

Opening the Heart



Saturday 21st July to Wednesday July 25th, 2012

*Family Camp
for current subscribers of The Mother magazine
Limetree Farm, near Ripon, North Yorkshire*

Camp Information

In our experience, not many people read through the entire camp information. *Please do not sign this booking form unless you are clear about what is expected of those taking part, and that you're willing to be part of a cooperative experience.* We hope that you choose to come, and look forward to welcoming you.

The Venue

Limetree Farm is a beautiful piece of land in North Yorkshire. It's on 40 acres, and includes wild-flower meadows; ancient woodland; an Iron Age roundhouse for workshops/ceremonies; a stone circle; a secret spring which has produced water for 3,000 years; and a bird/badger hide (log cabin) from which to view wildlife in the gill. This place is home to a wide variety of wildlife such as badgers, deer, foxes, owls, hedgehogs, voles, 80 species of bird, and more than 85 types of wild flower. The land is away from towns, near to a small village, yet just eight miles from Ripon for those coming by public transport. There's a daily bus to Ripon from Leeds. You can catch a taxi from Ripon to the site. This property is in an Area of Outstanding Natural Beauty, and under conservation. As guardians of the land for five days, we intend to leave it as we find it. We need your help with that

**** Location/directions & map will be sent out after full payment has been received.**



Activities/workshops

There will be various activities available at camp for those who are interested. Further details will be made available nearer to the time of camp. Our current programme includes:

The Healing Labyrinth

Facilitated by TM health/homeopath columnist, Sara Bran

- 1.) Workshop on using the labyrinth as a healing tool.
- 2.) Outdoor labyrinth
Weather permitting, one special evening, a labyrinth for the whole camp.
- 3.) Healing birth labyrinth
This is for those mothers, fathers and children who would like to heal their birth experience.

Homeopathy of the Heart

Facilitated by TM health/homeopath columnist, Sara Bran. A talk about remedies that have a particular affinity for the heart on a physical level (dealing with high blood pressure etc.), and the remedies that heal or open the heart. Sara will explain how to use other remedies to support the heart centre.

Opening the heart through singing

Facilitated by Emily Stewart

Everyone can sing! Emily will show us how we can open our hearts through singing.

Men's group

Facilitated by Paul Robinson

Keeley's craft café for children

Facilitated by Keeley Farrington. Keeley will lead a heart-based craft session for children. Her sessions at previous camps have been a huge success.

Colours of the Heart Workshop

Facilitated by Sara Simon
(breastfeeding leader and artist)

The colours of the heart will be a colourful workshop, encouraging people to close their eyes and try to let go of Earthly colours (given that they are not real anyway!).

It doesn't matter if you "can't draw" ... it's about movement and colour, the heart chakra, and the meaning of colours.

It will begin with a small ceremony to open the heart.



Honouring your Venus

Facilitated by Veronika Robinson

Using astrology, we'll identify the 12 ways to love and be loved, according to which sign Venus is in our natal chart. If you expect to attend this workshop, send me your and/or your child's birth date, time and place of birth before camp. You'll then know where Venus is in relation to your chart for the workshop. Knowing what inspires our Venus helps us to find joy.

Also at camp:

Eat gingerbread heart-shaped cookies when you arrive at camp
Damper (camp bread) made at the campfire on the first evening at camp
Men whittling sticks for damper
Tin can phones
Community felt blanket
Forest school activities for children of all ages
Alfie's annual ventriloquist show
Music around the campfire (bring your instrument/s)
Origami workshop led by Niall; Friendship bracelet workshop with Rowan
Holistic beauty workshop ~ make lip balm and face cream
Make your own greeting cards ~ with a heart theme
Love songs at the campfire

Shared evening meal

Our on-site wholefood vegan community kitchen works best when a bunch of happy campers contribute their time and energy to help with food preparation, or serving up meals, or washing up. Please remember that this camp represents the TM ethos ~ not hurting animals; and we ask that you do not bring meat (red or white ~ that is, including chicken and fish/tuna) onto the campsite.

