** COURSE INFORMATION SHEET**

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| **Course Title:** Flowers & Folklore | **Day/Date/Year:** Saturday 6 June 2020 |
| **Start Time:** 10am | **Finish Time:** 4pm |
| **Course Tutor:** | Bruce Middleton |
| **Course description and subjects covered** | As we move into summer Sussex comes into bloom and every flower we find has a story to tell. In this new course botanist Bruce Middleton introduces you to the summer flowers of Sussex. You’ll learn how to identify plants of meadow, hedgerow and woodland and for every flower we find Bruce will also discuss their medicinal uses, hidden histories and the fascinating (and strange!) legends and folklore that is associated with each of them. The first part of the course will be held indoors but for the majority of the course we will be out exploring the flowers of Woods Mill reserve stopping to identify them and to discuss their stories. This course is suitable for beginners who would like to learn how to identify common flowers and for those who want to gain a deeper understanding about the history and folklore of the English countryside.  |
| **Meeting point / Venue:**  | Woods Mill Shoreham Road, Henfield, BN5 9SDMap: <https://sussexwildlifetrust.org.uk/visit/woods-mill>Cross over the small bridge in the car park and turn right  |
| **Other sites to be visited:**  | Woods Mill nature reserve. <https://sussexwildlifetrust.org.uk/visit/woods-mill> |
| **What to bring:**  | Bring a packed lunch and suitable outdoor clothing and footwear for the time of year and weather.  |
| **Other Information:**  | Tea, coffee and biscuits will be provided. There is free car parking, toilet facilities and disabled toilet facilities at Woods Mill. Please may we ask that you take all packed lunch waste home with you. |
| **Public Transport:**  | The 100 Compass Bus Service (Burgess Hill – Pulborough) stops outside Woods Mill on request. See Bus Times online.  |
| **Accessibility:**  | The outdoor session is on flat paths which may be muddy after rain. |