



Programme

2022

The Festival's Sponsors & Supporters

A big thank you for the generous financial support to the Festival of :

➤ **Anglian Water**



➤ **Colchester Borough Council**



➤ **East of England Co-op**



➤ **Essex County Council**



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What's On - Summary & Appendix

At its heart the Eco Festival is a **FREE** entry festival organised by local volunteers for our community to come together, be entertained, take part in and discover new ways of doing things more sustainably. Our aim is for you to be inspired, learn, network and discover how together we can create positive social environmental change by consuming products and services differently & reducing our overall consumption levels when we are able to do so.

No one individual, organisation or company is totally 100% sustainable, we are all on a journey to improve our ecological footprint here on this beautiful planet. Making a pledge and commitment to positive change is hopefully what we all want to see.

The Eco Festival team is seeking to provide a template for future events, supporting emerging and established solutions, a project that we are working hand in hand with Colchester Borough Council, the charity en-form and other groups to improve the way we do things.

Amongst the many things you can visit & participate in today are:

-  **45 stalls** of companies offering eco friendly goods & services - pages 3,4,5 & 6
-  **42 stalls** of not for profit organisations including charities who are helping to make a difference by operating in the community to influence change & to enhance understanding of & help protect the natural world – pages 3,4,5 & 6
-  **10 stalls** for vegetarian & vegan **food, cakes & drinks** - see pages 11&12
-  **Children's Area** for a range of eco activities & entertainment - page 10
-  **Main Stage** for a variety of **Music, Dance & Spoken Word** - page 7
-  **Baby Zone** activities & demonstrations for babies, toddlers & parents – page 11
-  **Healing & Wellbeing Area & Tent** to learn about and participate in various methods & techniques for mental wellbeing and relaxation including a range of suitable products - see pages 13
-  **Nature Walk** Book at stall number 20 to go on a nature Walk with Colchester Natural History Society – see page 15
-  **Electric vehicle (EV) car show** including demonstrations – page 9
-  **Educational workshops** with Questions & Answer sessions – page 14
-  **Advice on reducing energy & water usage** – see page 15
-  **Cycling**, e-cycling, e-scooter & e-cargo bike **show** including demonstrations, try outs & instruction sessions – see page 8
-  make an eco **Pledge** on the recycled materials **Tree** - see page 15
-  repair, alter, swap clothing **ByKatyMac & Textile Colelctive** stalls 77&78
-  swap clothing at **Colchester Frock Swap** - see stall nos.88 to 90

Stalls & Exhibitors page 1 of 4

No.	Stall/Tent Name & what's offered	Category	Website or email
1	En-form & Eco Colchester	See Inside Back cover	www.en-form.org.uk https://ecocolchester.org.uk
2	Eco Essex	Eco Living	https://ecoesssex.com
3	Pesticide Free Essex	Campaigns	https://en-form.org.uk/pesticide-free-essex/
4	Cllr Mark Goacher	Local Gov	mark.goacher@colchester.gov.uk
5	TBA		
6	TBA		
7	TBA		
8	The Refill Den	Eco Living	www.refill-den.co.uk
9	Sandy Armitage Designs	Eco Living	www.sandyarmitagedesigns.co.uk
10 & 11	University of Essex (Sustainability)	Education	www.essex.ac.uk/sustainability
Display Area	Orsted	Renewable Energy	Wind Farm off East Anglian Coast. www.orsted.co.uk
EV Car Show			
Display Area	Roy Tolley	Electric Vehicles	See Page 9 www.roytolley.co.uk
Display Area	Colchester EV Society	Owners Electric Vehicles	See Page 9 www.facebook.com/groups/colchesterevsociety
Sustainable Transport Area (STA) see pages 8 & 9			
STA	North Essex Parking Partnership	Electric Vehicles	https://north.parkingpartnership.org
STA	Dr Bike Workshop	Cycling	www.colchesterbikekitchen.org.uk
STA	Dr Bike Cycle Parking	Cycling	www.colchesterbikekitchen.org.uk
STA	Dr Bike / Bike Kitchen	Cycling	www.colchesterbikekitchen.org.uk
STA	E-Cargo Bike Project	Cycling	www.colchester.gov.uk/ecargobikelibrary/
STA	Cycle Colchester	Cycling	www.cyclecolchester.co.uk
STA	Walk Colchester	Walking	www.walkcolchester.org.uk
STA	Friends of Castle Park	Eco Living	www.friendsofcastlepark.com
STA	Raleigh	All bikes	www.raleigh.co.uk/gb/en/
STA	Tier	All bikes	https://www.tier.app/en/
STA	Wheels For All	All things bike	www://cycling.org.uk/wheels-for-all
STA	Colchester E-Cargo Bike Library	e-Cargo Bike Transport	www.colchester.gov.uk/ecargobikelibrary
STA	Try out Area for e-	Bikes & scooters	www.facebook.com/groups/408185313937127
Health & Wellbeing Area (HWA)			
HWA	Manor Health & Wellness Centre	See Page 13 for full details of all activities & well being	www.themanorhealthandwellness.co.uk
HWA	Beautiful Boho		www.beautifulboho.co.uk
HWA	Vitali Chi		https://vitali-chi.co
HWA	Tropical Skincare		https://tropicalskincare.com/pages/stefanielivett
12 & 13	TBA		