Fresh drinking water is always available.

Infant Milk

We're aware that not all TM babies are breastfed. Please note that we're unable to provide artificial milks, or plant milks, for babies. The milk we have available is only for hot drinks and cooking, and not for consuming by the glass/bottleful.

Non-violence

This is the ethos of *no harm or violence* to living creatures. This is also one of the goals of TM.

You will need to bring

Firstly, you'll enjoy your camping experience much more if you're well prepared. PLEASE ensure you bring warm clothes for day and night, as well as wet-weather gear (wellies, raincoats, hats, and towels for drying off)

- [] Tent/tarp/yurt/dome, tipi ~ or whichever is appropriate shelter for your family.
- [] Sleeping gear ~ sleeping bags/blankets/duvets, pillows, camping mats.
- [] Torches/lanterns for visiting the loo at night or going to/from the communal campfire. You might like a bucket for night-time toileting to save walking to the loos.
- [] Large dishwashing bowl for your family. We have dish-washing liquid.
- [] Clothing for warm or cool conditions.[] Food for breakfast and lunch for your family.
- [] Wellies ~ please bring them. This is England, and Summer is not guaranteed to be hot and sunny. The better prepared you are, the more chance there is of enjoying yourself no matter what the weather throws up.
- [] Comfortable shoes. The main camping areas are in meadows/fields that are relatively flat. Wear something comfortable and appropriate for going through the woods, which can be steep in parts.
- [] Toiletries. Please ensure that any toiletries which will end up on the land (toothpaste, shampoo, as well as dish-washing liquid) are biodegradable and eco-friendly.
- [] There is running water (potable) from taps.
- [] We have a gas-fired hot shower for those who'd like to use it. Please bring your own eco-soap/towels.
- [] Natural insect repellent, such as lavender or tea tree oil
- [] Natural Sun protection: wide hats, long sleeves (and you can sit in the shade)
- [] Plates, dishes, cutlery, cups. That is, whatever you and your family require to eat and drink from. You'll find it easier to carry your hot meals if you bring a tray. You'll be responsible for cleaning your own family's dishes. Bring tea towels.

- [] We'll provide soap, loo paper in the toilets, clothes line for drying clothes/nappies, and pegs.
- [] We'll have a first-aid kit, homeopathic remedies, flower essences and some essential oils to hand.
- [] Please bring comfy cushions/blankets/rugs for sitting on/camp chairs.

The Camp Guidelines

Some people find these guidelines very daunting, but we promise that they contribute to a harmonious camp reflecting the ethos of TM, and they provide a comforting 'hug' to camp in an environment in which everyone is nourished.

"After wondering about the camp rules, well, I'm a complete convert. It's been lovely to know my children won't find E number sweets lying around, or a drunken adult to contend with (or worse). A few days of consideration to others is a small price to pay for that." ~ Vikki, TM Camp 2011

"There was something really special about bringing together like-minded families in such a beautiful place. The rules, which seemed a little daunting initially, made perfect sense once we were there, especially not having the constant interruption of mobiles (something I'm keen to continue!). I really enjoyed being in the company of families, and have come away feeling energised, inspired and smiling inside and out. Seeing the children play so freely in Nature, away from the confines of toys and organised activities really brought home to me their true free-spirited natures, and I realise how less really is more for their learning and play." ~ Clare, TM Camp 2011

Please do NOT bring

X plastic toys/plastic dolls

X computer games

X games/toys which promote violence ~ guns, swords, bow and arrows, knives... (though we do understand they will almost certainly make swords out of sticks). We ask that you be mindful of whether your child is hurting others.

X mobile phones: the camp will be a radiation-free zone, so please keep your phone switched off, and if you must text and chat on it, would you be kind enough to take it off the property (out of the car park) and away from the general camping area.

Thank you.

X no alcohol ~ this is for safety reasons.

X no drugs (apart from prescription).

