

Mosaic

Putting
the Friends
of Unstone
Grange
in the
Picture



Issue 10
Summer
2002

Organic Extravaganza!



Staff and volunteers at Unstone Grange are busily preparing for what promises to be the biggest and best organic garden open weekend yet.

Come Saturday and Sunday - August 3rd and 4th - visitors to the Grange will be able to experience many new changes in the 4.5 acre, Soil Association certified site.

It's the place to be for anyone - beginners and old-timers alike - who want to know more about how to grow organic fruit and veg'.

Alongside tours of the garden and expert advice, there will be information stalls and dis-



plays as well as a selection of plants and heritage seeds for sale. Furthermore, eager

organic beavers will be able to indulge themselves at the now famous Julia's Kitchen.

Veteran of these 'Henry Doubleday weekends', professional cook Julia will be serving up a range of delights in her organic & macrobiotic café.

Everyone is welcome between 10am and 6pm both days.

For anyone serious about food, gardening or having a good day out, it's not to be missed!

In this Summer Issue...

Unstone's
Calendar of Events

**Recent
Goings-on
at The
Grange**

On-site
Massage

**Raw Food
Special**

Action
for
Access

**Volunteer
Bonanza**

And more ...

Why Mosaic? - We chose the name Mosaic to emphasise our commitment at Unstone Grange to Unity in Diversity. Each of us is an individual, yet crucial, piece in the great mosaic of life. And we all have the power to affect the big picture.

Hello Again

And many thanks to guest editor and one-time Unstone resident volunteer Steve Kingdon who has returned the Mosaic editorial hot-seat to me in good condition.

Steve has a hotter seat now at BBC Television Centre where he works in his new role as a sub-titler. - you can see his work most evenings if you click on teletext666

As for me, I'm back with you for another edition, which I trust will keep you up to date with developments here at Unstone - inside and out.



Don't forget, if you want to make a contribution to a future issue of Mosaic, drop me a line to the address on the back, or better still, email me:

mosaic@carlmunson.com

Carl Munson

Message Hotline:
01246
290822

Unstone residents Matty & Carl are training in massage therapy.

If you or your group could do with some treatment call the number above.

"One must learn to care for oneself first so that one can dare to care for someone else. That's what it takes to make the cage bird sing."

- Maya Angelou

Good goings-on at the Grange



Money for the greenhouse came via Derbyshire Community Foundation, Lloyds TSB Foundation, Wren Recycling and COV.

Thanks are also due to Safe and Sound workers Chris, Lee, Carl & Dean for doing a great job. Well done guys!

Lots has been happening around here lately!

Just look (left) at the progress that's been made with the greenhouse restoration project.

And contrast it with the dilapidated eyesore that many visitors had become accustomed to ...



the 2002 project

Around 34 visitors, all keen to find out more about the Unstone Grange Organic Gardening For Health Project, turned up at the Grange on Monday 17th June.

The networking day funded by the 2002 Project drew interest from delegates as far afield as Derby and Wakefield and fea-

ured professionals and volunteers from other funded projects like the Hunloake Community Garden, from Sheffield Health Authority and a whole range of environmental & voluntary sector organisations.

An excellent organic buffet was supplied by regular

Unstone Grange caterers Elaine Casey and Pete Edwards which boasted the Grange's famous blue potatoes as well as a crowd-pleasing selection of organic salads, fruit, chocolate & flapjack.

Project co-ordinator Androo Thornton said: "I was really pleased with the way the day went. We are very proud of the success of our Organic Gardening for Health project, it was wonderful to share our story with so many new people."

Credit where it's due

Unstone Grange Chair Steve Baker was able to show his appreciation to Chesterfield Action for Access's path layers - who re-visited the site for a Soft Landscaping Training event in May.

Spiritual Paths?

The chaps had come back to spend a morning with

Grange staff Steve Bollom and Carl Munson, where they learnt about plants and planting to complement their hard landscaping skills.

The training session was capped with a barbeque courtesy of the Grange - despite torrential rain - and the presentation of certificates to recognise the great work carried out by the pavers over the last few months.

To the Unstone Grange trustees, managers, volunteers, housekeepers and cooks...

