

Green
+ Healthy
Frome

LEARNING INSIGHT #8 FUTURE SHED RESIDENCY MODEL MAY 2026

Future Shed



Green and Healthy Frome is a partnership made up of the following



Funded by:

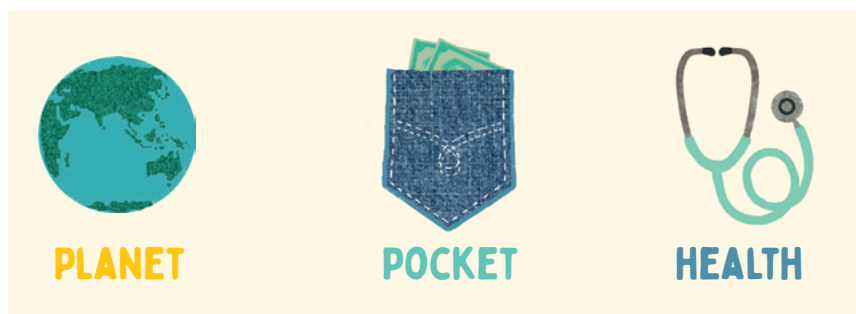


WHAT IS GREEN AND HEALTHY FROME?

Frome is a market town in Somerset, known for its enterprising and independent spirit and for community-led initiatives. It is the home of Green and Healthy Frome¹ (GHF) which was both a project and a partnership of Frome Medical Practice², Frome Town Council³ and Edventure Frome⁴ (a community, learning and social enterprise hub). GHF was funded by the Lottery's Climate Action Fund⁵ for a two year development phase (April 2021 to March 2023) followed by a three year full award (April 2023 to March 2026) to upscale our programme.

Our mission was to engage the community of Frome to make changes which are good for the planet by highlighting climate, health and/or cost of living benefits. We did this by:

- Modelling and embedding sustainable practices into existing systems and structures, both at community and organisational levels
- Promoting community engagement and network building by working with community groups, individuals, and other organisations to enable action on climate and to amplify our impact
- Providing free resources to individuals, families and households, enabling them to make choices which are good for their health and good for the planet, often saving money too
- Using storytelling to promote behaviour and culture change within and beyond Frome
- Using evaluation to share our insights, learning and impact



GHF's core message is that 'people's health and the health of the planet are firmly linked - if we improve one, we'll also improve the other - enabling everyone to share in a better future'.

You can explore Green and Healthy Frome⁶ to find out more about what we did, what we learned and what happened next in Frome.

¹<https://greenhealthyfrome.org/>

²<https://www.fromemedicalpractice.co.uk/>

³<https://www.frometowncouncil.gov.uk/>

⁴<https://edventurefrome.org/>

⁵<https://www.tnlcommunityfund.org.uk/funding/funding-programmes/climate-action-fund-our-shared-future>

⁶<https://greenhealthyfrome.org/>

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WHO IS THIS FOR?

This learning insight is for organisations and climate action focused projects who are interested in models for activating community-led networks and projects. It could also appeal to community groups looking for collaborative and partnership ways of working.

You can also find films, photos and stories which bring the project to life on the GHF website and @futureshedfrome social media account and at edventurefrome.org/offerings/future-shed.

Cover photo: Fridays for Future Action - Everyone Needs Pockets

Photo: Celie Nigoumi

1. INTRODUCTION

'Everything is an experiment' - Sister Corita Kent

FUTURE SHED - A RESIDENCY MODEL FOR SUPPORTED COMMUNITY-LED ACTION

Future Shed⁷ was set up in 2020 by Edventure Frome as a space for people to come together to create a greener, healthier town. In 2023, a toolkit⁸ was made about how and why Future Shed was set up - how we started and grew for the first two years. This learning insight is an addition to that story and specifically focuses on the Future Shed residency programme from 2023 to 2026, as part of the Green and Healthy Frome partnership.

Edventure's Future Shed supported the launch and growth of green and healthy projects and enterprises by building networks, connecting like-minded individuals, and offering free training, coaching and resources to turn ideas into action.

Edventure Frome is a social enterprise which supports community learning. Future Shed grew out of the work that Edventure had historically done through partnership projects that support civic infrastructure, enabling reduced consumption and increased social connectivity - for example the UK's first community fridge, A Share Library of Things and LOOP composting. Future Shed built on this legacy to become the community-led part of Green and Healthy Frome - a route for people to connect, gain knowledge and take action.

Future Shed focused on creating opportunities for people to join free, inclusive community-led networks and projects that fostered a sustainable, affordable and healthy way of living. Alongside the residency programme (the focus of this Learning Insight) Future Shed also:

- ran public events including talks with other partners (to increase our reach and network)
- supported smaller scale projects with a climate/health theme
- organised activities taking place as part of existing large-scale events in the town, e.g. the Children's Festival

Through the partnership of Green and Healthy Frome (GHF), we enabled the cross-pollination of connections, strengthening the impact of our actions, as well as building friendships, trust, knowledge and widening participation.

Future Shed's infrastructure for community-led action in Frome focused around the life essentials that bring us together: food, seeds, clothing and textiles, rivers and water, art and wellbeing. Key to this was our residency model, tried and tested over the three years of our grant from the National Lottery's Climate Action Fund.



⁷<https://greenhealthyfrome.org/future-shed/>

⁸<https://greenhealthyfrome.org/our-learnings/>

WHY A RESIDENCY MODEL?

Through the development phase of GHF (2020-23), Future Shed had identified that 'networks of action' and community-led groups were effective ways to create behaviour change across our communities in Frome. By their very structure they grow and spread, bringing in new people and voices, as well as travelling out into communities and across the town. We were looking for a structure whereby we could support the development of these networks and enable them to be the routes for much of our public engagement and to inspire behaviour change.

Initially suggested by our Lottery grant officer, the 'in residence' model was a means for Edventure to host and support community-led ideas and projects without 'on-granting' which is not permitted under Lottery funded programmes. Artist residencies are a tried and tested structure where an artist is given the conditions to develop ideas and create work through the provision of space, financial support, mentoring and learning opportunities over a sustained time, which often concludes with a sharing of work created.

A Future Shed residency is a period of time where an individual or group works in partnership with Edventure to create and deliver a project or initiative. It's a collaborative process that works to ensure a group is supported and their activities connect to the wider focus across our partnership on climate, health and the cost of living. It enabled our community to come forward with ideas for action, and to design public activities for engagement and visibility.

We recognised that each residency would work slightly differently, and that we should enable an organic and emergent process. Crucially it was not about us at Edventure leading or owning the movement, but instead creating a space and the conditions for people to develop their own projects centred in the community.