Stalls & Exhibitors page 2 of 4

No.	Stall/Tent Name & what's offered	Category	Website or email
14	Essex Wildlife Trust	Conservation	www.essexwt.org.uk
15	Clean Air Colchester (CBC) Carless pollution	Education	www.colchester.gov.uk/environmental-protection/clean-air-for-colchester-project/
16	Colchester Woodland & Biodiversity Project	Conservation	www.colchester.gov.uk/better-colchester/colchesterwoodlandbiodiversity/
17	Bennison Farm	Eco Living	https://bennisonfarm.co.uk
18	Colchester Food Co-op	Eco Living	https://colchesterfoodcoop.org.uk
19	Guilt Free Soapery	Wellbeing	www.etsy.com/uk/shop/thequiltfreesoapery
20	Colchester Natural History Society (CNHS)	Conservation	www.cnhs.uk
21	Beth Chatto Education Trust	Education	www.bethchatto.co.uk
22	The Green Christian	Eco Living	https://greenchristian.org.uk
23	Cannock Mill Cohousing	Eco Living	https://cannockmillcohousing.co.uk
24	The Woodland Trust	Conservation	www.woodlandtrust.org.uk
25	TBA		
26	TBA		
27	TBA		
28	TBA		
29	Old Hall Community	Eco Living	www.oldhall.org.uk
30	Eco Hug Store	Eco Living	www.ecohug.co.uk
31	Cortissa	Arts & Crafts	www.cortissa.co.uk
32	Essex Library Services	Recycle ++	https://libraries.essex.gov.uk
33	Bar Suds	Wellbeing	www.barsuds.co.uk
34	Bimble Design	Arts & Crafts	www.etsy.com/shop/BimbleDesign
35	Morsbags	Recycle ++	https://morsbags.com
36	Colchester Labour Party	Local Gov	www.colchesterlabourparty.org.uk
37	Indie Kate Upcycled	Recycle ++	www.facebook.com/IndieKateUpcycled/
38	Craft BEERings	Recycle ++	www.facebook.com/craftBEERings/
39	Utility Warehouse		uw.co.uk/uwpartners/uw-home?position=N66229
40			
41	Waste & Recycling CBC	Recycle ++	www.colchester.gov.uk/recycling
42	TBA		
43	TBA		
44	Extinction Rebellion	Campaigns	www.xrcolchester.org.uk
45	Suffolk & Essex Hunt Sabs	Campaigns	https://kofi.com/suffolkandessexhuntsabs
46	Vale Woodcraft	Arts & Crafts	www.valewoodcraft.com
47	Mad Patch Creations	Arts & Crafts	www.facebook.com/Madpatchcreation
48			
49	Buzz Honey	Eco Living	https://buzz-power.co.uk
50	RentMy	Eco Living	https://www.rentmy.com
51	Colchester Liberal Democrats Party	Local Gov	www.colchesterliberaldemocrats.org.uk
52	Melon Cauliflower		
53	Women's Institute – Climate Ambassadors	Campaigns	https://essexwi.org.uk

