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**Eco activities Marquee at the Redbridge Green Fair 2019**

**Transition Town Ilford is delighted to be offering the following….**

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| **Time** | **Activity** | **Who** | **Where** |
| **Ongoing activities** |
| 11.30-6 | The water point – free water, fill your bottle or have a drink then wash the cup | Transition Town Ilford | TTI tent |
| 12-2pm | Conversations about Climate Change and Extinction Rebellion | Wanstead Climate Action | TTI tent |
| 12-3pm | How you can help wildlife | Nature Conservancy Redbridge  | TTI tent |
| 11-30-3pm | Seed sharing | Commonwealth Gardeners | TTI tent |
| 11-30-6 | Alternatives to plastic | Transition town Ilford | TTI tent |
| 12-3 | Repairs of broken gadgets – turn up, see if it can be mended, and learn how.  | Restart and local volunteers | Cranbrook Centre |
| 1-2-30pm | Fruit tree Audit; Commonwealth estate | John Brown | TTI tent |
| 12-3-30 | Children’s Eco Art activities | Ghazala Navaid | TTI tent |
| **Workshops/ demonstrations/talks** |
| 12 | Composting Demonstration  | Peter Musgrave | TTI tent |
| 12 | Making Energy Balls – healthy snacks | Sonal Ambasna | TTI tent |
| 12-30 | Sauerkraut making demonstration | Denise Prior | TTI Tent |
| 1pm  | How to run a play street | LB Redbridge Neighbourhood Engagement Team | TTI tent  |
| 1pm | Making Energy Balls | Sonal Ambasna | TTI tent |
| 1-30pm | Herbal teas and their benefits | Kathy Mason | TTI tent |
| 2pm | Pickle making; carrot Pickle and Turkish turnips | Varsha Patel | TTI tent |
| 2pm | Redbridge and the Climate Emergency | Cllr. Paul Donovan | TTI tent |
| 2-30pm  | Benefits of including Raw foods and juices in our diet | Siobhan Ramjhan | TTI tent |
| 2-30pm | Beekeeping: what you need to know | Masood7kings Allotment Society | TTI tent |
| 3pm | Modern Washable nappies | LB Redbridge Neighbourhood Engagement Team | TTI tent |
| 3pm | Fair trade shopping with Traidcraft | Sharon Daughters | TTI Tent |
| 3-30  | Upcycling cardboard, fabric and small found objects(60 mins) | Marie Ndolo | TTI tent |
| 4pm | Kombucha Tasting and Demonstration | Julie Morin | TTI tent |
| 4-30pm | Composting demonstration | Peter Musgrave | TTi tent |
| 5pm | Benefits of including Raw foods and juices in our diet | Siobhan Ramjhan | TTI tent |

**Sunday 7th July, 11.30-7pm, Cranbrook Centre, Valentines Park.** [**www.rgf.org.uk**](http://www.rgf.org.uk/)