WHO WERE THE RESIDENCIES FOR?

The residencies were aimed at community groups or networks that were either nascent or already in existence. The programme's objective was to build 'networks of activity', enabling learning, encouraging behaviour change which benefitted the climate and widening participation.

Future Shed had discovered through our two year 'development phase' of GHF that the majority of people in our communities could relate to, or be affected by, our common themes - food, clothing and textiles etc. And this determined how we communicated about the residency opportunity.

EXAMPLE: SEED SWAP

A seed swap in Frome was a project idea arising from a partnership of interested organisations, including the Gaia Foundation (seed sovereignty) and Frome Field 2 Fork. At a green focused gathering Kerry, who had recently moved to Frome, came forward to volunteer as a coordinator. Kerry started from scratch with little experience but tons of enthusiasm. Through the residency the Frome Seed Library⁹ was set up in the town's library, 'Sprouts' (a monthly under 5s gardening club) began, seed workshops took place in most Primary Schools across Frome and 'Seedy Socials' popped up at different locations, including Frome Medical Practice.

The Seed Library in Frome Library



⁹<https://www.fromeseedlibrary.org/>



Health & Wellbeing Imaginarium with Jenny Lachs at Future Shed

EXAMPLE: FROME FAMILIES FOR THE FUTURE

Frome Families for the Future¹⁰ already existed as a network in Frome with around 50 members. They were running activities alongside a clear mission statement to act on climate at a local level. The group proposed the River Vision Project¹¹, a residency focused on the River Frome which they saw as a key place of connection: climate, people, biodiversity, wellbeing. A river is also free for anyone to access, and the recognition and elevation of this common connection was an important focus. The residency created the opportunity for two key members of the group to deliver a nine month programme culminating in a River Festival attracting 400+ people. The project also enabled the coordinators to connect with many stakeholders locally and regionally and develop resources to share. The residency increased the visibility of Frome Families for the Future across the town and the group influenced regional waterway stakeholders. Frome Families for the Future's network gathered 48 people into a specific Frome Families River Vision support group.

¹⁰<https://fromefamiliesforthefuture.co.uk/>

¹¹<https://fromefamiliesforthefuture.co.uk/river-vision-project/>

¹²<https://www.fromefoodnetwork.co.uk/>

¹³<https://www.fromefoodnetwork.co.uk/canteen>

EXAMPLE: CANTEEN

After extensive research into connecting food resilience with affordability, Frome Food Network¹² proposed Canteen¹³ - a pop-up pay-what-you-can community restaurant serving delicious, locally sourced food, affordable to all. The residency funded the start-up costs and scoping and provided the financial cushion for eight events serving over 1000 meals. The project contributed to the national conversation on social eating and local food resilience.



Table Talker at
Canteen 2025

WHO WERE THE GROUPS IN RESIDENCE WITH FUTURE SHED?

If you want to see which groups or networks took up a residency here are the links:

- **Everyone Needs Pockets Textile Reuse Network** <https://everyoneneedspockets.org/>
- **Frome Food Network** <https://www.fromefoodnetwork.co.uk/>
- **Frome Families for the Future** <https://fromefamiliesforthefuture.co.uk/>
- **Frome Seed Library** <https://www.fromeseedlibrary.org/>
- **Back to Nature** <https://backtonaturecic.co.uk/>

And groups we supported for activities:

- **Health and Wellbeing Network** (monthly meets and activities 2023-24)
- **Sewing The Seeds** <https://everyoneneedspockets.org/project/sewing-the-seeds/>
- **Frome Wardrobe Collective** <https://www.instagram.com/fromewardrobecollective/>
- **Terrestrial with artist gatherings around climate** <https://www.terrestrial.org.uk/projects>
- **Flowers for Good Sustainable Floristry** <https://flowersforgood.co.uk/>

And a group / project that we initiated:

- **Frome Youth Climate Action** <https://greenhealthyfrome.org/youth-climate-action/>
- **Art Materials Give and Take** <https://greenhealthyfrome.org/art-materials-give-and-take-a-run-away-success/>

IMPACTS AND OUTCOMES:



CLIMATE

- Increased knowledge and understanding in the networks
- Visible active presence in our community inspiring participation
- Public activities to raise awareness and communicate
- Neighbourhood scale solutions and actions, while connecting to the global
- Sharing resources and promoting reuse / local sourcing
- Carbon savings



HEALTH

- Increased wellbeing
- Making and repairing
- Making and mending with hands
- Healthier food
- Knowledge and understanding of impacts of climate change for public health
- Visible links between climate and health, eg. the watercycle visual displayed in Frome town centre



COMMUNITY

- New friendships, exchanges, connection
- Building trust
- Being part of a movement
- Cross-pollination of ideas and learning
- Increased connection and resilience through the town



FINANCIAL

- Sharing resources
- Promoting reuse, repair and decreased consumption
- Lowering access barriers by running free activities, pay-what-you-can
- Promoting local cost-effective options supporting local producers

2. SETTING UP

'What needs doing, what skills do you have, what brings you joy? - that's your climate action' -

Dr Ayana Elizabeth Johnson

Climate Venn diagram created by Dr Ayana Elizabeth Johnson

WHAT WAS THE ROLE OF THE HOST ORGANISATION AND LEAD?

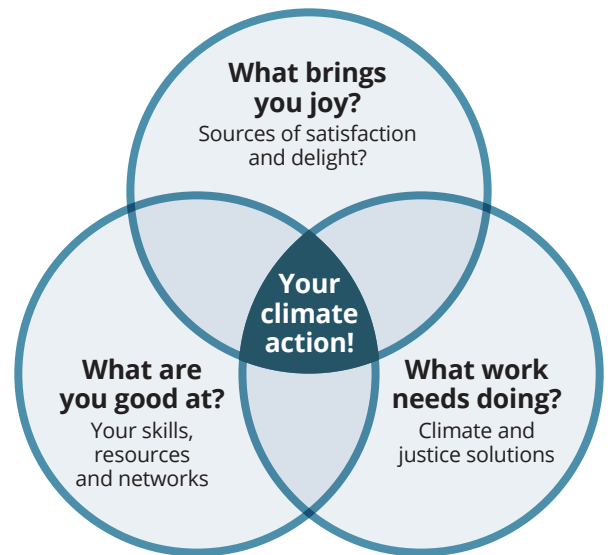
The role of the host of the residency programme is important to get right. Creating too much bureaucracy or micro-managing shuts down unexpected great ideas, but leaving people with too much time and choice risks nothing being realised. In our case the Future Shed Lead, Sue Palmer, worked with the concept of making a 'container', a space that created the conditions for people to come together to make things happen within a culture of enthusiasm, welcome, learning, connection, opportunity, skill and joy.