Stalls & Exhibitors page 3 of 4

No.	Stall/Tent Name & what's offered	Category	Website or email
54	Beautiful Healthy Home	Eco Living	www.beautifulhealthyhome.co.uk
55	Eco Jewellery	Arts & Crafts	www.instagram.com/ecojewellerydesigns/
56	Essex Climate Action Commission (ECC)	Eco Living	www.essexclimate.org.uk
57	Organically Epic	Eco Living	https://organicallyepic.uk
58	Colchester Zoo	Conservation	www.colchester-zoo.com
59	TBA		
60	TBA		
61	TBA		
62	TBA		
63	A Little Eco	Wellbeing	www.alittleeco.co.uk
64	Little Adventures with Dough	Eco Living	www.littleadventureswithdough.co.uk
65	RSPB	Conservation	https://www.rspb.org.uk
66	MacraMade for you by Claire 4	Arts & Crafts	www.etsy.com/shop/macramadebyclaire
67	Olive & Ivy	Wellbeing	www.oliveandivycandles.com
68	Abberton Rural Training	Education	www.abbertonruraltraining.org
69	TBA		
70	Patrician Press	Eco Living	https://patricianpress.com
71	Indie-go Fairtrade	Arts & Crafts	www.facebook.com/WorldyGifts
72	Wombleknits	Arts & Crafts	www.etsy.com/shop/wombleknits/
73	Norwegian Bakers	Pastries etc	www.norwegianbakers.com
74	Bolivian Pastries	Pastries etc	https://bolivianpastries.com
75	Colchester Climate Alliance	Campaigns	https://ecocolchester.org.uk/projects
Display	Pledging Tree		No link
Food & Drink Area			
F&D 1	Chickpea Catering	Food & Drink	www.thechickpea.co.uk
F&D 2	Cafe2u (Braintree)	Drinks	www.cafe2u.co.uk
F&D 3	Organic Alex	Food & Drink	https://organicaalex.co.uk/
F&D 4	Bangladeshi Women's Assoc	Food & Drink	www.bwae.co.uk
F&D 5	Sir Isaacs Artisan	Ice Cream, Ices etc	www.facebook.com/Sirisaacscoffee
F&D 6	Toast Bakery	Food & Drink	www.toastfoods.com
F&D 7	Bake Me Kind	Food	www.facebook.com/bakemekind
F&D 8	Juicy Bar Vitality	Fruit Juice Drinks	https://juicybarvitality.co.uk

Stalls & Exhibitors page 4 of 4

No.	Stall/Tent Name & what's offered	Category	Website or email
76	XR Youth Colchester	Campaigns	www.facebook.com/XRYouthColchester
77	Clothing Workshop By KatyMac	Eco Living	www.bykatymac.co.uk
78	Textile Collective	Recycle ++	www.facebook.com/IndieKateUpcycled/
79	Perrywoods	Eco Living	www.perrywood.co.uk
80	Groundwork East	Eco Living	www.groundwork.org.uk
Children's Area			
Display	Purple Whiskers	Face Painting	www.facebook.com/PurpleWhiskersFacePainting
Display	Coddiwomplers	Arts & Crafts	www.facebook.com/TheWillowFidlers
Display	Kew Gardens Workshop	Nature Learning	https://growwild.kew.org
Display	Muddy Fingers	Art Learning	https://muddyfingersblog.wordpress.com
Baby & Toddler Zone (Tent)			
BTZ	Beautiful Bonds	Baby & Tod	www.beautiful-bonds.co.uk
BTZ	Essex Baby Lab	Baby & Tod	www.essex.ac.uk/departments/psychology/facilities/centre-for-brain-science/babylab
BTZ	East Essex Cloth Nappy Library	Baby & Tod	www.facebook.com/eastessexnappylibrary/
BTZ	La Leche Breast Feeding Support	Baby & Tod	www.laleche.org.uk
Display	Anglian Water	Utilities	www.anglianwater.co.uk
Special Area	Woods O Wisdom	Bushcraft & Archery	www.woodsowisdombushcraft.co.uk
81			
82	Falun Dafa	Wellbeing	www.falundafa.org
83	Beautiful Nature Wellness	Wellbeing	https://beautifulnature.uk
84	Peace of Me	Wellbeing	www.instagram.com/peaceofmewellness/
85	Adaptable by Design	Wellbeing	www.facebook.com/AdaptableByDesign/
86	TBA		
87	TBA		
88-90	Colchester Frock Swap	Recycle ++	www.facebook.com/ColchesterFrockSwap
Picnic Area & Workshop Tent (in old Bowls Green area)			
PA&WT	Picnic Area	Free all day	
PA&WT	Workshop Tent	See Page 14 for the workshop times	
PA&WT	Jean Quinn	Tea & Coffee	From Pavilion & snacks for the volunteers

Music, Dance & Spoken Word - Programme

Main Stage, Arena & Walkabout

Performance times may be subject to change. Please check on the day.

