



PROGRAMME 2025

Tue 24th June

FOCUS day - Sleestonhow, Kirkby Thore, Penrith

Workshop - “How to stimulate more collaboration within supply chains to get better access to regenerative products?”



10.30 am

Welcome and introductions – Nic Renison and Liz Genever

10.40 am

Why do we need to care? - Patrick Holden, Sustainable Food Trust and Sheila Dillon, broadcaster

We don't have time to be small anymore – how can we build local supply chains? – Nicola MacPhail, consultant

11.10 am



Session 1 of World Café discussion - *led by Nicola MacPhail*

- What support do farms need to offer direct sales?
- How can we establish regional regenerative wholesalers?
- Where are the opportunities for possible pilots in north England?
- What do we need to do to facilitate local public procurement and where are the opportunities?
- How can we increase good food education and increase consumer awareness?
- What is needed to stimulate and support a thriving rural economy?

11.30 am

11.50 am

Break

12.05 noon

Session 2 and 3 plus feedback session

1.00 pm

Lunch break with food from local suppliers

Building regenerative systems at scale - what are we learning?

Chaired by Sheila Dillion (broadcaster)

2.00 pm

Phil Scott (Lake District Farmers) will be talking about their work with farmers, and how they are developing new markets outside the north

Johannes Scheibe (Ruumi) and Dominie Fearn (Wild Hare) will be talking how they are connecting data from farm to ensure reassurance within the supply chain

Phil Hambling (ABP) will be highlighting the work that is being done with farmers alongside retailers to meet changing market demands

Panel session - how do we “Go Forth”? *Chaired by Patrick Holden*

3.00 pm

With Bobby Keegan (chef, Ashlack Hall), Tim Bloomer (brewer, Fell Brewery), Nicola MacPhail (consultant) and Phil Hambling (processor, ABP)

4.00 pm

Finish - with sum-up from Sheila Dillon, broadcaster

**5.00 pm
onwards**

Registration opens for LISTEN day
Wild camp site available (please purchase camping tickets)

Vanessa Winstanley and Liz Genever will be running a Family Constellations session from 5 - 7 pm for anyone who wants to join.

The bar will be open from 5 pm, with food served from 7.00 pm. Please book a meal ticket online, with payment taken on the evening.

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Wed 25th June	LISTEN day - Sleestonhow, Kirkby Thore, Penrith	
	<i>Registration opens at 8.00 am. Breakfast and posh coffee available to purchase. Free tea and coffee will be available - bring your own mug. Bring your own water bottle</i>	
9.30 am	Welcome and opening	<i>Liz Genever and Nic Renison</i>
	Giving two f**ks about nature	<i>Chaired by Martin Lines (NFFN)</i>
9.50 am	<p>Judith Hutchison (farmer from Scotland) will be talking about her experience of transition to regenerative approaches, and the financial and family implications.</p> <p>Jannike Taylor (Eden Yard, farmer from Cumbria) will be talking about the development of their business selling the only cooking oil from Cumbria.</p>	
10.45 am	Break	
11.15 am	Headliner: Jules Matthews	<i>Chaired by Marian Boswall</i>
	<p>Jules is an agroecological farmer, educator and coach – she was Nicole Masters' (Integrity Soils) coach. She helped to establish Mangaroa Farms near Wellington (NZ), where regenerative principles guide the farming practice for a market garden and livestock production, and community engagement. She works with the Quorum Sense Farmer Network in New Zealand and Integrity Soils.</p> <p>She will be talking about how to restore the microbial bridge in soil and people, linking nutrient dense products to people, provide the NZ perspective on uptake of regenerative farming and how to drive change on farm.</p> <p>Before lunch, Alex Addison will introduce the Borderline Challenge and how people can get involved. https://www.theborderlinechallenge.co.uk/</p>	
12.45 pm	LUNCH BREAK <p>Lunch is included in the ticket price, or you can bring your own. Janet from Langwathby Café will be providing the food and it will be excellent. The bar will open from lunch time and there will be free tea, coffee and tap water (bring your own bottle).</p> <p>Over the extended lunch break, there will be a few sessions running:</p> <ul style="list-style-type: none"> - 1 – Unlocking the potential of your farm system - The Power of You" with Silas Hedley-Lawrence (consultant) - 2 - The secret to hedge immortality and imagining the future of hedges - Megan Gimber (People's Trust for Endangered Species) - 3 - Monitoring soils to enhance carbon and water quality - Chris Turner - 4 – Baselining biodiversity, starting with birds - Mhairi Cameron (Chirrup) 	