Thank you to you all for your kindness in every shape and form for offering such a valuable service to the community, not only in treating everyone as equals.

In today's society, unfortunately, people try to constantly outdo and try to better others in egotistic power trips. But at Unstone Grange it is unique in offering disabled people time to gain in confidence offering them a sense of social well-being, tranquillity and often - in a short time - total trust is achieved for everyone in a relaxed environment.

This is a peaceful, tranquil place to be, offering a service which is invaluable to the community offering a wide spectrum of support to everyone.

Unstone Grange is the place to be folks! Not only in Derbyshire but to everyone in the country far and wide.

Well done Unstone Grange!

Kind Regards,
Tony Ainsworth, Mental Health Voluntary Worker in the community and member of NSF (National Schizophrenia Fellowship) - June 2002

Volunteers... coming out of our ears



This motley line-up records the extraordinary day when over 30 people converged on Unstone Grange at the height of our recent maintenance volunteer session in May.

The get-together broke all previous records thanks to the dedication and persistence of resident volunteer Bobby Andrew - despite a toe injury mid-session.

Many came, and much good work was done. Big thanks to all of you who were there.

Join the next LPT gang - the pre-Organic Garden Open weekend effort - 30/31st July & 1st August 2002

Contact Bobby or Carl on 01246 412344 ASAP!!!

Who's Who at The Grange?



Who are you?

I'm Steve Baker and I am Chair of The Unstone Grange Trust. I've been in the role for 10 years.

What does your job involve?

On a day to day basis, I take care of administrative and financial matters. I'm here for a minimum of two days a week plus I turn up for other meetings. There's a thousand small things to do and hundreds of big things, so I'm always busy with something.

What inspired you to get involved?

It seemed like a good idea at the time!

How do you see the future of the Grange?

I'd like to see sustainability here in many different ways, so that the Unstone project has long and fulfilling life ahead.

A Little Bit of History

Anyone interested in the history of Unstone Grange might like to know that some of its features date back to the 17th Century.

The most prominent 'Victorian' aspect of the site was built around 1848 and yet in the cellar sits a mullioned window, part of an original rear wall, measuring 22" x 42", around which revolves the Grange's 17th century origins.

Quite what the window looked on to is a mystery, as the gradi-

ent of the hillside goes up! The window has been cut through to make a doorway, but the jambs, lintels and mullion are still in place as is part of the window sill. The stone



frame has been chamfered, which can be indicative of early medieval design.

Another intriguing feature, also to be found in the cellar, is a stone

trough measuring 67" by 42", and 17" deep. The stone is approximately 3" to 4" thick with an inside depth of 11" to 12". The trough was probably used for salting and it's thought that the present house must have been built over it as there is no way it could have subsequently been placed there.

Thanks are due to Mr. Stanley Jones of the Vernacular Buildings Group in Sheffield and Pam Staunton from the local archaeological society.

Snippets...

The Unstone Grange Trust Committee welcomes Barbara Johnson as a new trustee.

The Unstone Grange Renovation and Maintenance Fund has been launched, a grand total of £16.50 has been raised through sales of marmalade!

The bedrooms at the Grange have been given names. Now Ash, Beech,

Holly, Hazel, Oak, Cedar, Maple, Rowan, Walnut & Willow - the change brings a less institutional feel to the place.

6 long-awaited new beds and mattresses have arrived and been put into immediate use.

Following rigorous training, Unstone resident Steve Bollom is now a qualified chainsaw operator.

*A bit of
Recent visits
said of
plus
"Local, low
friendly, hassle
and
Would you re
others? - "No
keep you to*

First historical details
of site emerge

1431

'3 Hearths' in
Derbyshire Hearth
Tax Assessment

1662

Deeds refer to
erected h

1776

An Unstone Timeline

Free Food, Free Bed and How About a Massage?

Yes! That's the deal when you join us for the 'LPT' (Light Projects Team) volunteer days at Unstone Grange.