Type of Entertainment / Other Content.	Name	Time
MAIN STAGE & ARENA		
African Drumming & Dance	Efua Sey Academy	11.00 -11.25
OPENING CEREMONY	Mayor of Colchester -- Tim Young Festival Town Crier -- Gemma Abbot Mystery Guest – Dave Hughes	11.25 -11.35
Announcements		11.35-11.40
Music	The Bear Witch Project – Upbeat Indie Folk Blues Rock Reggae	11.40 -12.20
Dance	Bhadram School of Dance – Traditional Bharatra dance	12.20 -12.50
Announcements		12.50 -12.55
Music	Armoured Man – Innovative folk-pop acoustic fusion	12.55 -13.35
Dance	Boudicca Border Morris – Eclectic Dance both traditional & original	13.35 -14.05
Announcements		14.05 -14.10
Music	Mezzotint – Rock Music & stories for humans	14.10 -14.50
Dance	Hells Bells – Modern Goth Morris Dance	14.50 -15.20
Announcements		15.20 -15.25
Music (& Poetry)	Bryan Wilson & The Sounds of Earth (dub band)	15.25 -16.05
Dance	Isaac & Friends – Street Dancing	16.05 -16.25
Announcements		16.25 -16.30
Music	Lizzie Gutteridge Consort of 1 – Early music maestro goes electronic	16.30 -17.10
Announcements	Goodbyes and thankyous	17.10 -17.15
Music	Okunola Taiwu – Nigerian Folk songs to play us out	17.15 -17.35
WALKABOUT of the Festival site during the day		
African Drumming & Dance	Efua Sey Academy	11.25 -12.00
Dance – Morris Dancing	Anniemation Clog Morris Team Colchester North West Clog Morris	ALL DAY 11.00 -18.00
Obby's Oostlers	A street theatre performance based upon the ancient tradition of obby or hobby horse.	ALL DAY 11.00 -18.00
African Drumming & Dance	Efua Sey Academy	14.00 -18.00

Sustainable Transport Show

Walking, Cycling, e-Bikes, e-Scooters, e-Cargo bikes

Walking, wheeling and cycling are the greenest ways to travel as well as being cheap and healthy for leisure, day to day and business journeys.

Talk to Walk Colchester about projects to make walking safer, attractive and more accessible for all; including the Colchester Orbital of 13.5 miles of beautiful walks & cycle rides around local green spaces.

See www.walkcolchester.org.uk

Arrived by Bike? Make sure you get a **FREE** bike safety check & **FREE** bike security registration with **Colchester Bike Kitchen**; a voluntary community group who lend tools & give advice to help you repair your bike.

Join Colchester Bike Kitchen for a **45 minute workshop** on

- **Essential repairs** at 12.00 & 14.00 hrs and
- **Puncture repairs** at 14.00 hrs

Come and **TRY OUT** a BIG range of **Bikes/eBikes/eCargo bikes & eScooters** and find out more about local shared transport schemes.

- Adapted bikes for people with disabilities - **Wheels for All**
- Electric bikes & cargo bikes with - **Colchester eCargo Bike Library** and **Raleigh**
- eScooters - with **Tier**

Raleigh one of the best known bike brands in the world will be offering a range of ebikes and cargo bikes to **Try Out** and will be on hand to talk to.

See www.raleigh.co.uk

Tier the first Micro Mobility company in the world to go Climate Neutral will be offering their eScooters to **Try Out**, showcasing their eBikes and they will be on hand to talk to. See www.tier.app/en/

Our friendly **ebike/cargo bike owners** will have a range of eBikes/eCargo Bikes for you to look at and ask questions about.

Find them on Facebook at **Colchester eBike Users**

Get help and advice from **Cycle Colchester and Colchester Cycling Campaign** who can help you with everything from route planning to cycling with children to building your confidence to ride.