X no smoking of any description on or near to the entrance of the property

X dogs! We know your pooch is part of the family and how much you love him/her, but s/he can't come to our camp, because this is a conservation site

X If anyone in your family has recently been vaccinated (in the previous two months before camp), please **DO NOT** come to camp. Vaccines shed viruses for some time after, and this puts non-vaccinated people at risk of a man-made disease far worse than the wild one.

Camp as a cooperative

In order for any community to function well and easily, it depends on the people within it being willing to cooperate and take part with a joyful heart, and a willingness to see themselves as part of the whole. We hope that everyone who comes to camp will contribute, and that every adult knows how to do every job on the rota, making it a true 'cooperative'. For this reason, we ask you to commit to jobs on the rota. Without your support, help would have to be brought in, and the camp costs would be a lot higher. We see work as 'love in action', and hope you'll find this to be your experience at camp. Some of the best conversations take place while cooking and cleaning up.

If you're intending to come to camp as a single adult and are on your own with children and feel you won't be able to help in some way (for example, cleaning the toilets or chopping vegetables) then please allow someone else to take your place at this year's camp.

Zero waste challenge

Our aim is to leave zero waste from our camping experience. We'll compost, re-use and recycle everything we can, and we ask you to do the same. There'll be recycling bins at camp. If you're putting something in there, e.g. a glass or tin, please make sure it goes in the right box, and that it has been rinsed out first. Every year after camp, Paul and I spend hours picking up little bits of litter from around the site. Please commit even just ten minutes of your time at the end of camp to help us tidy up.

Respect for environment

We're camping on a very beautiful site which is home to many forms of wildlife. Please help us respect that. For example, please don't bring disposable nappies to camp, unless they're ones which easily decompose on the compost heap or that you take home with you. No disposables on the campfire please. As mentioned, there'll be a clothes line/pegs for hanging up cloth nappies.

We also want the children at camp to be on a natural high, not hyped up from artificial stimulants. This is why we ask you not to bring junk food or sweets.

Our aim for this retreat is for it to represent the values and ethos of TM: in the magazine we don't promote junk food and drinks, plastic toys, computer games: and we warn of radiation. Here is your family's chance to experience that for a few days in the company of other people who also care about such things.

ROTA

There are various jobs which need your help, so please be mindful of this before booking for camp. It is important that EVERYONE contributes to the running of camp. It really does make the world of difference when everyone happily participates.

We will have stewards in place to organise the cooking of the evening meal, however they need a lot of help in chopping vegetables. Even if you can only offer fifteen minutes of time to chop that would be wonderful!

The camp kitchen is a FANTASTIC place to develop friendships. Our only requirement is that young children are not in the kitchen too, due to the open gas rings. They're more than welcome to help you with vegetable chopping under the gazebo.

- vegetable chopping/grating/slicing/mixing/stirring as per the stewards' directions
- food servers. This job involves helping to serve up meals so that people get their fair share
- tea/coffee counter ~ ensuring adequate tea/coffee/water and milk/sweeteners are available at all times, and that the area around it is kept clean and tidy so wasps don't come to camp
- checking toilets have enough paper, soap, and are generally kept clean ~ though we hope people tidy up after themselves/their children as they go along. Toilets need to be sprayed/wiped with disinfectant about three times a day (we provide rubber gloves).
- washing saucepans, bowls, etc., used in food preparation, etc. (Camp attendees will be responsible for washing their own plates and cutlery).
- general jobs, as allocated by stewards, such as moving compost, taking wood to the fire
- recycling ~ washing out ALL glass, tins, and sorting plastic, etc., into containers for recycling after camp.

FIVE DAYS

Attending the camp is on the basis of staying for the whole duration. We don't offer 'day' options as it changes the energy for the other people attending.

If you can't stay for the whole camp ~ from Saturday to Wednesday, please do not book.

BOOKING FORM

(Please return this section only, and keep the camp information for yourself)

Camping Cost

Camping only option: the camping cost is £200 per family (up to two adults, and children). (This covers camping and hot drinks, as well as contributing to the various and numerous 'invisible' expenses that are involved in hosting this camp)

Evening meal cost

(We're providing evening meals, however, everyone will need to self-cater for breakfast, lunch and snacks).

