Dear Friends,

As summer comes into bloom at Ammerdown, we are delighted to fully welcome guests to the Centre. Having ridden the COVID storm, many groups and individuals are returning to enjoy the peace and tranquility that Ammerdown offers.

We hope that you will enjoy our new Ammerdown Quarterly Programme. Over the summer, we will be welcoming the NHS Chaplains back to Ammerdown for some peace and recuperation. We are aware that their work continues to be challenging. Please do invite the Chaplains where you live to join us!

For those who live on the doorstep, do join us for Sunday Afternoon Cream Teas and our Family Fun Day, as well as the theatre productions that will take place in the garden in August: Much Ado about Nothing and Alice in Wonderland. There’s also an opportunity to volunteer in the garden as we bring the well-trodden labyrinth back to life.

In line with our aims to do our part to avert the climate crisis, we have invested in some sturdy garden furniture, made from sustainably resourced wood, as well as some battery operated garden equipment. Olly has also developed a composting system second to none!

We are delighted to tell you that this month we start our Taize services again, welcoming Jane Lilley to lead us. Join us every third Wednesday of the month, in the Chapel, 7-8pm, for a beautiful evening of prayer and meditation with live music, readings and times of stillness and silence, followed by tea and coffee.

Last month, Ammerdown was represented at the 60th anniversary celebrations of Coventry Cathedral, at a service led by the Archbishop of Canterbury, Justin Welby. We were also delighted to welcome Theresa, one of the current interns at the cathedral to Ammerdown for a few days. Together we prayed the prayer requests that are regularly hung on the prayer tree in the Chapel.

Soon, it will be time for Ammerdown to celebrate 50 years. We are looking into a number of ideas including: the Ammerdown Anniversary Weekend; speakers on topics related to our core values Hospitality, Peace and Reconciliation; a refurbishment project; planting trees and roses in our garden; a 70s evening; and a time-line display about Ammerdown. More news in our next newsletter.

In August, we bid farewell to Lauren as our Social Justice Initiator. We are grateful to her for all the new projects she has started and, in particular, her energy and enthusiasm. She will be missed, but we wish her well as she takes up a place at Cardiff University.

We hope that we will be able to welcome you all back to Ammerdown soon!

With warmest wishes

Christine and Debbie
Lead and Deputy Lead Manager
Meet Our New Kitchen Staff
We have recently welcomed our brand new kitchen staff to the Centre. We introduce Steve, our new Head Chef, Sous Chefs Sharon and Summer and our Catering Assistant Tina. They have already produced some outrageously delicious lunches and suppers as well as some scrumptious freshly baked cakes! We have also got some super efficient new kitchen porter’s: Sophie, Callum, Bradley and Seb who fit into the team perfectly.

We are still looking for a Sunday Sous Chef and a full time Sous Chef for maternity cover.

Farewell from Lauren
It feels like only yesterday I was sitting here writing my first newsletter entry and now - just a short 9 months later - I am writing my last.

I joined Ammerdown in September as the Social Justice Initiator. I moved out of my family home and into the beautiful on-site flat to start my journey here, feeling nervous yet optimistic as I stepped foot into my first ever meeting with Christine. We sat down and spoke about my ideas and goals for the year ahead and what I wanted to do with my time here.

Since that first planning meeting, many of the discussed projects have blossomed and come to life. Our free Cuppa and a Chat monthly meeting group is going strong, with 20-30 people attending each month. The kids craft morning - Trash2Treasure- has been successful at teaching children about climate change and they have made some amazing recycled items. Our Toilet Twinning campaign is still persevering and we are on track to have all of the toilets in the entire building twinned by September. We have massively reduced our food waste by using Too Good To Go to sell our cakes that don’t get eaten and we have recently signed up for the ‘Future Friendly’ award scheme which is allowing us to work towards bettering the environment.

I have loved every second that I have spent here and I truly believe it is the best decision I have ever made. I think that this role is the perfect opportunity for anyone who is looking to take a year out and put their time into something meaningful, rewarding and beneficial. This job has encouraged me to develop so many skills which I will carry through into the future such as interacting with others, talking on the phone, developing and creating media, running events and working in a small team. It has also provided me with countless incredible opportunities such as getting to meet Mohamedou Ould Slahi, visiting the Bath Mosque, participating in a zoom call with the Archbishop of Canterbury and networking with amazing people.

I’ve made many friends among the staff and guests here who I will dearly miss. Ammerdown is not only a beautiful place to live but also to work and I can’t wait to hand over this incredible opportunity to the next person who takes on this role. I hope they enjoy it as much as I did!

Lauren
Lauren Tutchell, Social Justice Initiator
GAP YEAR in SOCIAL JUSTICE @ AMMERDOWN

Are you passionate about social justice? Do you want to make a difference?

Ammerdown is offering a one year Social Justice role to someone who will help develop and support the social justice programme at Ammerdown as well as contribute to the general running of the Centre.

There is also the opportunity to initiate your own projects.

This is a live-in role. Starting August/September 2022.

Please contact christine.clinch@ammerdown.org for more details.

www.ammerdown.org

Closing date: 20th June, 2022
Thank You Theresa!

At the beginning of May, we were lucky enough to have Theresa come from Coventry Cathedral to give us a hand at the Centre and see how things are done around here! Theresa spent time with all of the staff, lending a hand in the kitchen and bar, as well as spending time with Lauren looking at our social justice initiatives.

Who are you?
I’m Theresa, I’m twenty years old, I’m a volunteer intern at Coventry Cathedral, from Germany.