Sustainable Transport Show continued

Colchester eCargo Bike Delivery project is providing logistical support to the festival and if you prefer a green delivery service can deliver to you too. Book online at https://bit.ly/Booking_form

CAREless Pollution Campaign - find out what is happening locally to make the air we breathe cleaner and ask questions on all things pollution and health related. Pick up your free car sticker and campaign resources at www.cleanaircolchester.org.uk

Car Sharing through a car club – find out how to reduce your car travel costs by joining a car club See www.enterprisecarclub.co.uk

Electric Vehicles (EVs) and their owners

Electric Vehicles are greener, less polluting, cheaper to run & cheaper to maintain than petrol and diesel cars. With the upcoming ban on the sale of new petrol and diesel cars by 2030 Electric Vehicles are becoming mainstream.

Come, Look & Play with a Range of Electric Vehicles

ROY TOLLEY
MOTOR GROUP

Roy Tolley a Festival sponsor will have an assortment of 5-6 New Electric Vehicles to look at. Salespeople will be on hand to help you. Roy Tolley are a family owned business & official Citroën, Peugeot & MG dealer for North Essex. They have been helping Colchester meet their motoring needs since 1960. Based in Gosbecks Road, Colchester they pride themselves in providing the highest level of service, offering new and used cars and servicing.

See www.roytolley.co.uk for more and latest offers.

Colchester Electric Vehicle Society is a friendly community of local EV drivers. They will have a range of privately owned Electric Vehicles for you to look at, touch & play with. EV owners will be on hand to answer questions about a range of different makes, models, ages and price points. Join or see us on www.facebook.com/groups/colchesterevsociety

North Essex Parking Partnership (NEPP) is a multi-award-winning council-run organisation, led by Colchester Borough Council, bringing together parking services in North Essex & starting to roll out Electric Vehicle charging points. Find out about the positive steps they have to reduce their carbon footprint and what they are doing to help enable others to do the same, take part in their research to help develop future policies.

See <https://north.parkingpartnership.org>

Children's Activities & Entertainment – Programme

The Children's events are funded by the Essex County Council Arts & Cultural Fund.



These events are held in the dedicated children's area & tent

Apart from everything else going on at the Festival there is a full range of activities and entertainment for the younger members of our community. You can be assured that there is plenty for children of all age groups and that there will be many parents who might also be entertained not just by those running the activities but the way their children become engaged.

NOTE: Children must be with an accompanying adult please as the Festival volunteers cannot be responsible for unsupervised children.

CHILDREN'S AREA	Activity Led By	More information	Time
Bushcraft & Foraging	Woods O Wisdom	https://www.woodsowisdombushcraft.co.uk	ALL DAY 11.00 -18.00
Face Painting	Purple Whiskers	https://www.facebook.com/purple.whiskers	ALL DAY 11.00 -18.00
Environmental Art Workshop	Muddy Fingers Environmental Arts	https://www.facebook.com/All4EARTH	ALL DAY 11.00 -18.00
Story & Craft workshops & walks	Foraging for Folklore	https://www.growwild.kew.org/	ALL DAY 11.00 -18.00
CHILDREN'S TENT	Activity Led By	More information	Time
Workshop using recycled textiles & fabrics	Clare Sams	Come to the tent	10.40 -11.40
Mud Pies & More	Marianne Mackenzie	Come to the tent	ALL DAY 11.00 -18.00
Magic Show	Chris Mayne	Come to the tent	11.40 -12.40
African Drumming & Story telling	Efua Sey Academy	Come to the tent	12.40 -13.40
Magic Show	Chris Mayne	Come to the tent	13.40 -14.40
Story telling	Baden Prince	Come to the tent	14.40 -15.40
Poetry & Spoken Word Workshop	Baden Prince	Come to the tent	15.40 -16.40
Educational Show	Colchester Museums	Come to the tent	ALL DAY 11.00 -18.00

Baby & Toddler Zone – Programme

To make it even more inclusive we have added a baby zone to the Festival this year.

Inside a dedicated tent parents & carers will be able to relax and rest with their babies and toddlers in the seating area. There will be feeding support on hand throughout the day from qualified breastfeeding councillors and lactation consultants.

The sessions will start at 11.00 hrs and end at 17.30 hrs

Beautiful Bonds sling library will be running buggy parking with free sling hire to make navigating the festival easier.

See <https://www.beautiful-bonds.co.uk>

You can also chat to **East Essex Nappy Library** about all things cloth nappy.

See <https://www.facebook.com/eastessexnappylibrary/>

In addition the **Essex Baby lab from the University of Essex**, will have a variety of activities for you to try throughout the day to help learn about your baby's development.