The Future Shed Lead worked for Edventure to facilitate the GHF residency programme. Sue had life experience as a project manager, creative producer and as an artist. She had also worked on other Lottery funded programmes and in public participation across multiple contexts, bringing a strong skill base for structured support, mentoring and producing.

WHAT DID A 12 MONTH RESIDENCY OFFER TO A GROUP?

Through our Lottery funding, a group / project in residence was offered:

- A project budget of £5k
- Support at all stages from the Future Shed Lead
- Connection to other organisations and stakeholders, and our partners (FMP, FTC)
- Pastoral care e.g. encouragement, problem-solving
- Mentoring and coaching support in organisational development, governance and fundraising
- Being part of the community of Edventure, including using the co-working space
- Being part of a wider partnership, and support through GHF that lifted up the work regionally and nationally



The support needed to be consistent and enabling, and there to 'catch the ball' if things went awry. Particularly important was helping people to think through collaboration, events, budgeting and the opportunities available through the GHF partnership.

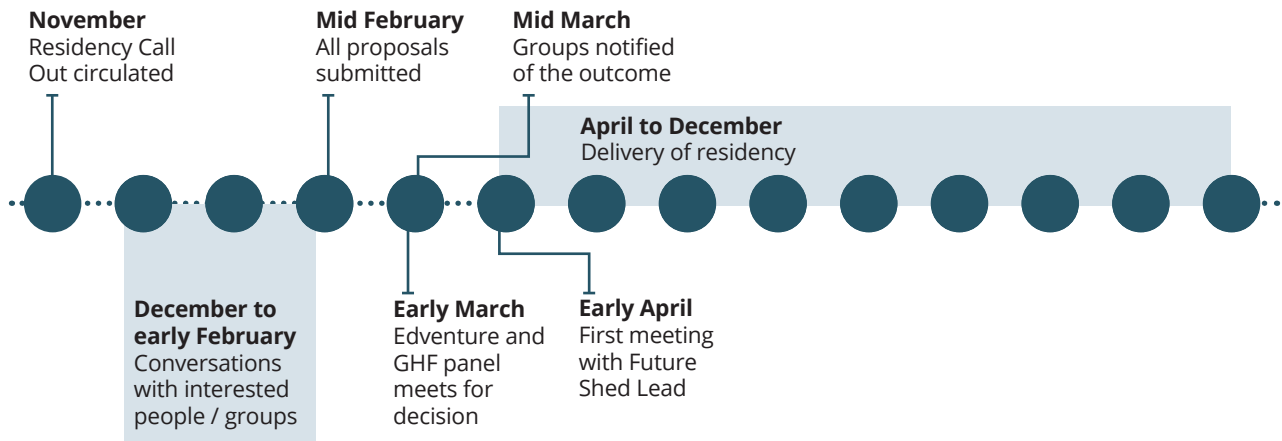
Edventure Frome CIC provided the wider context and support structure. Significantly, Edventure could be less risk averse than the other partners, Frome Town Council (FTC) and Frome Medical Practice (FMP), and comfortable with emergence within a learning by doing culture. Edventure runs a co-working space and courses, with a shared service infrastructure that could support the participatory Future Shed programme, and importantly manage the finance and accounting. Directors and staff were able to step in and to offer advice as well as practical support, whether structural or inter-personal.

And practical and learning support with:

- Meeting space and access to resources e.g. printing
- Guidance on designing and running public activities and engagement
- Marketing and communications, using event and ticket platforms, social media and enews campaigns
- Skills and learning sessions e.g. inclusivity and EDI, carbon literacy, marketing
- Guidance in safeguarding, risk assessment and public liability insurance for events
- Ways of working effectively in relation to aims and objectives, and evaluation
- Access to wider Future Shed funds e.g. budget for sessional event support

WHAT WAS THE TIMELINE OF THE PROCESS?

Here is an example from our Yr 2 programme:



With hindsight, we would have shifted the timeline process to run from September to January, for decisions to be made in early January, enabling groups to deliver their projects from February and enabling a longer scoping and planning lead-in.

Most groups wanted to focus their residency activity in the spring / summer / early autumn, tending to avoid the school summer holidays and midwinter.

HOW DID A GROUP COME INTO A RESIDENCY?

Future Shed drew up an invitation - a call out to the town for groups to come forward with ideas and projects. The call out gave guidance around what a residency could enable, our aims and the support on offer. We shared this through stakeholders, marketing and through existing networks and organisations - particularly those ready to focus on climate.

Groups and individuals came forward with ideas. We held conversations to develop projects with an accompanying budget for the £5k funding. We followed a relational process (which mirrored how we worked with our funders the CAF), filtering projects as much as possible through dialogue before inviting a full proposal. It was also important to fully discuss a project idea to determine how it might fit - for example, as we were in a partnership with Frome Medical Practice, any proposed health projects need to align with NHS guidance or policy.

Some of the criteria for the residencies were:

- To create public engagement and activity that focuses on health and climate, and saving money
- To be part of the Green & Healthy Frome partnership programme¹⁴ and to promote the wider activities for example, Green Connectors, Cycle Together, Healthy Homes and Plastic Free. Period.
- To be a joining point for the community in taking climate-health action: people are motivated to act through what interests them, for example, textiles, cooking, swimming and / or the need to save money
- To develop the skills within the network / group in relation to for example, understanding climate change, facilitating groups, marketing, social justice

¹⁴<https://greenhealthyfrome.org/our-projects/>



Canteen at Trinity Hall Frome 2024

Photo: Peter Halpin

A small team from the GHF partnership led by Edventure staff met to filter these proposals in relation to our criteria, to determine the best fit both in terms of meeting the funding objectives and the practicality of projects given time and resources. The outcome of the process was shared with all the groups submitting proposals.

Another way to do this might be something like a Community of Dragons¹⁵ event where the community gets to listen and vote.

AND OUR OVERALL FUTURE SHED BUDGETS:

- Future Shed operated a core budget of around £11k p/a that covered costs of rentals, communications, operations, event support, materials, expenses
- The residency budget was £26k p/a which broke down into 4-5 fully funded residencies with funding for other activities and partnership projects, plus contingency
- Future Shed Lead part-time salary (24 hours per week)
- Contribution to other members of Edventure staff supporting the programme e.g. 1 day per week on communications
- Contribution to on-costs of Edventure for space, admin support, accountancy etc.

