

The Nature Effect

Personal, professional & community development connecting people to their earth



Community Development

*Creativity
Collaboration,
& Connection*

Our other pamphlets include:
Overview 2011-13
Personal Development
Professional Development
Early Years Projects
Schools Projects



www.TheNatureEffect.co.uk

Community Development

Creativity, Collaboration & Connection

In our backyard

For The Nature Effect's directors and associates, the idea of working 'in our backyards' and closely with the community in which we live is fundamental to the values and principles of our work. Much of our community development work centres around **Barracks Lane Community Garden** (www.barrackslane.garden.org.uk) in the heart of Cowley East Oxford. Here is an example of wasteland reclaimed as green oasis – a community space which is also a garden, a charitable project managed by and for the local community.

Here we have offered creative days using natural materials abundant in nature, such as sticks, wool, fire, water, rock, sand to make things together and create in community.



Children learn to make felt on Wool Day at Barracks Lane Community Garden

Urban communities and communities of practice

We have worked with several schools and children's centres to develop their practice and to create ways of engaging families through outdoor learning (see project pamphlets for details). We also are developing communities of practice through peer groups mentoring and associates (see booklet on professional development) and temporary creative communities at festivals and gatherings.

"The Earth does not belong to us. We belong to the Earth" Chief Seattle

Communities events

The aim of our Family Nature Days is to enable people to connect creatively with the natural world with head, heart and hands, using materials which are abundant in nature or resources that can be re-used or upcycled. Home-baked food, especially when cooked in a wood fired oven or an open fire at these event days, helps to build the sense of a warm and welcoming community and allows people to stay all day playing and creating.

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Children and adults play together at Barracks Lane Community Garden



Director Helen reads poetry on the Green Futures Festival Radio



We explain our work in these pamphlets:

Overview

Introducing The Nature Effect

Personal development

Wellbeing, Creativity and Transformation

Community Development

Creativity, Collaboration and Connection

- You are here

Professional Development

Action Learning, Peer Group Enquiry and Mentoring

Early Years Projects

Playing with the Elements

Schools Projects

Bread, Butter & Soup

All downloadable from TheNatureEffect.org.uk

Storytelling

Storytelling has an important place in The Nature Effect because, in contrast to TV and online games, which children can spend so much time plugged into, live storytelling is genuinely interactive, responsive to the place, time, season and the people listening. Many traditional stories are packed with wisdom about living well on the land. Especially when combined with activities such as fire-making, or cooking, they bring the world alive in the imagination.

Recognising the innate storyteller in all of us, The Nature Effect ran a six-week course for adults, using indoor and outdoor spaces at Barracks Lane Community Garden. 13 participants acquired skills for learning and creating stories, and began to develop their unique individual styles. They went on to share stories in their homes, communities and places of work.



"I loved seeing shy people come alive when the story started to tell itself."

Festivals

Some of The Nature Effect Associates have a long history of providing workshops and running children's activities at Festivals such as **Glastonbury**, the **Big Green Gathering**, **Earth Spirit** and **Wilderness** as well as creative arts and dance camps. What better environment in which to connect people with their earth. Last year we set up a children's area at the **Uncivilization Festival** at The Sustainability Centre in Hampshire. Here The Nature Effect 'Dream Team' offered bread baking, tracking, charcoal making, storytelling and other nature-rich activities and experiences for the young participants.



Local participants at an eco-creative day at BLCG

"Very enjoyable activity. Such a lovely place to come and celebrate the changing seasons. Thanks."

"A lovely, safe, child friendly and engaging environment to play and join in the amazing activities provided. Thank you for all the hard work you put in"

"Fantastic! A beautiful place for children to feel free and express themselves!"



Nick Cope performing at BLCG

"A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty"

- Albert Einstein

"At the Uncivilisation Festival I worked with a group of Nature Effect Associates to host a children's creative and activity space. I helped children learn how to light fires and cook on an open fire. We made creatures called blobsters out of clay, told stories, went on tracking walks through the beautiful wood at the Sustainability Centre and sang songs by fire light." - Phil Pritchard

Upcycling

Upcycling is a creative way of taking old/unwanted things and turning them into something new and of higher value – whether that is in terms of aesthetics or practical use (or both!). Upcycling Oxford, a local community group founded in 2012 by a Director of The Nature Effect, Helen Osborn, is now being run by Associate Mina Katouzian. Based at Barracks Lane Garden, it has offered regular workshops where people can learn new skills, share ideas and find inspiration – as well as develop new friendships.

Upcycling is often seen as a ‘green’ or ‘eco-friendly’ activity for its positive impact on the environment. It helps reduce landfill waste without having a secondary negative impact on the environment, unlike recycling which requires water and energy to break down materials in order to make new things.

It also encourages thrift, which has had a great resurgence in recent times, partly due to the increasing economic pressures on people but also, undoubtedly, from a growing sense of disenchantment with the unchallenged hegemony of today’s wasteful consumer society.

UPCYCLING with The Nature Effect at BLCG



6.30 - 9.30pm
on each third
Thursday of
the month.



Upcycling

...is the action of taking something that would normally be recycled & turning it into something else beautiful or useful.

Homemade Jewellery

Thursday 18th July
Demonstration by Di Chesteron
of Artisan & Craft shop in Didcot
www.naturethings.co.uk
No Upcycling session in August
September: Restoring Furniture
Demonstration TBC

Informal & Friendly Drop in sessions

Learn useful new skills
Share what you know
Chat over a cup of tea
Bring your own projects



Make new, repair or repurpose

We help each other fix things and sort out stuff we treasure. Share tools, ideas, materials and sewing machines. With the occasional speaker and demonstrations. Experienced knitters, sewers, and complete beginners welcome! To get you started, if you are stuck for ideas, you can buy a low cost starter kit.



£5 (£3 conc.s) per session

Under-12s need to bring along a responsible adult!

Supported by Community Action Groups
www.cagsoxfordshire.org.uk
For more info call Helen on 07950 608 249 or email thenatureeffect@gmail.com
Join us on our Facebook page: Upcycling Community Oxford

www.thenatureeffect.co.uk

“People in cities may forget the soil for as long as a hundred years, but Mother Nature’s memory is long and she will not let them forget indefinitely.”

- Henry Cantwell Wallace



“Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts”

- Rachel Carson

Upcycling Oxford takes part in many community craft and sustainability events – such as Community Freecycle / Swap Shops, ReFashion, Pegasus Open Door weekend, Waste Partnership events –

supported by its members who generously give their time and display their things to inspire and share knowledge with the wider public. It has a growing following on Facebook www.facebook.com/upcyclingoxford and can be emailed at: upcyclingoxford@gmail.com.

Upcycling Oxford continues to forge partnerships with other like-minded organisations, such as Orinoco Scrapstore, Bicester Green, Barracks Lane Community Garden, to enable more community upcycling workshops in the future. Upcycling Oxford is also currently in the process of developing a website.



For further info on our work please visit our website: www.TheNatureEffect.co.uk or email: TheNatureEffect@gmail.com