



FROGS Newsletter April 2022

Frome Recreation and Open Grounds Supporters

Pumptrack 10: Sunday 11 September Celebrate Ten Years at Welshmill!

Ten years ago, FROGS played a big part in getting Lottery funding for the creation of the Pumptrack and the playpark refurbishment at Welshmill. We worked closely with the Town Council to design and commission the facilities and even got involved in laying turf in the pouring rain!

It's time to celebrate the tenth anniversary of the opening and with funding from the FTC People's Budget, we are planning a day of activities for all ages at Welshmill on **Sunday 11 September** from 12 noon to 3pm.

Save the date in your diary!

We've lined up an amazing interactive BMX demo by Fusion Extreme with have-a-go sessions throughout the afternoon, and a skateboard Half Pipe show is also planned. We'll have scintillating displays on the Pumptrack, which will inspire you to give it a go. There'll be bike repair and maintenance advice, and attractions like the Smoothie Bike, Bling Your Bike and a Bubble Bike. If you're a creative person you'll love Spin Art!

Welshmill and the river have abundant wildlife and you can learn all about it with Somerset Wildlife Trust and local naturalist Tony House who will also be there with photo displays and personal stories. And, if we can get enough helpers, we also hope to have various Big Games and a Toddlers' Obstacle Course for the smallest riders.

Bring Your Bike or Scooter With You!

You'll need it for Bling Your Bike, repair and maintenance and maybe even have-a-go sessions.

We need volunteers to help on the day for the following tasks:

10am to noon	Set up
noon to 3pm	Supervising Big Games
noon to 3pm	Stewards
noon to 3pm	Assisting with activities
3 to 4pm	Clearing up

Please let us know on enquiries@fromefrogs.org.uk if you would be able to lend a hand.

We also need materials for Bling Your Bike - fabrics, ribbons, glittery stuff etc - we'd be glad of it now! Please contact us as above.

And finally, very many thanks to the Town Council for the funding from the People's Budget and their help in enabling this event - we'll do our best to give everyone a great day out!



Froglife Pond at The Other Side

Have you seen the new wildlife pond at The Other Side? With help from Frome Town Council, our friends at Froglife have created a lovely natural-looking pond which we hope will attract frogs, newts, birds and all sorts of insects. There are tadpoles and water-skaters there already. A great job!

Froglife is a community group for people with early-stage dementia; they undertake gardening and support wildlife projects together.

Pond Dipping

The Wild Bunch plan a Pond Dipping session at The Other Side on Thursday 16 June. The group will be investigating the wildlife at the new pond, trying out some pond-dipping methods and talking about amphibians.

Gardening at The Other Side

Spring is here, the flowers are growing, and so are the weeds!

We have resumed our volunteer gardening at The Other Side and plan to meet regularly on Tuesdays from 11 to 12 noon from 26 April onwards, weather permitting.

Please come along with handtools and gardening gloves, if you can.

Green Community Connectors

FROGS are keen to get involved in this initiative which aims to draw out the link between a person's own health and that of the planet. We will be meeting with Charlotte Carson from Frome Medical Practice on Wednesday 27 April at 10am at the Town Hall to hear more about it and learn how to promote the scheme. FROGS Supporters are warmly invited to join us - please let us know on enquiries@fromefrogs.org.uk if you would like to come along.

Frome Children's Festival

The 2022 Frome Children's Festival will take place on Sunday 21 August between the Cheese and Grain and Welshmill.

Purple Elephant, the organisers, have booked lots of very accessible activities already - the main emphasis of the festival will be inclusion for all.



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