¹⁵<https://reconomycentre.org/Community-of-Dragons>

WHAT WENT WELL

- Adventure as an organisation focused on social enterprise had the capacity to hold groups with flexibility and strength
- Our organisational status and reputation created a good platform for the more adventurous, risk-taking climate and health focused work
- The freedom for a group to design a project according to their interest and agency
- The relational process of working with a group through building trust and knowledge
- A programme of public engagement that was designed to have multiple entry points and connections into and through the GHF partnership programme

WHAT WE LEARNED

- It was difficult to reach beyond our known networks to communicate and engage with people from different socio-economic backgrounds about the residencies, to invite ideas and proposals. Barriers are there in every system and they are often invisible to you but very visible to others
- Clarity up front about what was out of bounds due to our partnership e.g. health related projects in relation to our partnership working with Frome Medical Practice
- To increase focus on outreach and inclusivity from the start and persist with the ways and routes to widen the network's connections and participants, rather than relying on public events for engagement
- More investment focused on building connections by going out to meet stakeholders (public and organisations)
- Focus on equity and the historic causes of the climate crisis are important in a rural context to balance an exclusively local focus



Food and Health Conversation at Frome Medical Practice with Frome Food Network, a GP and health workers

3. DELIVERY PHASE - MAKING IT HAPPEN

'Move at the speed of trust when working with communities'

adrienne maree brown

HOW DID IT WORK?

We learnt by doing - this is very much Edventure's ethos. The organisation had not run a programme like this before. We worked carefully and thoughtfully with people. At the end of the development phase for GHF, we ran a health and climate conference in Frome with 150 attendees. At that event, we invited the key groups that had come alongside our programme to 'pitch' their idea about what they would like to do next, to a small room of delegates. These 'pitches' formed the focus of the Yr 1 residencies, and it was a successful way of gaining interest and momentum. In fact, what became important as the residency programme unfolded was the capacity to cumulatively build on the work the networks and groups were doing.

Rather than a formal contract, Future Shed created a shared MOU (memorandum of understanding) acting as an agreement between the group and Edventure's Future Shed including detail on areas such as:

- Activity timelines
- Responsibilities
- Acknowledging and crediting the programme and funder
- Communication principles
- Equity, diversity and inclusivity principles and practice
- The role of Future Shed Lead
- What happens if things go wrong

The groups followed their planned proposals while adjusting decisions according to the wider responses or opportunities arising, with a timeline for delivery to keep on track. Groups were encouraged to go where doors opened, where people's enthusiasm arose. Future Shed encouraged the projects to actively face the climate crisis, to let it be visible wherever possible. Monthly check-in meets with the coordinators kept planning on track.

A shared online spreadsheet between the Future Shed Lead and a residency coordinator was used throughout the residency detailing:

- Budget and accounting to ensure the recording of all financial transactions (income and payments were managed by Edventure to avoid on-granting)
- Participation record detailing all activities delivered and attendance records
- Number of volunteers and hours given
- Significant moments, collected feedback

Groups had to record their insights in detail as they progressed so that they could:

- Learn from their experiences
- Record participation and outcomes for the GHF and Edventure evaluations
- Create documentation and record feedback for use in their own future funding bids

Every 6 months, Future Shed hosted a meet up between all the residency leads and projects to enable connections between activities, and opportunities for cross-referencing successes and issues, and to focus on where the themes of our work were gaining traction and impact. This created cohesion with the wider partnership and was an important part of the evaluation, with an annual focus group to reflect on outcomes and learning for the programme as a whole.

EXAMPLE: EVERYONE NEEDS POCKETS TEXTILE REUSE NETWORK

In 2023, Everyone Needs Pockets Textile Reuse Network¹⁶ (ENP) seized the opportunity to be the first market town to participate in Sustainable Fashion Week alongside Bristol, Barcelona and New York. It was a way to become a significant presence in our town, and be visible beyond Frome. It focused attention and energy around a week of activities, creating opportunities for people to get involved in mending and improving their clothes, as well as placing facts about the impact of fast fashion in shop windows, the press and social media. Participating in nationally organised initiatives boosts connections, confidence and visibility. Adventurous talks from industry professionals and campaigners inspired learning and discussion, and the confidence to go further. The ENP residency was coordinated by four coordinators - Tamara, Claire, Jill and Anna - who largely volunteered their time, but were paid for organising specific events.

EXAMPLE: BACK TO NATURE

Back to Nature¹⁸ was led by two people - Asia and Lucy - and focused on strengthening women's confidence and knowledge in working with practical tools and wellbeing through regular outdoor sessions. The residency was more contained and supported a smaller group to meet and connect on a regular basis building community in a more specific way. It also supported the organisation to find its feet and strength, and it continues on as a self-organising project.

EXAMPLE: THE FROME FOOD NETWORK

The Frome Food Network¹⁷ (FFN) is coordinated by one volunteer lead Hugh, who works as a freelance journalist and managing local food markets. The network of 160+ local growers, producers and cooks has expanded over the past few years and largely connects online with occasional social meets and farm visits. FFN began the residency by inviting local organisations working in community and food, including the local foodbank and community fridge, to a meeting to discern need and opportunity. Research trips were made to The Long Table¹⁸ in Stroud to learn about their approach. This informed the development of Canteen - a pay-what-you-can community restaurant, popping up in one of the areas of deprivation in Frome. The FFN network provided a sounding board, direct connections to resources, ingredients, chefs and sessional staff and an essential information sharing platform for setting up and running Canteen. The residency was used to create one specific food project that focused on the key aims of GHF within the backdrop of our local food sustainability culture.



Frome Food Network's Canteen opens -
design by Cherry Truluck

¹⁶<https://everyoneneeds pockets.org/>

¹⁷<https://www.fromefoodnetwork.co.uk/>

¹⁸<https://thelongtableonline.com/>

¹⁹<https://backtonatureecic.co.uk/>

HOW DID THE £5K FUNDING WORK IN THE RESIDENCY?

We encouraged each project to have a lead person or coordinator, with the role generally paid at a freelance hourly rate, (we required people to be self-employed). This particularly enabled parents and those working part-time to take up roles. Some residencies were led by one coordinator working closely with a small team, or the coordination was shared between a few people. Inevitably, this was the most complex and compromising area of the residency - equity, accessibility and capacity balanced against a small budget creating ambitious activities.

A significant outcome of the Future Shed residencies was that three residency leads went on to gain employment in a related field, in large part as a result of the experience they gained from delivering their projects. This outcome demonstrated the success of the residency model in improving skills, employability and experience for both the leads and volunteers.