See <https://www.essex.ac.uk/departments/psychology/facilities/centre-for-brain-science/babylab>

And finally there will also be **30-minute demonstrations** throughout the day from local baby and toddler groups, including baby massage, baby signing, storytime and toddler dance.

The Baby Zone has been sponsored by [Anglian Water](#)



The Baby Zone has been organised by **Maria Louise Renshaw**

NOTE: Of course all babies & toddlers must be with an accompanying adult as the Festival volunteers cannot be responsible for any type of supervision.

Food & Drink Stalls & Exhibitors

➤ **Organic Alex**

I started my vegan catering business in 2015 and now have hundreds of my own recipes at my fingertips. I enjoy changing things up, experimenting with new recipes and inventing new dishes, so please come back regularly and check out my daily and weekly specials. Some new dishes are made in small batches, and when they're gone, they're gone.

See our website – <https://www.organicalex.co.uk>

Food & Drink Stalls/..... continued

➤ **The Chickpea**

The Chickpea is a catering company with a difference. Inspired by the exotic ingredients and passionate commitment to fresh food in Asia, we decided to re-create the street food experience in Colchester. The idea started as a market stall and has grown through our commitment to always creating authentic fresh food. All of the curries are prepared by grinding fresh spices and are cooked to perfection from our chef's original recipes.

See our website – <https://www.thechickpea.co.uk>

➤ **Juicy Bar**

We make cold-pressed juices and smoothies from fresh fruit and vegetables – some of which we have grown ourselves. We are plant-based and vegan. At our base which is on Culver Square, Colchester we also make healthy foods, gym shakes, juice Packs and herbal tonics. We deliver these on our e-cargo bike and can be found on our website – www.juicybarvitality.co.uk. All our packaging, including our cups and straws, are made from plants and are compostable.

➤ **Bake Me Kind**

Cakes, graze boxes, brownies and treats Specialising in Vegan bakes

See our website - www.facebook.com/bakemekind

➤ **Café2uBraitree**

We provide Espresso Coffee, Hot Chocolates, speciality Teas, alternative milks. All hot drinks are served in compostable cups. Chilled drinks come in cans. Our van is a fully electric Vivaro E. all the equipment is powered by lithium batteries (so NO generators.) See our website – <https://www.cafe2u.co.uk>

➤ **Norwegian Bakers (stall no. 73)**

We are bakers of highest quality breads, sweet and savoury buns, cakes and cookies at our vegan bakery in Wivenhoe, near Colchester in Essex. We are now baking on Wednesdays, Thursdays and Saturdays and the bakery is open on these days and welcome visitors from 09.00 to 14.00 hrs.

We also deliver locally by our e-cargo bike to Wivenhoe, Colchester and surrounding villages.

See our website – <https://www.norwegianbakers.com>

➤ **Bolivian Pastries (stall no. 74)**

We are a local independent home bakery shop based in Colchester, specialising in vegan: cakes, bread, pasty, and desserts. Through baking and providing honest traditional food we aim to pay tribute to our wonderful heritage and culture. We hope you enjoy the taste of our authentic Bolivian street food as much as we do

See our website – <https://www.bolivianpastries.com>

➤ **Toast Bakery**

We are originally from Colchester and are very invested in sustainability in our small business. We will be selling our vegan bakery goods, pastries, sourdough doughnuts & bread as well as our barista coffee, and reusable coffee cups for people to purchase. See our website – <https://www.toastfoods.com>

➤ **Bangladeshi Women's Association Essex**

We will be providing a range of Indian and Asian food, including curry dishes and Indian street food

See our website – <https://www.bwae.co.uk>

➤ **Jean Quinn**

Jean will be offering Fairtrade teas and coffees from the old bowling green Pavilion next to the picnic Area

➤ **Sir Isaacs Artisan Coffee for ICE CREAM & ICES**

We will be selling a range of ice creams and ices including Gelato Scooping & Wafers or Tubs with toppings & sauces.