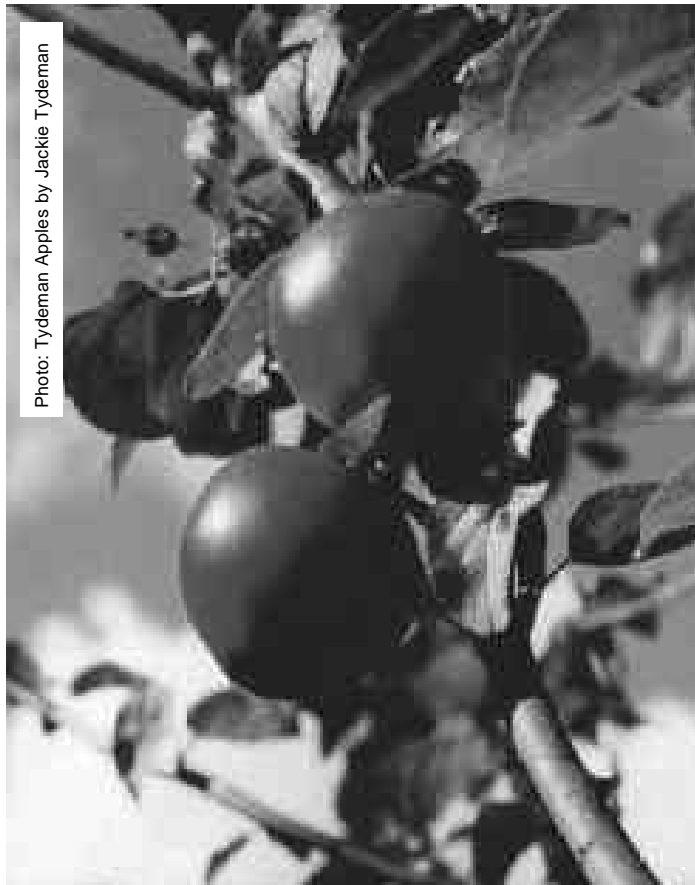
There's plenty of work to do for every level of ability, and in the evenings we take it easy - soaking up the Unstone Vibe!

Skills like massage, music and cooking are shared.

Next session: 30th July to 1st August

Call: 01246 412344 to get involved.

Photo: Tydeman Apples by Jackie Tydeman



COME TO
Apple Day At
Unstone Grange
27th October 2002

Who's Who at The Grange?



Who are you?

I'm Angela Barney and I'm Manager at Unstone Grange. I have worked here since 1992

What does your job involve?

It's more a matter of 'what doesn't it involve'!

I manage the Organic Gardening for Health Project, bookings, organise volunteers and fill in many, many fundraising forms.

I've also set up a lot of the systems in use here at the Grange.

What inspires you?

For me, it's the people and teamwork. I enjoy the cooperative spirit of doing what we do here. This is an inclusive place - there's something for everybody.

How do you see the future of the Grange?

*Glowing!
The Grange has a brilliant future if we can keep finding resources.*

Feedback...
the NSPCC,
Grange's
ts:
gardens,
ee, spacious
y"
end us to
d like to
selves!"



Invitation to explore!
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In 1987 Harry Palmer created a course that gave people the tools to create the life they want. It was based on the simple concept that your beliefs will cause you to create or attract situations and events that you experience as your life. By changing your beliefs you can also change your life.

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For information about Avatar, introductory talks, books and course details please contact -
Bobbie Gillingwater Tel:01509 267110
Email: gillys.avatar@connectfree.co.uk

Henry Rangely buys
Grange for £3690

1848

YWCA buys
the Grange

1944

Sheffield
Education Dept.
buys the Grange

1950

Unstone Grange Trust
buys Grange in
rescue plan

1997



The Unstone Diary - Bookings 2002

To book, call the Unstone Office on: 01246 412344
 or download a booking form at: www.unstonegrange.co.uk
 Shaded dates denote bookings, unshaded dates are available at time of going to print.
 All bookings are subject to change.
 * denotes provisional booking.