The residency budget was used to pay for:

- Coordination hours
- Sessional activity leaders or organisers
- Expenses for travel, materials
- Running activities including hall hire, sessional rates
- Any admin charges e.g. website fees, ticketing

Public liability insurance (PLI), meeting space costs, and access costs such as childcare, were covered through Edventure and the GHF partnership.

Each residency organised slightly differently according to their project and what suited them or what was possible given limitations. We also encouraged Coordinators to use some of the funds to strengthen their groups for example with website upgrades or fundraising skills. Sometimes projects were very ambitious for the amount of resource, and tipped towards trying to deliver a £10k project on a budget for £5k, risking burnout and precarity. A key role of the Future Shed Lead was to work with groups to balance what was possible.

Example Budget for Everyone Needs Pockets Textile Reuse Network:

Network chair and meeting coordinator - One-off contribution: £250

Newsletter, admin, meetings - One-off contribution: £250

Marketing designer, admin meetings - One-off contribution: £250

Social media, communications, newsletter, admin meetings - One-off contribution: £475

Mend in Public Day - 1x paid event coordinator fee: £150, 15 x volunteers

Talks - 2 x paid speakers inc expenses: £446

Talks programme - 1x paid event coordinator fee: £200

Sustainable Fashion week Coordinator - fee: £525 supported by volunteers at events

Sustainable Fashion Week workshop leads fees x 6 people: £900

Special rope making workshop - fee and expenses for lead: £578

How To Mend Your Clothes - 1 x paid coordinator for monthly sessions: £525 supported by volunteers

Room Hire and expenses: £251

Make and Mend Day - 1 x paid event coordinator fee: £150

Event stewarding: £110

Expenses for Make and Mend Day: £66

Total: £5126.00

Occasionally, workshops were charged for, while always offering a free attendance option, raising some further income for the group to cover their activities, for example the Make & Mend day generated £126 through ticket sales for specific workshops which ran alongside free drop-ins.

HOW DID THE GROUPS RUN THEIR RESIDENCY?

This varied across the residencies. The core principle was a structure of concentric circles:

- One or more coordinators responsible for the overall delivery
- A group of volunteers or sessional staff who regularly attended activities and volunteered to undertake tasks e.g. website development
- The network - a wider group of interested people, keen to support, attending events and holding affinity, but unable to give much time to volunteer

The residency groups connected with local stakeholders and other community organisations in order to embed and connect their projects. It was important for us that the activity bridged to other organisations and communities, and was both purposeful and meaningful to Frome.

Out of this research and initial planning, public activities were designed and delivered such as repair sessions, clothes swaps, film screenings, talks, walks, seed sorting, farm and garden visits, mend in public events, river water quality monitoring and social eating.

EXAMPLE: EVERYONE NEEDS POCKETS

Everyone Needs Pockets²⁰ connected to local stitching groups, second hand and charity shops, menders and repair businesses. Part of their residency was to create a website and a directory of local resources for the public that has become key to supporting other local enterprises such as professional menders. The group also widened their network to other towns and villages - people from elsewhere were welcomed to our meet ups and they often went away to start their own groups and projects. ENP coordinators set up events, and the wider network of around 50 volunteers enthusiastically stepped up - for example, the network regularly takes part in Fashion Revolution's Stitch It Don't Ditch It - a mend in public activity in the local shopping centre, organised by a couple of people, with 12+ volunteers taking part.

The How To Mend Your Clothes is organised by Jill with a surrounding pool of up to 15 volunteers who can support the public monthly sessions. The ENP network also provides a connective structure for other groups including Frome Wardrobe Collective which runs clothes swaps, and Sewing the Seeds, a community flax growing project. Hosting visits from industry professionals and activists became a key part of advocating for how a rural market town could create change. For example, ENP hosted talks by Tamara Cincik from Fashion Roundtable, and Gemma Metheringham, Caroline Till and others from Central St Martin's Regenerative Materials programme. ENP became cited as a good example of how smaller communities can take action.



Mend in Public Day - Street Stitching in Westway Frome

Photo: Celie Nigoumi

²⁰<https://everyoneneeds pockets.org/>

EXAMPLE: CANTEEN

Canteen was powered by the Frome Food Network with 3 key coordinators in place. Hugh, the FFN coordinator, organised much of the back of house like chefs, food supplies etc, space hire, reporting and budgeting. Lyndsey led on front of house, organising staff and managing the event. Cherry created the visuals and communications which defined the look and feel of Canteen. The wider team undertook community outreach and publicity. Canteen paid sessional staff as needed for the pop-up; paying people for their time became an important part of the sustainability and advocacy for this important work. The response from Frome to Canteen was incredibly positive, and the project provided multiple collaborative opportunities.



Canteen In The Park at Victoria Park Frome in August 2025



Frome Youth Climate Group with their artwork *Plastic Bones*

Photo: Celie Nigoumi

A DIFFERENT KIND OF RESIDENCY...

In the final year of Future Shed, we did something a bit different. Alongside the group residencies, we wanted to create a project for young people to get actively involved - this was an important but missing audience. Future Shed partnered with Frome Town Council Resilience, Communities and Young People's Team Leads to instigate a project for young people. We raised further funding via Frome Town Council and our local energy co-op Freco giving us a budget of £11,500 for the year, knowing that working with under 18s needs more resources.

We recruited a freelance project lead to:

- Call out and outreach to schools, homeschoolers and youth groups
- Gather a core group of interested young people aged 12-18
- Facilitate regular meet ups to bring forward ideas that the young people wanted to do

Frome Youth Climate Group

Running over 9 months, the freelance Project Lead used the residency structure, but with additional oversight and support from Edventure due to the participants being under 18. Following the core group getting together, this project created:

- Regular Monday meet-ups for the group
- Nature and biodiversity sessions at a local rewilding project Heal Somerset
- A public artwork *Plastic Bones* made with help from a local artist - a giant globe of plastic collected from the streets
- Two parades of *Plastic Bones*, carried through the town, accompanied by a campaign to inspire action on plastic waste and climate
- A film screening of *Future Council* and panel discussion hosted by the young people and attended by 100+ adults and children

Frome Youth Climate Group²¹ is a good example of a different way to run a residency driven by a specific aim to work with a particular age group, but one that still uses the infrastructure and connections enabled by the partnership. Chris, the freelance project lead, was the organising force and session lead, supported by Edventure.

