

“Mates Muck In” - Our Voluntary Working Weeks

7-14 February, 11-18 April, 11-18 July, 19-26 September, 14-21 November

Put on your old clothes, grab your wellies and a pair of tough gloves and join us here on a maintenance week.

The **Mates Muck In** Weeks are about coming together as a group to achieve a project that benefits future course participants.

We work quite hard, for about 6 hours a day of mostly physical work requiring effort and then we balance that with good hot food, mugs of tea, cakes & biscuits.

The evenings are about making new friends and catching up with those you've met before, Backgammon, Marjong, camp fire stories, singing, and drumming. Some play badminton, go for walks, read books, meditate by the river or even swim in it!

The work can be building, gardening, woodland or farm projects. We all share the cooking and cleaning up. If you are looking for a working holiday or just want to support the growth of South Dornaford's activities then please book a place. **It's FREE.**



Booking Essential

Travel:

We love to encourage you to car share so will put you in touch with others where we can. Public transport via the train brings you to either Exeter St David's or a small station called Copplestone on the Exeter to Barnstaple line. There is a bus link from Exeter St David's to Jacobstowe or Okehampton where we can meet you.

Timings: Our preference is for you to be here from Monday to Monday, or Monday to Friday Or Friday to Monday with arrivals and departures around 4pm. This makes organizing the group and project easier. But if you can't do these days don't be put off, just give us a ring to discuss it.

We ask you to respect the arrival and leaving times as we may have other groups booked in either side of **Mates Muck In**

Accommodation: You can camp in your own tent, share one of ours or book a bed in one of our guest rooms. If it's your own tent we expect you to bring all your own pillow & sleeping bag. If you have a place in one of our tents or rooms you can either bring your sleeping gear (pillow, sleeping bags, or duvet & bottom sheet) or rent from us for a £10 laundry charge. Please make your decision when you book your place.

What to bring:

Wellies and/or work boots, tough garden gloves, old clothes, old coat. Towel, torch, hot water bottle, wash kit, book, musical instruments etc

Please don't bring dogs.

What to expect:

On arrival you will be guided to your accommodation and introduced to others. Before supper we will have a short introductory meeting to explain the basics of the week, and we'll answer any questions people have. Depending on the time of year we may then lead you on a guided walk around the farm, or this will take place the following day.

There will be a Volunteer Coordinator on each week to help you feel at home and explain anything you may want to know.

The work projects will be led by a Project Coordinator. Depending on numbers we may separate into smaller groups to facilitate the work. We will try to rotate any groups around so that people get to try several different tasks.

After work, at about 4pm the time is your own.

We ask for any drumming to finish at 10.30pm, as we have children who need to get up for school in the mornings, except on Friday & Saturday nights which can be later.

Food: We serve both vegetarian and meat/ fish based meals so please indicate your preference at time of booking. We are experienced vegetarians cooks and are used to creating both types of meals as Ross has been a livestock farmer all his life and Pippa was a vegetarian for 22 years. Most allergies can also be catered for, with advance notice.

Smoking & Alcohol Policy:

No smoking in any of the buildings or farmyard. You can have a drink after work but excesses will not be allowed and you may be asked to leave if this is the case.

Health & Safety:

All persons are asked to consider their own health and safety when walking over farmland which can be uneven. If you should need First Aider there will be one present. You will be shown how to use any unfamiliar tools. For everyone's benefit please do not come if you have a cold/cough.

Please book using the booking form on the website email us on pippa@holistic-courses.co.uk or by phone 01837 851218.

©“**Mates Muck In**” is a voluntary group supporting South Dornaford Farm developments and activities and is currently for adults.