All meals will be free of meat, dairy and eggs.

Add the following to your camping fee:

£26.00 PER ADULT (this covers all four evening meals, including dessert)

£13.00 PER CHILD (if your child requires adult servings, please order that).

Deposit

We can only take a limited number of families at camp. You can reserve your place with a deposit.

20% deposit is required upon booking, and the balance to be paid by 10th May 2012. If your balance is not paid by the due date, we will offer the space to a family on our waiting list. So, write the date on your calendar as we won't be chasing up payments.

The deposit is NON-refundable, and the balance, once paid, is also non-refundable (unless cancelled by us) regardless of your situation. We have a number of financial commitments that must be met in order for such a camp to happen. Payments can be made in instalments after the deposit is paid. Be sure to tell us each time you do this if paying by BACS.

Method of payment:

Send **cheque** to: The Mother magazine and post to Croft House, Glassonby, near Penrith, CA10 1DU, Cumbria, UK (British sterling, please)

OR

pay by **BACS** to our bank account:

Account name: The Mother magazine, (Triodos Bank)

Sort Code: 16 58 10 Account No: 20140614

Reference: your full name that you're subscribed under (please tell us if you choose this option so we can find it on our statement)

OR

PayPal: we will accept payment by PayPal if paying in full; *please add £7.00 to cover fees.*

PayPal to: mothermagazine@hotmail.com You can use the 'donate' button on the TM website.

REGARDLESS of how you choose to pay, we must receive your booking form before your place can be confirmed. We're unable to hold your place without a deposit.

PLEASE (pretty please) write clearly, ideally in BLOCK LETTERS.

Name under which TM subscription is held:

_____ (please note, this camp is only for TM subscribers who are current at the time of booking, and at the time of camp).

Names of all people attending, and ages of children.

Address

POSTCODE

Phone

Email

This is a vegan/vegetarian campsite. You can choose food from our menu ~ or BYO. Please note that we ask you to honour our camp guidelines. Our menu is Fairtrade, and where possible local and organic. The ethos is vegan, with the option of sugar or honey as a sweetener.

I agree to honour and respect other camp attendees at all times.

I agree to a code of non-violence.

I agree not to bring or consume drugs, alcohol or junk food/drinks to the camp or at the camp.

I agree not to bring plastic toys/games to camp (apart from balls/bats used for communal play).

I commit to being part of the community spirit, and will take part in helping to keep the campsite clean, tidy and smoothly run.

I agree to helping with jobs.

Signatures of all attending adults.

Please ensure each attending adult understands the ethos of TM and the camp, and has read and understood this camp information.

TM photographs:

We would like to take photographs of children and their families at camp for use by The Mother magazine. If you're not happy to be included in TM in this way, please let us know.

yes, I'm happy

no

Skills/talents:

If you've particular skills/talents you'd like to share at camp, please don't be shy. Tell us what they are.

First aid:

Are you skilled in first aid?

Yes

No

Responsibility:

Please note that the owners/editors of The Mother magazine are not responsible for you and your family. At all times during camp, your family is your responsibility. Children must be supervised at all times. In the past, one of the yurts was badly damaged by a child pushing fire sticks into the canvas. As we're financially responsible for such things, please be mindful of how your children handle such property.

I have enclosed:

Please note the price includes all workshops/ activities.

Deposit (**20% of total including food, if applicable**) made payable to The Mother magazine or paid by BACS
(tell us the date payment is due in our account, and amount paid), or Paypal.

Signed booking form

Number of adults attending _____

Number of children attending _____
(and ages at the time of camp)

Number of adults' meals:.....

Number of children's meals:.....

Allergies?.....(name of person who is allergic)

Please post booking form/ menu to:

The Mother magazine, Croft House, Glassonby, near Penrith CA10 1DU, Cumbria,
UK.

Enquiries: mothermagazine@hotmail.com

or phone +44 (0)1768 897 121

Office use only:

Date received:

Current sub?/Expires?:

Deposit received:

Catered option? Yes/no Adults: Children:

Balance due: