

'You are what you eat' Talks

In the Bailey Room @ The Community Centre

10.15am -11am Chronic illness and diet – a personal perspective

Michelle Boudin suffers from ME/Chronic fatigue & Lyme disease. She has tried several different diets and has settled on a Paleo vegan diet (Pegan), which is Vegan with no grains or pulses.

Sandy Craig was diagnosed with Rheumatoid Arthritis in 2017. She has adopted a Vegan diet (no animal products).

Cory Mortis-Wait has Multiple sclerosis. She is following the "Overcoming MS" programme, devised by Prof George Jelinek. It consists of low fat and dairy, whilst red meat free, plus exercise and vitamin D.

11.15am – 12am Farm Diversification and Horticulture

Alex Higgs, NFU Montgomery chairperson Alex is a local Mid Wales farmer with livestock and arable, she also grows 2 acres of strawberries on the Gower. She writes in the county Times farming page every other week.

Sarah Gould, Tyfu Cymru- Growing Wales by building the capacity and capability of the Welsh horticulture industry. Working with supply chain partners, it will prepare growers and producer owned horticulture companies across Wales to adapt to future environmental challenges and position them to capitalise on market opportunities for business development and growth.

<https://www.wales.lantra.co.uk/tyfu-cymru>

Adam Watkins, Farming Connect. Farming connect help you drive your business forward. Their programme is providing support which is transforming the business prospects of thousands of farmers and foresters, driving business forward. Many services are fully funded.

<https://businesswales.gov.wales/farmingconnect/>

Tony Little Organic Centre Wales advisor, until 2015. Now working with Sarpo Potatoes Ltd. Growing seed potatoes, expand their grower group in Wales and setting up a grading, packing and storage in Mid Wales. <http://sarpo.co.uk/> He manages a number of farmer led research projects looking at a range of issues including managing pastures for pollinators, developing green manure systems for brassicas and the efficacy of ivy extract for blight management on potatoes. He also works with the FED to developed community Supported Agriculture in Wales.

Ann Owen from Einion's Garden, small marketgarden aiming to provide horticultural produce for local people, also part of the Green Isles Growers boxescheme and Mach Maethlon's Edible Mach who's aim is to bring more locally grown fresh veg to Machynlleth.

<https://www.facebook.com/EinionsGarden/>

12.15am – 1pm Diet – What's right for you?

Vegi, Vegan, Feastarian, Weight watching and Ayurvedic diets amongst others will be discussed by Andy Warren, Linda Brennan, Scott Bennett, Laura Hill & Nicole Aarons

1.15pm – 2pm Grow your own – community & local growing

Gary Mitchel – Social Farms & Gardens (*formerly Federation of City Farms and Community Gardens*)

Ann Owen – Einion's Garden. GreenIsles box schemer and Mach Maethlon's Edible Mach

Emma Maxwell- Ash & Elm horticulture. Local community grower and tutor

Martin Ellacott– Occupational health therapist NHS

2.15pm – 3pm Diet for Health and Recovery-A professional approach

Alex Kolaczynski the founder of the Apricot Forest clinic and pharmacy; with 35 years experience as a Chinese herbalist and acupuncturist. Alex is also one of Europe's leading practitioners and educators of Chinese medicine. He is dedicated to the pursuit of clinical excellence and sharing his wisdom through training others.. <http://www.apricotforest.co.uk/>

Karen Proctor is a community dietitian working across North Powys for the Powys Health Board. She sees patients with a number of conditions including malnutrition, obesity, diabetes, IBS, Coeliac Disease and nutrient deficiencies. Karen is also undertaking a Masters in Sports Nutrition and her research project is about beetroot juice.

3.15pm – 4pm Growing Unusual Veg

David Burrige has over 40 years experience in growing vegetables and fruit using organic methods. He has run his own vegetable "Box Scheme" in Brecon and has spent many years trialling vegetables that are not normally grown in Wales. He is also a qualified FE tutor. Currently he is developing a Victorian walled garden near Rhayader as an education centre.

4.15 – 5.30pm Film. In Our Hands – Seeding change

Bad diet is now causing more health problems than smoking! The fundamental link between people, food and the very land we stand on is being broken. Yet it need not be this way. There is a growing movement of farmers and food workers who are creating vibrant farms, living soils, thriving food markets and a fairer food system for all. At the heart of all change lies a story, and In Our Hands is the story of a new kind of farm, a new kind of food and a new kind of society.