²¹<https://greenhealthyfrome.org/youth-climate-action/>

WHAT WENT WELL

- The agency given to a project or group to do what they wanted to do
- The capacity and the budget to take risks and try things out
- Public facing and engaging activities which created opportunities for people to get involved
- Multiple ways of making climate and health action visible through our community and across audiences
- Connectedness to other residency projects and partners enabling learning and sharing of ideas and resources
- Cross partnership connection e.g. the food and health public conversation in Frome Medical Practice
- Sharing resources and knowledge across the partnership, particularly via the people in GHF who were working as the connectors to the Frome communities

WHAT WE LEARNED

- Engaging people from different socio-economic backgrounds takes time and consistency of focus otherwise it recedes
- The need for more transparency and structure around who is paid for what
- More consistency was needed across GHF around volunteering including agreements and roles
- Designing, planning and creating always takes more time than we imagine. Pressures of finance, part time work, health and wellbeing are hugely important especially in climate crisis focused work.
- Women are the main organisers and participants in climate and it feels like breaking a sound barrier of some sort to change this. Gender stereotyping is alive and kicking in rural contexts.



Everyone Needs Pockets meet up

4. ENGAGEMENT, PARTICIPATION AND COMMUNICATIONS

'Changing how we organise communities is not abstract. It is as concrete as it gets. It concerns who we involve, the materials we employ, and the encoded power structures. How can we ensure that our organisations share resources fairly, counter dominant-power hierarchies, and help abolish racist institutions? By building reciprocal, accountable, and consensual relations...'

Jenni Laiti, a love letter for worlds in the making

MOVEMENT BUILDING

Central to the ethos of Future Shed has been movement building²². An early workshop with The Social Change Agency²³ focused on the principle of shared purposes, experiences and values - *who do you know, who's alongside you, how do you extend the movement, where do you go next?* While we didn't follow this plan step by step, it always reminded us to build community through positive connection and outreach.

This practice was also inspired by the work of Health Connections Mendip and the Green Connectors - the principle that information is shared largely through personal conversation, so informed and active people would act as signposts, spreading the word, enabling networks to grow and extend; a rhizomatic action perhaps. This worked initially very well, but towards the end of our programme, it slowed - we needed to invest more time and dedication to going out to where other people in our community were, and to have those conversations, which take time, confidence and stamina. For example, we wanted to work with hairdressers, as there is so much conversational exchange in these places, but after an initial positive connection with one or two, the process ran dry because we did not have time to pursue our ambitions.



Fridays for Future Action - Everyone Needs Pockets

Photo: Celie Nigoumi

²²<https://www.everydayactivismnetwork.org/archive/what-is-movement-building>

²³<https://thesocialchangeagency.org/resources/movement-building-canvas/>

ENGAGEMENT

There is always a lot of talk about outreach in projects such as this - how do we connect with others in this critical time around issues that people feel very differently about? - and to communities and places in our towns where people do not have the same access to resources, time and agency?

Each residency worked in different ways in relation to this - some by hosting a large event that would attract a diverse audience such as the River Festival, and others through a need such as the Mammoth Mend Day, or through location, such as the library. And sometimes through connecting with other community groups or persistent outreach.

EXAMPLE: VEG PATCH SPROUTS

After a year of maximising the reach of the Frome Seed Library²⁴ through 2000+ attendances at workshops, school sessions and library events, the coordinator Kerry took a different approach for her next project. Applying for other related local funding, Kerry focused her work on one specific thing - an underused and unloved community garden as part of a social housing complex. Working through a few initial connections in the neighbourhood, Kerry hosted a regular meet for children and accompanying adults - the Veg Patch Sprouts - fixing up the raised beds, getting the garden shed ready as a meeting space.

The kids started to grow flowers and veg from the Seed Library. Over the year, a vital and connective project started, which culminated in the kids growing most of the potatoes for a huge potato salad that served 222 people in Canteen in the Park. This was a great example of collaborative working between projects and residencies. But still, questions remain around engagement - who initiates, who participates, who feels comfortable and how this work is done. To use a quote that circulates around: 'If you're not at the table, then you're on the menu'.



Veg Patch Sprouts - Frome Seed Library

²⁴<https://www.fromeseedlibrary.org/>



River Vision: Jeremy Wade's talk at Frome Families for the Future River Festival 2024

COMMUNICATIONS

Outreach and communication happened through all available means, with no preference. We worked through press articles, social media, listings, posters, newsletters, online groups and sharing through other networks. Go to where you want to reach your audience or participants! Our Instagram account²⁵ became an important point of connection (1600k+ followers) to the local communities and the wider context, linking us with others regionally and nationally. Social media can be an enormous source of learning and uplifting connection, and the groups we work with have largely had very positive experiences sharing their work online and have influenced other projects and people especially in rural communities.

Edventure already had a strong and supportive following on social media and news platforms, and was known in our town as an agent for positive change, so Future Shed was able to build on and out from these existing connections. Not starting from scratch meant we grew faster, and people trusted our platforms and communications.

Our voice was warm, welcoming and inclusive and focused on people taking part - getting involved would make them feel better or make a difference. Sometimes communications were singularly focused on inspiring individual behaviour change, such as the posters about domestic action on pollution created by the River Vision Project.

Many of our communications invited people to get involved in something inspiring. We also connected local action to planetary problems where we could.

²⁵@futureshedfrome

CLIMATE IN OR OUT?

We returned often to the climate venn to appeal to people's interests. The continual question alongside was whether to mention climate or not - Who would be put off? - "this isn't for me", or Who would it attract? - "thank goodness I've found other people". This has changed over recent years due to the climate crisis gaining attention, and is still a focus of conversation for our partners and groups, as it needs to be. Some projects held it explicitly, some quietly, but all of them had that underlying story and focus.

Climate connects everything and yet it is intangible, impossible to grasp. It's here and it connects us to elsewhere - clothing bought in Frome is made in Bangladesh, then dumped in Ghana. We tried to make visible the damaging and extractive histories that have brought us here. Water from around the globe is in the River Frome, oil from the Niger Delta is in our cars. How do we mend a hole, and pay attention to how that clothing came into our hands? The Future Shed Lead encouraged a focus on the climate crisis as a connective place to history, social injustice, racism and inequity, encouraging groups and projects not just to look to the local, but to connect the work continually to the global story and to understand the intersection of the impact of the climate and health crisis on marginalised people and communities.

GATHERINGS AND EVENTS

Activities hosted by the groups popped up all over the town - the local climbing centre hosted How To Mend Your Clothes, the Town Council chamber saw talks and socials, and we held public mending sessions in the shopping centre and shop windows, with other activities outside in parks and along the river.