- 5 – Getting curious - Rose Ferraby (artist in residence)
- 6 – Using Ecological Outcome Verification (EOV) to monitor progress - Christopher and Sheila Cooke (3LM)
- 7 – Making and using biochar - Tim Winder (farmer)
- 8 - Tree walk and talk, plus chestnut coppicing - Tim Nicholson (Westmorland Woodfuel), Steven Hebblethwaite (Woodland Trust) and Lee Bassett
- 9 - What can riverflies tell us about the wider environment? - Andrew Green

	Land. Food. Medicine.	<i>Chaired by Mary-Ann Ochota</i>
		
2.30 pm	<p>Dr David Unwin (GP) will be talking about his work with his patients about how changing diets can impact on health, including reducing the rate of Type 2 diabetes. He will highlight the importance of red meat in a balanced diet.</p> <p>Andy Swinscoe (The Courtyard Dairy) will be talking about the power of cheese, and the importance of working with dairy farmers to ensure the benefits pass from the soil through the milk to the cheese.</p>	
3.45 pm	Break	
	How – Q&A session	<i>Chaired by Liz Genever</i>
4.15 pm	<p>Mary-Ann Ochota, Nat Marsden (farmer, Lancashire), Richard Oglesby (farmer, Northumberland) and Jules Matthews will be focusing on how to re-design structures and systems to achieve what we need, and any other questions emerging from the day.</p>	
5.00 pm	Closing ceremony	With Rose Ferraby and Nic Renison
	Bar opens	
6.00 pm – 7.30 pm	<p>Farm walk with Jules Matthews</p> <p>There will be an opportunity for people to explore Tim and Emma's farm with Jules. She will be joined by Tom Scrope from Soil Benchmark, who will share what he has learnt on his Nuffield Scholarship travels.</p>	
The evening	<p>Food served from 6.30 pm.</p> <p>Please book a meal ticket online, with payment taken on the evening.</p> <p>Wild camp site available (please purchase camping tickets).</p> <p>Music in the bar until late - including the band M.L.C.</p>	

Thu 26th June	CURIOSITY day – Cannerheugh, Penrith ***different location***	
	Registration opens at 9.00 am. Breakfast available to purchase. Free tea and coffee will be available - bring your own mug	
10.30 am	Welcome and opening	<i>Liz Genever and Nic Renison</i>
	Background to Cannerheugh	<i>Facilitated by Liz Genever</i>
10.40 am	Nic and Reno will provide a background to Cannerheugh for everyone and the plan for the day will be explained.	
11.00 am	Morning farm walk session - Half the group will go on a farm walk, half will do workshops	
11.00 am	Morning workshop sessions	<i>Facilitated by Jules Matthews</i>
	11.05 The importance of getting curious - Jules Matthews	
	11.15 Connecting soil functionality to plant health - Ian Robertson (SSM) and Jade Prince (Farmacy)	
	12.00 Assessing soil microbes and developing a plan - Daniel Iddon (ReGenus)	
	12.30 Results from bio-acoustic bird monitoring - Mhairi Cameron (Chirrup)	
1.00 pm	LUNCH BREAK Lunch is included in the ticket price, or you can bring your own. Janet from Langwathby Café will be providing the food and it will be excellent. Stands, including 3LM, will be in the courtyard.	
2.00 pm	Afternoon farm walk session - The other half the group will go on a farm walk, half will do workshops	
2.00 pm	Afternoon workshop sessions	<i>Facilitated by Jules Matthews</i>
	2.05 The importance of getting curious - Jules Matthews	
	2.15 Connecting soil functionality to plant health - Ian Robinson and Jade Prince	
	3.00 Assessing soil microbes and developing a plan - Daniel Iddon	
	3.30 Results from bio-acoustic bird monitoring - Mhairi Cameron	
4.00 pm	Come back together session	<i>Liz Genever and Nic Renison</i>
	A session to capture the main points people have taken from the day, and to highlight the one thing you are going to do.	
4.30 pm	End	

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