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

July

5th-7th *Rinkaghyn—Special needs music group* (Closed)
 9th-10th *Workshop Youth Team* (Closed)
 19th-21st *Private Function* (Closed)
 26th-28th *Star Fire Warrior Workshop** (Open to all) Simon Treselyan 01332 672104
 30th-31st *Unstone's 'Light Projects Team' volunteer session*

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August

1st *Unstone's 'Light Projects Team' volunteer session* (continued)
 3rd-4th *Unstone Grange Organic Garden Open Days*
 16th-24th *Dance Camp North* (Open to all) Roger Wolfe 01943 603796
 31st-1st September *Nat. Inst. Of Medical Herbalists* (Closed)

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September

31st August-1st September *Nat. Inst. Of Medical Herbalists* (Closed)
 6th-8th *Community Composting Network* (Open to all) Nick McAllistair 0114 258 0483
 9th-10th *Doncaster Community Arts* (Closed)
 12th-15th *Institute of Cultural Affairs (UK) Volunteer Foundation Course* (Closed)
 14th *Sound Energy Day* (Barn only - Open to all) Rosie Mor 01484 865931
 20th-22nd *Manchester Carers' Group** (Closed)
 27th-29th *Queer Goings-on* (Closed)

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October

4th-6th *Occasional Shapers (Shapenote Singing)* Details: Ba Wheeler 01522 532988
 7th-11th *Growing Old Disgracefully* (Closed)
 11th-20th *Institute of Cultural Affairs (UK) Volunteer Foundation Course* (Closed)
 25th-27th *Edward Carpenter Community* (Closed)
 27th *Unstone's very own 'Apple Day'* Details: www.unstonegrange.co.uk
 30th *Sheffield Women Working in Change & Development** (Closed)
 31st Oct.-3rd November *Veggie Ventures* (Open to all) Nigel Walker 01760 755888

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November

31st October-3rd Nov *Veggie Ventures* (Open to all) Nigel Walker 01760 755888
 8th-11th *Co-counselling International* (Closed)
 15th-17th *Dances of Universal Peace* (Open to all) Helen Evans 01507 524673
 29th-1st December *Ananda Marga* (Closed)

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December

29th November-1st Dec. *Ananda Marga* (Closed)
 6th-8th *Manchester Carers' Group** (Closed)
 18th *Sheffield Women Working in Change & Development** (Closed)
 20th-22nd *Lodge of the Singing Stones Solstice Gathering* (Closed)
 24th-27th *Lincoln Circle dance Group* (Open to all) Jane Wise 01526 320086
 30th Dec.-2nd January 2003 *Purple Sausages* (Closed)



Experience the benefits of *Passive Aerobic Exercise* with The 'Chi Machine' at Unstone Grange

Based on over 38 years of scientific research, there are now over one million of these patented medical devices in use around the world

Help your body's natural healing processes, boost vitality & aid relaxation.
Assist your metabolism by lying down and enjoying stress-less exercise!

For a FREE no-obligation demonstration
 Call 01246 413800 or mobile: 07779 167631



How To Put More *Life* Into Your Life

To the delight of everyone present, raw food expert Kath Clements talked (and shared some of her excellent home-grown delights) at this year's Unstone Grange AGM. In this article, she offers a few tips on how you can get more vitality in your daily life.

In our quest to maintain and improve our health, there is a simple truth that most of us avoid, though it is usually staring us in the face at least 3 times a day: *fresh food is alive, and cooked food is dead*

The foods that are alive are those which are capable of further metabolism, such as ripe fruits (which contain the seeds of new life), raw nuts, unprocessed seeds, sprouted seeds and grains, and roots, shoots and green leaves which are recently harvested.

The foods that are 'dead' are those which have been preserved in toxic chemicals; have been processed in factories; have been pasteurised or boiled to death in canning factories, and also those which have been deliciously cooked on your own kitchen stove.

Heating breaks down the molecular structure of food so that vitamins often break down completely, fats produce toxic free radicals and, most importantly, enzymes are completely destroyed when the temperature rises little above body heat!

Our bodies need a range of enzymes for every single metabolic process and though the body makes many of the enzymes it needs, food is a major source, and 'living' foods are the only food source.

Our enzyme reserves are depleted by illness, exercise, stress, pollution and ageing, and cooked food will deplete them even further. Eating enzyme-rich foods helps maintain our enzyme reserves, and can even delay degeneration and reverse chronic ill health. The living foods lifestyle can lead to a further stage of health and well-being than most of us ever imagined possible.

