



Welcome to Frith Farm – Your Local Community Supported Agriculture Farm

We are currently welcoming volunteers & workshare members; naturally we prioritise your health & are currently still following WHO COVID-19 Guidelines.

- If you are in the at risk category You must stay at home
- Maintain a 2 Metres (6ft) distance from each other at all times
 - Wash your hands regularly for at least 20 seconds
 - Only Car share with members of your household
- Report to Volunteer Co-ordinator if you start feeling unwell

With this in mind, we acknowledge the benefits of working outside whilst social distancing, exercising & connecting with your local community is key in supporting overall wellbeing.

We require that all members of our community support Frith by bringing :

Appropriate clothing & footwear

Hand fork and Trowel

Harvest Knife and Secateurs

Lunch & water bottle

Sun lotion

Gloves (if possible)



If you would like to be involved or pay us a visit call Reggie on

07450241156

Check out more info on our FB, Insta or website www.frithfarming.com

Volunteer & Workshare members Form

What we offer

- On hand experience of working with a team growing produce to our local community
- Learning our sustainable no dig growing practices
- Nurture produce from seed to field
- Learn about the seasons and how and when to harvest
- Medium veg box in exchange
- Free community events & farm feasts

What we require

- As Frith is a holistic, shared and community & health centred space we ask that you commit to and uphold our Ethics & Values* at all times

Personal Contact

Name:

Mobile Number:

Email Address:

Home Address:

Emergency Contact

Name

Mobile Number

Work Number

Home Address

Medical History/ Information

Please detail all relevant health conditions including medications and allergies.

Reference from previous experience

Name

Contact

What day/days would you be available to volunteer?

What particular area do you have an interest in developing while at Frith ?

We understand that due to the unexpected plans change, however, we require a deeper commitment from a portion of our volunteers to become workshare members.

To qualify as a workshare member we ask for

- Punctual for Check In meetings (Check in 7:00 or 9:15am)
- Minimum of 4 hours a week
- Minimum of 8 Weeks
- Ability to work independently & follow procedures

Workshare members will receive

- Time learning in-depth about the overall running of market garden , producing seasonal veg to our local CSA members
- Develop an understanding of varieties, sowing schedules & specific plant care
- Learn how to efficiently harvest at the right time
- Veg box for each week worked from when we begin harvesting
- Fee Yoga from Wild Thing Yoga to keep us feeling greater after a hard day of graft
- Potential for paid work