Each group or project curated an intentional programme of activities that focused on their interest with lots of opportunities for others to take part in different locations. We found professionals living in our town who were working remotely or commuting, who could bring first hand knowledge into the room - business owners, media services, even an arctic geologist. These connections were very important as staff and volunteers gained the knowledge and confidence to articulate climate and health impacts and outcomes to other communities. The GHF partnership was particularly valuable for Future Shed networks to explore the interconnectedness of themes and actions.



Gem introducing 'I Am The River' song at the 2024 River Festival

EXAMPLE: PARTNERSHIP WORKING

Frome Food Network met with a nutritionist and GP at Frome Medical Practice to discuss health conditions related to food, as part of planning the meals served at Canteen²⁶. A partnership event 'Canteen in the Park' involved Frome Town Council, Frome Seed Library, the Community Fridge and Victoria Park Cafe. This outdoor event in a public green space provided multiple connections to a wider public, serving 222 meals.

EXAMPLE: PUBLIC CONVERSATION

A public conversation was held at Frome Medical Practice, with two doctors - a GP of human health and a Dr of Earth Sciences to explore the connections between the local and the global. This conversation connected the planetary watercycle to the River Frome, including the pharmaceuticals in our waterways. The conversation was recorded and made into one of the GHF podcasts.²⁷

EXAMPLE: BEING PART OF THE LARGER CONVERSATION

Everyone Needs Pockets coordinators - Tamara and Claire - were invited to speak online as part of a World Circular Textiles Day *'The social value of the third sector'*²⁸ hosted by Thread Republic. This was a significant platform to share how Everyone Needs Pockets was addressing planetary issues at a local level.

²⁶<https://www.fromefoodnetwork.co.uk/canteen>

²⁷<https://www.mixcloud.com/FromeFM/11-green-healthy-frome-240326-the-global-and-the-local/>

²⁸https://youtu.be/EcFnKYCf6l8?si=_b6lW5WZBDbBNhHY

A DETAILED EXAMPLE OF ENABLING PARTICIPATION AND ENGAGEMENT

Frome Families for the Future - River Vision Project²⁹

September 2023 to March 2026 - two residencies with Future Shed, with a break of 9 months between.

This activity programme was planned by two key coordinators - Gem and Lizzie - with additional sessional event staff, commissioned artists for specific activities (song writing, graphics, illustration) and volunteer support for larger event delivery. A break in the activity allowed the coordinators to assess what and where their energy was best placed. The residency context also enabled the group to apply for additional funding from the Town Council to scope and run a public consultation about improved public river access.

- Key members of the group undertook in-depth research and learning about the river Frome and water pollution
- Connected to stakeholders and existing groups such as Friends of the River Frome to learn about the wider watershed and river catchment
- Worked with diverse user groups
- Ran walks and talks along the river exploring nature and biodiversity
- Ran a public consultation on increasing access to the river with a survey, market stall and communications
- Worked with the Council to improve a riverside path
- Ran a river monitoring programme with BART³⁰ including training citizen scientists
- Wrote a song 'I Am the River', with an intergenerational group of children and residents of a care home and performed and recorded it as a single
- Hosted a river walk with a GP discussing the impact of pharmaceuticals on water quality

- Commissioned an illustration of the watercycle specific to Frome and created a shopfront graphic beside the central bus stop in the town
- Ran a River Festival bringing together all the stakeholders and user groups for a gathering of river dipping, information sharing, music and talks attended by 400 people
- Created a series of graphics for households and businesses - free downloadable posters and adverts in the press focused on your bathroom, laundry, kitchen and garden - *the river begins at your sink ...*
- Engaged with other projects focused on waterways including a local rewilding site and We Are Avon³², a larger regional river catchment organisation



Kitchen Tips poster made by Frome Families for the Future designed by Tamsyn Gill

²⁹<https://fromefamiliesforthefuture.co.uk/river-vision-project/>

³⁰<https://bristolavonriverstrust.org/>

³¹<https://fromefamiliesforthefuture.co.uk/river-song/>

³²<https://www.weareavon.com/>



River dipping at the 2024 River Festival - Frome Families for the Future

WHAT WENT WELL

- The wide range of activities enabling multiple routes for participants
- Increased communication around how to take action on climate and health in your place
- Visible interconnections
- Communications and partnership working
- The number of residents of all ages participating in events

WHAT WE LEARNED

- Signposting across the GHF project did not happen enough. Groups focused on their own activities and often left out the wider context. We needed each group to assign one person with this as a key responsibility.
- Communicating about climate is complex, social media posts get censored, it takes time to think through messaging
- Activities and events are usually more time-consuming to organise and manage than you think!

5. MONITORING AND EVALUATION

Collecting evidence and analysing the impact of our actions is important not only for the CAF funded GHF project overall, but for each project and group to go forward after the residency and programme was completed. At the start, a simple guidance was given to each residency project. A dedicated spreadsheet held:

- A budget record detailing all spending so it was clear what had been spent
- A participation record collecting the numbers of people attending and ages where relevant. We did not collect demographic data as in many cases it was not appropriate for the activity - we wanted to create as few barriers to engagement as possible.
- The number of volunteers and the hours given
- Results of actions e.g. clothes repaired, information or guides handed out, seeds swapped, clothes swapped, food waste collected

We encouraged groups to gather:

- Photographs of events (collected with permissions)
- Testimonials and feedback
- Stories of change

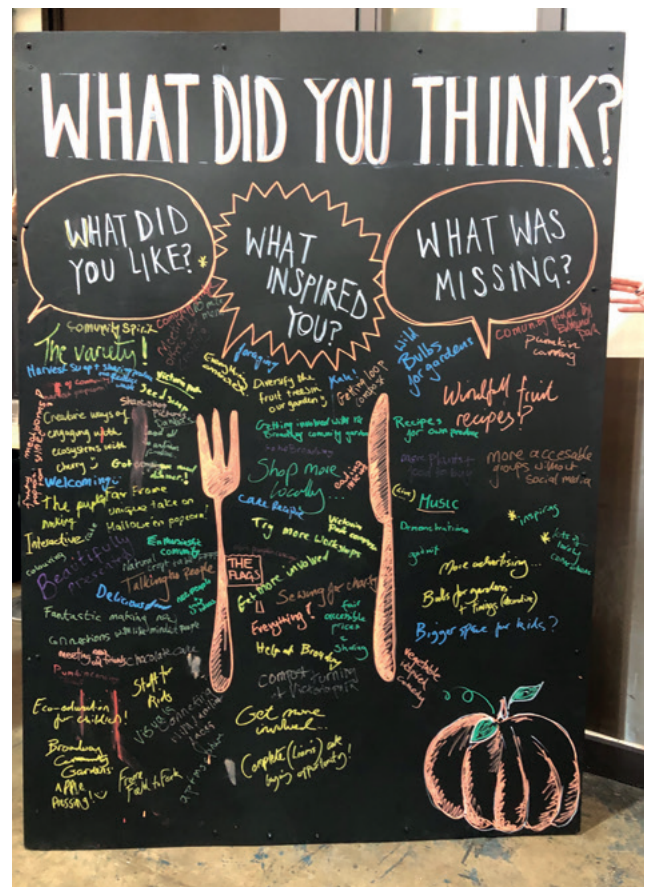
We gathered feedback through comments books, collected testimonials first-hand at events, inventive games at activities such as one provided by our evaluators, anonymous surveys and through focus groups.

At our Pumpkin Day activity, artist Cherry Truluck and volunteers created this board with 3 questions, to collect feedback at the exit to the event. These responses went on to inform the Canteen community restaurant project (see image to the right).

We held focus groups and collective meetings to have conversations about:

- What changed during the project?
- What have you learnt?
- Were there any outcomes or impacts which were unanticipated or surprising?
- In retrospect, what would you have done differently?

These shared records have enabled the groups to collect substantial evidence and documentation useful for evidence, advocacy and future funding applications.



Feedback board at Pumpkin Day 2023 made by Cherry Truluck and volunteers



Frome Food Network's Canteen at Trinity Hall in 2024

Photo: Peter Halpin

IMPACTS:



CLIMATE

- Increased knowledge and communication of climate and health connection
- Carbon emissions saved eg clothing repairs / swaps, food waste, seed swaps
- Regional connections and bridges created with other climate groups
- Visible and actionable local solutions connected to the global



HEALTH

- Improved awareness of food and relation to public health
- Increased wellbeing through making and mending
- Increased knowledge and action on health impacts of climate crisis
- Informed and connected with health services



COMMUNITY

- Volunteering and time given
- Numbers attending public activities
- Increased community connection and cohesion
- Movement building in Frome
- Resilient networks
- Greater awareness of how communities can respond



FINANCIAL

- Repairing, reuse and swaps
- Reduction in consumerism
- Increased equity through pay what you can offer and free tickets
- Residency funding enabling increased public activity, wages and support

This work contributed to wider system change by creating visible and impactful community-led action to climate and health and our town.

Our evaluators, The Conscious Project³² detailed some of the carbon and financial savings from the residency programme in their Final Project Evaluation³³:

Reference values for carbon and financial savings from activities in the seed Library, Everyone Needs Pockets and Canteen residencies were identified and used to calculate examples of estimated savings:

Residency	Type of saving	saving	source of reference values	confidence
Everyone Needs Pockets	Garments / textiles repaired not replaced	8,963.5 kgCO ₂ e	WRAP ³⁴	reasonable
Frome Wardrobe Collective	Garments swapped not bought new	111,255.5 kgCO ₂ e	WRAP ³⁵	reasonable
Seed Library	Packets of seeds swapped not bought	£7,500.00	Average shop price of packaged seeds	reasonable
Canteen	Food waste to compost not landfill	600 kgCO ₂ e	WRAP ³⁶ and Kitche ³⁷	reasonable
Canteen	Hyperlocal food with minimal food miles	1,764 kgCO ₂ e	Food Miles ³⁸ and My Emissions ⁴⁰	low



Chefs Tom Wilford and Bitra Fallah serve at Canteen in February 2026



Clothes Peg Mending kit by Everyone Needs Pockets to give away at Mend in Public Day

Photo: Celie Nigoumi

³²<https://www.theconsciousproject.org/>

³⁴<https://greenhealthyfrome.org/our-learning/>

³⁵WRAP (2025) Displacement Rates Untangled

³⁶ibid.

³⁷[https://www.wrap.ngo/media-centre/press-releases/household-food-waste-levels-threaten-uks-carbon-reduc\[on-ambif\]ons](https://www.wrap.ngo/media-centre/press-releases/household-food-waste-levels-threaten-uks-carbon-reduc[on-ambif]ons)

³⁸<https://kitche.co/impact/>

³⁹<https://foodmiles.com>

⁴⁰<https://myemissions.co.uk>

FURTHER LINKS:

- Watch The Story of Frome Library Garden & the Seed Library <https://youtu.be/0B-iy5n4rAl?si=pulgvvtmoCjUti8df>
- Find out all about the Canteen project, how it worked and watch the film of Canteen in the Park <https://www.fromefoodnetwork.co.uk/canteen>
- Watch videos from the Future Shed residency programmes <https://greenhealthyfrome.org/watch/>
- Listen to podcasts about climate and health: <https://greenhealthyfrome.org/listen/>
And three very relevant episodes:
 - The Power of Community <https://www.mixcloud.com/FromeFM/7-green-healthy-frome-251125-our-7th-show-the-power-of-community/>
 - The River and Water Health <https://www.mixcloud.com/FromeFM/9-green-healthy-frome-270126/>
 - The Global and the Local <https://www.mixcloud.com/FromeFM/11-green-healthy-frome-240326-the-global-and-the-local/>
- Read articles and posts about activities on the GHF website <https://greenhealthyfrome.org/read/>

edventure 

If you are ready to take community action on climate you will find our Rural Changemakers resource invaluable. The Resource captures five years' of learning from Future Shed as well as the insights of our six co-creators from nearby rural communities. Discover our collective insights about changemaking in countryside contexts and the collective impact we can achieve when we join up within and beyond our communities

www.edventurefrome.org/rural-changemakers

FURTHER INFORMATION

This learning insight was written by Sue Palmer, Future Shed Lead, supported by Becky Lovegrove, GHF Project Manager. Thanks to the team at Edventure Frome and all the residency Co-ordinators, sessional workers, volunteers and community members who supported this vital work. Thank you also to our partners Frome Medical Practice and Frome Town Council for providing opportunities to the Future Shed residencies in your organisations and across our town.

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Illustrations: Jenna Herman jennadoodles.co.uk
Design: Nick Moyle inkcapdesign.co.uk

You can find our final Project Evaluation, further Learning Insights and Toolkits in Green and Healthy Frome's [learning resources](http://www.greenhealthyfrome.org/our-learning-resources).⁴¹

Green and Healthy Frome is a partnership made up of the following



Funded by:



⁴¹<http://www.greenhealthyfrome.org/our-learning-resources>