100% vegan fruit flavour ices See our Facebook Page – <https://www.facebook.com/Sirisaacscoffee>

Health, Wellbeing & Healing Programme & Associated Products

We are excited to be able to offer a healing tent which is being hosted by the Manor Health & Wellness Centre. The Manor is a beautiful wellness centre in the heart of Colchester which boasts a team of professional and passionate therapists and instructors within the centre. Some of their team will be bringing their wellness offerings to the Festival. There will be:

Type of Activity	Led by	Time
HEALTH & WELLBEING AREA please book in advance		
Vitali-Chi Energy & Wellbeing – 30 minute sessions	with Sarah & Fiona	ALL DAY 11.00 -17.30
Massage	with Sami Hood	ALL DAY 11.00 -17.30
HEALING TENT please book in advance		
Nia Movement Medicine Nia Dance	with Sarah Varela	11.00 -11.20
Yin Yoga	with Chris McKnight	11.45 -12.45
Mother Nature's Sanctuary - Outdoor Sound Bath with Crystals & Reiki Healing	with Laura Home	13.15 -14.15
Pilates for Menopause	with Rebecca Johnson	14.45 -15.45
Nia Movement Medicine Nia Dance	with Sarah Varela	16.00 -16.20
Mindful Yoga Flow	With Tunde	16.30 -17.30

Tropic Skincare - Tropic is a company whose infinite purpose is to help create a Healthier, Greener more empowered world. Tropic is a certified carbon neutral company with all carbon emissions double offset. They heavily invest in conservation projects across the world and many of their products come with refillable packaging and recycling schemes. They are certified vegan and cruelty-free 100% naturally derived products. Available for sale by the Healing tent.

Vitali-Chi wellbeing products – These wonderful wellness products are designed to work at a cellular level, using only natural and nourishing ingredients of the highest quality, abundant in essential vitamins and minerals. Available for sale by the healing tent.



www.themanorhealthandwellness.co.uk

Workshop – Programme

The Workshop Tent is sponsored by 

Programme times may be subject to change. Please check on the day.

NOTE: As with all HOW TO workshops there will be plenty of time for you to ask questions

Name & Type of Workshop	Workshop run by	Time
WORKSHOP TENT		
Transforming Essex to Net Zero – How we can all take action on climate change	Councillor Peter Schwier – Essex County Council Climate Czar	11.45-12.00
How to make your own cleaning materials	Lisa Cross	12.00 -12.30
How to save water in the home and garden	Grace Darke of en-form	12.30 -13.30
How to reduce your energy costs	TBA	13.30 -14.30
How to Love Your Period	Grace Darke of en-form & Sam Pitman of Eco Essex	14.30 -15.30
How to make your garden wildlife friendly	Councillor Mark Goacher – Castle Ward Colchester	15.30 -16.30

If you would like a workshop next year on a specific topic please let us know.

From the Pavilion of the Old Bowling Green the **Friends of Castle Park will be offering Fairtrade teas and coffees**. They are a group of Castle Park volunteers. "Ours is an important voice for all matters relating to the park. We have a close working relationship with the Council who manage the park & members are involved in diverse aspects of park life, from policy making, promotional work and educational activities to everyday care: planting, dead heading roses and litter picking". See our website – <https://www.friendsofcastlepark.com>

Nature Walk, Pledge Tree, Reducing Energy & Water Usage & Thankyous

Nature Walk

Colchester Natural History Society have organised a nature walk in the afternoon of the Festival. Please book in advance on the day at their stall number 20. The first will be at 14.00hrs & more will follow depending upon demand.

Join a Nature Walk along the river to view the results of the 'low mow' and rewilding there and on nearby Land Lane. Look out for late dragonflies and butterflies and if you are lucky spot green woodpecker, heron and several species of wild ducks. Numbers are limited so please book early and no later than 14.00 hrs. You are advised to wear suitable and weather appropriate clothes.

Pledge Tree

Come to our special tree made from recycled wood and make a pledge for the next 12 months as to what you will try to do better and more sustainably so we achieve the right balance between the needs of humans and all the other creatures, plants and biodiversity that we share this beautiful planet with.

Reducing Energy & Water Usage

We have seen the devastating effects of the Climate & Ecological Crisis in the UK this year. Now more than ever we need to significantly reduce our Energy & Water consumption. There are companies and organisations at the Festival who can provide advice. Amongst them are en-form (stall 1), Eco Essex (stall 2), Groundwork East (stall 80) University of Essex Sustainability (stall 10 & 11), Essex Climate Action (stall 56), and Anglian Water (special display) and we have some exemplars of what can be achieved in Cannock Mill Cohousing (stall no.23) and Old Hall Community (stall no. 29). ALSO advice will be available at several of our Educational Workshops in the Workshop tent. See page 14 for workshop times.