Foods which are still living are those which carry most 'chi', 'prana' or 'life force'. The wonderful thing is that,

It's a simple matter of choosing life over non-life

as we become acquainted with healthier food choices, and once we have spring-cleaned our system, our instincts are gradually and surely re-awakened - and, given the taste of truly fresh and life-full foods, we are inevitably guided to choose those with most life in them.

It's a simple matter of choosing life over non-life, and the more often we choose life, the healthier we will be and the healthier we will become. I'm not suggesting that you throw out your cooking pots immediately, but that you think about it and perhaps take a first step on a journey.

Take advantage of your body's natural diurnal cycle by consuming only pure water and fruit in the mornings. This will prolong the 'elimination' phase of your body's housekeeping so that you are effectively performing a worthwhile 'detox' every single day. This may seem incredibly hard at first but people who stick with it usually find that it becomes extremely easy and enjoyable.

vitality tip 1

When eating fruit, always eat it first, rather than after, a meal. Fruit is very easily assimilated and, when you eat it first, the goodness will go straight to where it is needed, rather than sitting on top of food which is slower to digest. Similarly, if you are eating cooked food, make sure the good stuff - the raw stuff - goes in first.

vitality tip 2

Eat a green salad every day - and that's not just lettuce. Variety is important, and chlorophyll is what keeps us all alive. You do not need to cook ANY green leafy vegetable and if you feel you really can't digest the very fibrous greens at the moment, then very lightly steam them.

vitality tip 3

Get into the habit of sprouting, so that your kitchen windowsill just does not look right unless a few meals are happily germinating there. You don't need fancy equipment - a sieve and a bowl will do for starters. There are chapters on sprouting in many books on healthy eating.

vitality tip 4

Make uncooking into a plus, not a minus, in your life - don't 'do without' things but ADD things! Promise yourself that you will try as many fruits, leaves, nuts and seeds as you can, including wild ones. Enjoy.

vitality tip 5

People who have been eating living foods for months and years generally prefer simple, unprocessed meals, consisting of few or even just one food item at a time. However, gourmet eating is also possible and the field is wide open to our imagination.

Kath Clements is based in Sheffield and runs occasional Living Foods Days. Phone (0114) 268 3865 for further details, or go to: www.k-clements.fsnet.co.uk

Friendly disclaimer: Articles, opinions, statements and advertisements appearing in Mosaic or forming part of events here are made on an individual basis, unless otherwise stated, and do not necessarily reflect or represent the views and policies of the Unstone Grange Trust.

To:



If undelivered, or the addressee has moved, please return to:
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WHERE WE STAND

The guiding principle of The Unstone Grange Trust is '*Unity in Diversity*'. We believe that interconnectedness, built on the firm foundation of mutual respect for each other and our differing choices and life paths, is the key to the future.

We recognise that our diversity is our strength. We affirm the importance of learning to respect and cherish our differences, and from them build bridges of love, tolerance and understanding. We recognise that our chance to be part of the solution rather than part of the problem will be greatly improved by each one of us consciously *Taking Responsibility* for our own personal, spiritual and creative development learning.

The ways in which we choose to do this will be many and varied, and up to us autonomous individuals.

WHAT WE DO

As our contribution to the Collective, we are committed to sustaining and managing Unstone Grange as a beautiful place where people can come together to explore and grow in their understanding of life, themselves and others.

We make no judgements about what people do here, other than asking that our guiding principles of *Unity in Diversity* and *Taking Responsibility* are respected, and that Unstone Grange is left in as beautiful a condition as they found it.

HOW WE DO IT

We do this in three ways:

- * By making Unstone Grange available as a venue to a wide variety of groups and organisations
- * By organising our own events and courses across the spectrum of possible life choices
- * By offering people the opportunity to join with us as volunteers in this contribution to the collective



Giving Thanks...

A very special thank you to The Consortium on Opportunities for Volunteering (COV) and the Department of Health for funding our groundbreaking Organic Gardening for Health Project. The project has been especially helpful to people with special health needs & has been called a 'preventative health service'.

