



Wild Things Course 2019

A Year of Wild Food & Medicine

Year Two

About the Course

We are very excited to welcome you to Wild Things year 2! During this 8 month journey we will be deepening our exploration of the wonderful wild herbs growing all around us. Together we will continue our discussions on the importance of sustainable harvesting practices & low impact foraging, whilst delving deeper into the world of botany, ecology & sensory herbalism. We will be building on our existing knowledge & gaining confidence to apply what we have learned through herbal energetics & participatory learning. Like year one, our classroom sessions will be made up of a mixture of theoretical & practical activities, & we will be visiting seven new habitats on our herb walks. Combined, this will aid confidence in both medicine making & your personal relationship with our herbal allies.

During this course we aim to celebrate some of the many herbal traditions within the context of our bioregion. As a co-op we want to foster an increased engagement of the wild weeds around us & support others to engage in a social & environmentally sustainable exchange of herbal medicines around the globe. We aim to foster a culture of empowerment towards our own health, & one of diversity, inclusion & understanding.



Course Content

- Another 40 herbs including fungi and seaweeds
- Further study in botany & ecology
- Practical medicine making sessions
- 7 herb walks to new locations in & around Edinburgh
- An introduction to the history & philosophy of western herbal medicine
- Deeper study on themes such as seaweeds, fungi & trees lead by specialist tutors
- Enhanced participatory learning approach with more self-led learning through independent plant study outside the classes
- Opportunities for participants to have a go at leading tea tastings & presenting their experiences of plant study
- Increased knowledge of applying herbs as medicine through study of herbal therapeutics, energetics and actions.
- Opportunities to develop individual practice through take-home case studies

Course Outcomes

- Build onto knowledge of plant, algae and fungi species and wider families
- Improve botanical identification skills
- Visit a range of habitats in and around Edinburgh to deepen an understanding of the plant communities and ecological niches in various localities
- Reflect on ecological harvesting techniques and connect personal practice to wider social and environmental issues
- Try out recipes and build confidence in remedy making towards a home medicine chest
- Continue to develop and deepen a sensory approach to herbal medicine
- Gain insight into the edible and medicinal properties of common British plants, with a deeper focus on the properties of chosen favourites
- Deepen your understanding of herbal actions and therapeutics through exemplary case studies for home ailments

Course Prerequisites

This is an intermediate level course which relies on some prior knowledge. Participants will have either attended Wild Things: A Year of Wild Food & Medicine (Year 1), or have a foundation knowledge in the following:

- beginners botany, taxonomy & principles of ecology
- the basic methods of practical remedy making such as infusions, decoctions, herbal syrups, ointments, aromatic waters, folk method tinctures & infused vinegars
- edible & medicinal properties of some of our common British plants & their main biochemical constituents
- familiarity with herbal actions
- sustainable harvesting methods, drying & processing herbs
- using a sensory approach to learning about herbs & their actions in the body (or an interest in finding out more about this approach)

Dates (subject to change)

Session 1	Tuesday March 5th
Walk 1	Saturday March 30th
Session 2	Tuesday April 2nd
Walk 2	Tuesday April 16th
Session 3	Tuesday April 30th
Walk 3	Tuesday May 21st
Session 4	Tuesday June 11th
Walk 4	Week of 8th July (tbc)
Session 5	Tuesday July 23rd
Walk 5	Tuesday August 6th
Session 6	Tuesday August 20th
Walk 6	Tuesday 3rd September
Session 7	Tuesday September 17th
Walk 7	Saturday September 28th (tbc)
Session 8	Tuesday October 15th

Course Venue

The course will be delivered at the granton:hub - Maldevic House, 33 Granton Park Avenue, Edinburgh, EH5 1HS. <https://grantonhub.org>

Course Times

The classroom sessions will run from 6pm to 9pm, the Tuesday herb walks will run from 6pm to 8pm & the Saturday walks will be from 2pm to 4pm. The times may be subject to change when facilitated by an external teacher.

Course Price: Sliding scale £300 - £700

Why do we use a sliding scale?

Our core aim in Grass Roots Remedies Co-operative is to try and make herbal knowledge, skills & consultations accessible to everyone. As well as running herb walks & workshops we also provide a community clinic in Wester Hailes by donation to local people (the only one of its kind in Scotland), and run free workshops & walks in Wester Hailes, Craigmillar, Pilton & Granton.

We use a sliding scale in our workshops and courses: a sliding scale is a mechanism where people pay different fees according to their income, so that services can be made accessible to as many people as possible, and folk aren't financially excluded. A sliding scale means that everyone pays a similar proportion of their income for the same service. This increases access for people who are systemically excluded from participating in community activities such as people of colour, people with disabilities or health conditions, immigrants, women-led groups, LGBTQ* & working class communities.

By paying a higher rate on the scale if you can afford it, you are enabling us to carry out our core work of providing free and low cost education & herbal consultations in areas of deprivation. We really appreciate your continuing support.

How much should I pay?

We acknowledge that the average annual full-time salary in Scotland is roughly £20,000 but there are many other factors which determine how much expendable income and financial security folks have. Below are some guidelines to inform which course fee is most appropriate for your situation. We appreciate that everyone's situation is different

and this is a guideline only. We won't ask for any proof of your personal circumstances and trust each person to judge for themselves which price feels right for you.

(We are very open to feedback about these guidelines, so if you have any comments or examples of statements that feel more fitting, then please do get in touch).

£300-£450 Places (2 available)

I have access to benefits or am employed but have very limited expendable income
I may have limited savings and/or limited access to any financial support from others
I may be a carer and/or have dependents
I may have no recourse to public funds
I may have chronic health issues which impact my financial security

£475-£600 Places (up to 10 available combined with £600-£700)

I am able to meet my basic needs and have some expendable income
E.g. I can afford to go on holidays.
E.g. I can access public transport. I may have access to a car and can afford fuel.

£600-£700 Places (up to 10 available combined with £475-600)

I comfortably meet my basic needs, have savings and an expendable income
Any debt that I have doesn't impact my daily life
E.g. I own my own property, or comfortably rent a property
Eg. I own a car and can afford fuel

There are two options for payment. You can pay the full amount on booking, or pay a deposit of half of your chosen rate on booking, and then the remaining balance by March 7th 2019. Booking information is detailed in separate booking form.

About Grass Roots Remedies Co-operative

We are an Edinburgh based workers' cooperative whose central philosophy is that herbal medicine is the medicine of the people and should be accessible to everyone. We offer a series of practical courses and workshops, run the low cost Community Herbal Medicine Clinic in Wester Hailes and produce simple resources to enable folks to practice herbalism at home. For more on what we do check out our website or facebook page.



Wild Things Course organisers

Soraya Bishop

Soraya read BSc Ecological Science with conservation & ecological management, & before joining Grass Roots Remedies worked as a community gardener in Wester Hailes & Craigmillar, Edinburgh. With a love of growing food & foraging for its ability to ground & connect us she has also studied her Permaculture Design Certificate, Diploma in Herbology & has a love for walking in the hills, our feathered friends, creating & cooking.

Ally Hurcikova

Ally is a Medical Herbalist (BSc) and currently runs the Wester Hailes Community Herbal Clinic providing low cost herbal medicine to local residents, and a clinic in her home in North Edinburgh. She volunteers as a herbalist in the Herbal Unity Clinic in Glasgow: a free clinic for people affected by the asylum process. She is also studying bodywork to incorporate this into her practice, and is enjoys remedy making, foraging, martial arts, plants and wild places.

Contact Us:

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