Thank you to our Sponsors, Donors & Volunteers

Without our sponsors, donors and volunteers we would not be able to continue to put on this annual Festival and provide free entrance to the citizens of the City of Colchester and its surrounding towns and villages. We thank every sponsor, every donor and every volunteer for their much valued contribution to the ongoing success of the Festival.

The success is reflected by the large number of visitors to the Festival. Please carry on what you do no matter how big or small your contribution and please also spread the word about the Festival and its achievements so that the list of our benefactors and volunteers grows year on year.

Especial thanks to East of England Co-op who have sponsored the Festival for a second year without being able to attend. See www.eastofengland.coop

A special thank you goes to Aviva and BA who provided match funding.

Festival House Keeping

WASTE

Amongst the Festivals aims is the desire to keep consumption and our carbon footprint to as low as is reasonably practicable and every year we try to do better in this regard. However a festival of this kind cannot operate without consuming things like electricity, water and some materials.

BUT everyone involved in the Festival has a remit to adopt

the 6Rs of Sustainability namely:

- **Rethink** - Think about what we use (this includes transport mode)
- **Refuse** - Don't buy or use something we don't need
- **Reduce** - Cut down on the amount of products & services we use
- **Re-use** - Afterwards repurpose the item for a different use
- **Repair** - Fix, don't replace what we use
- **Recycle** - Recycle what we cannot reduce, re-use or repair

We are grateful to the team from **Colchester Litter Pickers** who will deal with any waste found on the site before or during the Festival that has not found its way to the designated bins.

LOST CHILDREN

IMPORTANT NOTE: Although the Festival is child friendly all children need to be closely supervised by their responsible adults. The festival provides exciting spaces, fun and creative activities but no babysitters or creches. Some aspects of the festival are not childproof and while the Eco Festival is a comparatively safe event, your children may not be entirely festival-proof. Please keep them in view at all times. If you do lose them please let one of our team know as soon as possible.

LOST PROPERTY

Please take care of your personal property but if you do lose something during the Festival please let one of our team know as soon as possible.

En-form & Eco Colchester & how the Festival came to be



en-form was set up in the year 2000 as a registered charity. One of its objectives was to help the local community to set up and run their own environmental projects.

The Eco Festival, now in it's second year is one such project. 3 years ago 24 members of the local community approached us to see if they could use en-form and its charitable status to help them put on this Eco Festival in the Castle Park, Colchester. They became the festival organising committee. A huge amount of work has since been undertaken by the volunteer committee to make the festival happen. And another 40 volunteers will be helping to run the festival on the day. Not to mention most of the musicians, artists, dancers and other acts performing free of charge.

We would like to thank them all for their hard work & dedication.

We hope you enjoy the Festival which we aim to bring you every year.

Please spend a minute or so to let us know what you think of today's festival. What have we got right and what could be improved? Go to www.eco-festival.org/survey.

Website: <http://en-form.org.uk/> **Facebook:** www.facebook.com/enformuk

To find out about next year's event go to www.eco-festival.org

Eco Colchester is the community arm of En-form. It is a not for profit & community led group, whose intention is to enable the local community to network, communicate, learn and take action on the climate crisis and global biodiversity loss at a local and grass roots level.

We act as a community voice for social responsibility and environmental preservation and improvement and want to help Colchester to grow and flourish into an ecological and environmentally sustainable place to live today and for our future generations. En-form and ourselves **aim to:**

- **Provide** comprehensive information on a wide range of environmental issues.
- **Assist** individuals and organisations to make better informed decisions on how they can help improve and sustain our environment.
- **Act** as a focal point for all local environmental groups.
- **Help** all the local groups to achieve their environmental projects by building partnerships with like minded groups, helping with funding advice and providing more general advice.
- **Inform & educate** the local population on environmental matters by offering a link between schools and other local groups and environmental education services
- **Inspire** other groups to start and achieve a range of environmental projects, acting as a catalyst and partner.

Websites: <http://ecocolchester.org.uk/> and <https://ecocolchester.org.uk/projects>
Facebook: <http://www.facebook.com/groups/236336207037333>

To keep up to date and for other practical information on leading a more sustainable lifestyle follow us on Facebook as above or Instagram at www.instagram.com/enformcolchester/ and on Twitter at www.twitter.com/enformUK