

Web link <http://www.bbcgoodfood.co/recipes/3906/>**DONATIONS**

Thank you to.....

Soroptimist International  
St. Albans Abbey Mission Giving  
Beds & Luton Community Fund  
Neighbourly Charitable Trust  
Oaklands Garden Assoc

...and we are grateful to everyone  
who donated money or their time to  
Earthworks.

**Help support  
Earthworks, St. Albans**

Text EART44 £2 / £5 / £10  
to 70070 to donate now. eg EART44 £5

Earthworks  
Registered charity no. 1067139

**JustTextGiving**  
by **vodafone**

**Can you help?**

If you have any used plastic punnets, please could you give them to us. The sort used for strawberries, mushrooms etc. Any size. Sarah, our new Horticulturist, is planning to grow "living salads" in them and sell at the local Farmers Market and from site  
Thank you!

**INVITATION TO ATTEND ANNUAL GENERAL MEETING**

The Earthworks Annual General Meeting will be held at  
6.00pm on Tuesday, 20<sup>th</sup> September 2011 at  
Earthworks Site,  
Hixberry Lane,  
St Albans,  
Hertfordshire  
AL4 0TZ

The annual accounts and reports will shortly be available on our website -  
[www.earthworksstalbans.co.uk](http://www.earthworksstalbans.co.uk)

Some paper copies will be available on the day.

Nominations for election to officer posts on the Earthworks  
Management Committee should be sent to the office at the address below  
by Friday 2<sup>nd</sup> September 2011.

The posts for nomination and election are:-

Chair  
Vice Chair  
Treasurer  
Company Secretary

Registered Charity No. 1067139 and Company Limited by guarantee No. 3307683