What do you do in Coventry?
I’m mainly based in the schools’ team, where I help with organising school events. Sometimes I help the events’ team when they need support and on two days a week I welcome people to Evensong at the Cathedral.

What do you enjoy the most about being there?
I’m actually enjoying the variety of people that I meet and jobs that I do. For example, the Cathedral are sending me around the country to places like Ammerdown, where I get to see how they work and what they do.

Have you enjoyed your time at Ammerdown?
Absolutely I have! Everyone has been extremely welcoming and kind. Its been great to see how well everyone works together in a team and how much everyone enjoys their job.

What are your plans for the future?
Soon I will apply for University but I haven’t decided what to do yet. I will probably do a course called ‘Transnational Social Studies’ back in Germany.

We wish Theresa the best of luck with the rest of her internship and all of her future endeavours!

An Ammerdown For Everyone!

As you may already know the Ammerdown Centre is a not for profit organisation, meaning that no one person profits from the courses and events held at Ammerdown... everyone does!

For every course booking, private stay, conference booking or even cream tea any profit goes towards the free or subsidised courses that we run for the local community, free interfaith talks and events and even allows us to use the more sustainable tea, coffee and cleaning products throughout the Centre. We, of course, keep this topped up with donations, legacies and other funding.

At Ammerdown we are unlike a normal business, we don’t strive to be the biggest and the best financially, instead we strive to be the best for the environment, best for the people around us and the best for you, our beloved guests.

If you ever have any other ideas on how Ammerdown can be better then please do let us know!
Do you have any old photos?

Could you write a short article about your Ammerdown memories?

Who would you like to invite to speak in the special anniversary year?

How would you like to celebrate?

Please send all ideas to Tina - Tina.patterson@ammerdown.org
An Update on Toilet Twinning
We have now begun our mission to twin all of the bedroom toilets after managing to complete all 10 downstairs loos! We have twinned 17 so far and are very close to the end goal to have the entire Centre twinned! A big thank you to everyone that has donated so far but especially to 9 year olds Esmae, Tilly and Thomas who all ran and swam great distances to raise over £575 for our toilet twinning campaign. If you come and stay at our Centre, you may notice their certificates in your bedroom loo! If you’re interested in getting involved, or want to know more, head to our website and go to the Just Giving page or, alternatively, you can email Lauren - Lauren.tutchell@ammerdown.org.
Lauren Tutchell, Social Justice Initiator

Hidden Creatures
The longer days give us plenty of time to enjoy the garden allowing us some time to sit quietly and observe nature. The air is full of flying insects, bees are buzzing from flower to flower, birds are diving from the trees to the feeders. All of these creatures and plants, their interactions and relationships, come together to form the ecosystem.

Some of the most important members of this complex ecosystem are the detritivores; the organisms that feed on the dead material of the garden. They break down all of the dead leaves, wood and animals as well as providing a major food source for larger animals such as birds and amphibians. Looking after detritivores will support all life in the garden.

Luckily, looking after these animals is simple and you can try it if you have an outdoor space, you just need to provide them food and shelter. One of the best ways to do this is to build a log pile. Save your tree prunings, ask your neighbours or speak to a local tree surgeon and collect together some wood. Pick your spot, stack up your wood and let the creatures move in. Within a few days there will be thousands of woodlice, springtails and millipedes.

Go out and investigate your mini habitat, take a magnifying glass, gently remove some pieces of wood and see what’s living inside, peel back some bark and see what’s underneath. You may be surprised by some of the creatures that have made your log pile their home...

Olly Jones
The Ammerdown Gardener
At the beginning of May, we were lucky enough to have Theresa come from Coventry Cathedral to give us a hand at the Centre and see how things are done around here! I’m Theresa, I’m twenty years old, I’m a volunteer intern at Coventry Cathedral, from ‘Transnational Social Studies’ back in Germany. Thank you Theresa!

I’m mainly based in the schools’ team, where I help with Ammerdown, where I get to see how they work and the jobs that I do. For example, the Cathedral are assigned a number. Each month one number is drawn and the winner receives £50 of the money. The rest is donated to the Ammerdown charity. A cheque is posted to the winner and their name is featured in the Quarterly Newsletter. Please contact the Centre for information on joining the club.

C. Bucklitsch – March 2022
S&R. Meadows - April 2022
N. Lestrange - May 2022

Taize is back!
Led by Jane Lilley

At the Ammerdown Chapel
Every Third Wednesday of the month
19:00 - 20:00

A beautiful evening of prayer and meditation with live music, readings and times of stillness and silence.

15 June
20 July
17 August
21 September
19 October
16 November

The 100 club is a monthly draw where you pay a minimum donation of £12 for the year, to be assigned a number. Each month one number is drawn and the winner receives £50 of the money. The rest is donated to the Ammerdown charity. A cheque is posted to the winner and their name is featured in the Quarterly Newsletter. Please contact the Centre for information on joining the club.
Ammerdown Family Fun Day!

Bank Holiday Monday
29th August
12 - 4pm

- BBQ -
- Cream Teas -
- Icecream Van -
- Face-painting -
- Bouncy Castle -
- Pre-loved Clothes and Book Sale -
- Treasure Hunt -
- Live Music -
- Pimms and Prosecco Bar -
And much more!

Ammerdown Cream Teas

Join us between 2pm-5pm for our famous homemade cream teas throughout June, July & August!

June
Sunday 12th
(with Open Garden)
Sunday 26th

July
Sunday 3rd
Sunday 10th
Sunday 17th

August
Sunday 14th
Sunday 21st
Sunday 28th