



# ABLE News

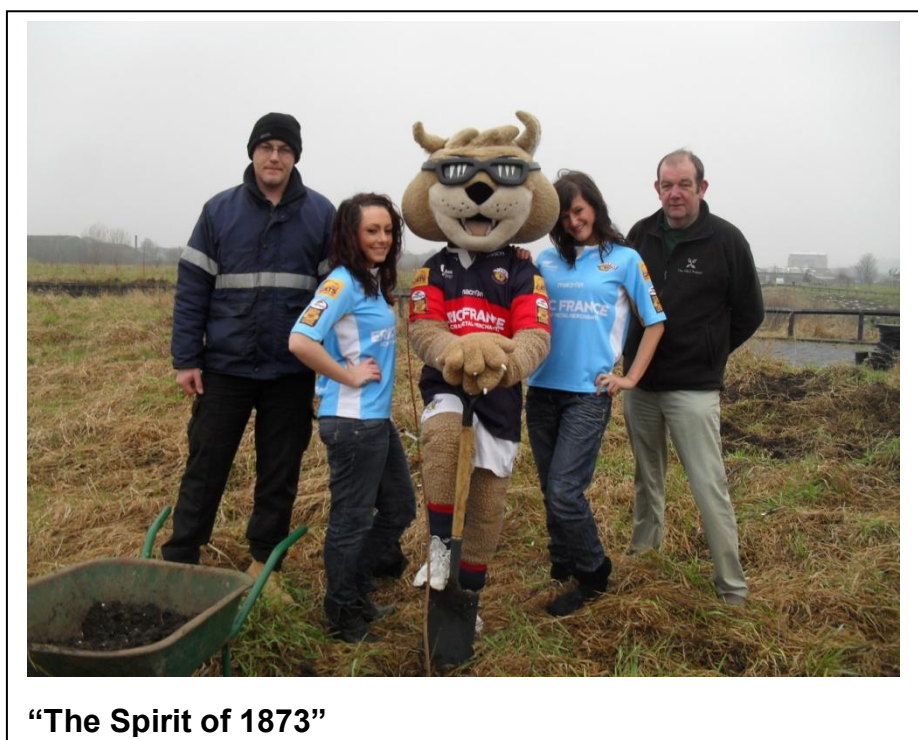
THE ABLE PROJECT

Issue 3

Apr 2011

**Competition: see back page for details.....**

## One Daddy, Two Dolls and a Tree



“The Spirit of 1873”

**Monday 21<sup>st</sup> of February saw the visit of Wakefield Trinity Wildcats’ mascot Daddy Cool and two of the Wildcat Dolls to help launch ABLE’s Celebration Tree Scheme.**

Having chosen their tree the girls helped Daddy Cool to plant what is hoped will be the first of many trees.

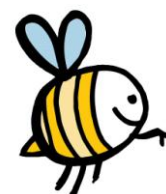
The idea behind the scheme is for members of the public to plant a tree to

create a lasting reminder celebrating a memorable event in their life. This could be a wedding, a new baby, an anniversary, the life of a loved one, or anything else that a person would like to celebrate.

In the case of the Wildcats, in view of their just being taken over, they have planted their tree to symbolise “the dawn of a new era” in the hope that,

along with the tree, the new company will grow into something bigger, better and stronger. They have also taken the opportunity to name their tree “The Spirit of 1873” after the new company.

Everyone at ABLE wishes them well for the season and the future and would like to thank them for their help with this exciting new project.



## ABLE Honey

**£4-00 per jar  
2 for £6-00**

# Wakefield Well Women



Following on from the visit of the Wildcats ABLE welcomed a group from the Wakefield Well Women Centre who each had a special reason for wanting to plant a tree.

 After a short briefing they made their way to a pre-prepared area dug in the shape of the female symbol. Despite the cold wind and occasional sharp shower they proved to be an enthusiastic bunch who all seemed to thoroughly enjoy the task and there was much laughter and banter as they worked away.

After the trees had been planted each one had a label tied to it with a personal message from the person who had planted that tree, some poignant, some of hope, but all with a special meaning for the person who tied the string.

After the tree planting the group were given a tour of the ABLE site and had lunch in the upstairs classroom.

One of the party enjoyed her visit so much that she made enquiries about returning as a volunteer.



## Mick's top tip



Start runner beans in pots, then they will be ready to plant out when risk of frost has passed.

Crops to sow outdoors in April include broad beans, beetroot, leeks, sprouts, lettuces, peas and radishes.

## C.S.A.

### Community Supported Agriculture

This spring and summer ABLE Wakefield will be launching an exciting new Community Supported Agriculture (CSA) scheme to enable us to make the most efficient use of our allotments and growing areas. We will be offering people the chance to buy a 'share' of our whole crop for the length of the growing season, guaranteeing them a steady supply of fresh, seasonal produce on a weekly or fortnightly basis.

If you are interested in getting involved, or would like more information contact Coralie on: 01924 339994 or email [coralie@theableproject.org.uk](mailto:coralie@theableproject.org.uk)



## ABLE's hotel opens to guests

As Elvis Presley would have said "It's down at the end of Calder Vale Road, the ABLE Hotel"

Our visiting wildlife expert, Adrian, has been busy for weeks designing and building a Bug Hotel in an attempt to attract more creepy crawlies to come and live at ABLE.



He has spent time scouring the nooks and crannies of the site scavenging all manner of odds and ends to use in the construction. I was unaware, but apparently, old pipes and cracked bricks are considered the height of luxury in crawly world.

Every consideration was given

to the guests' comfort and grass sods were fixed with netting to provide insulation against the prevailing winds.



## Casper's Corner & Bike Track



After a terrible winter the track is now dry and after some re-shaping and wacker plating is running really fast.

The new switch line is working slowly, but should get faster the more it is ridden.

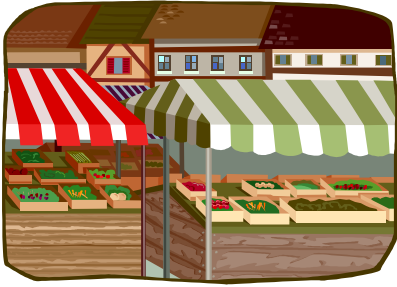
Some sterling work has been undertaken in the last few weeks thanks to the school group from Springfield. Working alongside Andy Taylor and myself they have started to work on the appearance on and around the track. We have taken a lot of dirt from the tops of the berms, which was not being used, to bulk the backs out a bit more.

The next step is the whole field area, clearing away piles of bricks and timber in an attempt to improve the overall appearance.

We are now hosting parties with a difference on the track for birthdays etc. Two hours of exhilarating fun can be enjoyed for a very reasonable cost. There is also a shelter where you can serve and eat the food you bring along.

Please contact Casper on 07913172730 for more information.

## Market News



Planning of the ABLE Spring Market on Saturday 14th May has taken on a new twist. The market has now developed into a market and family fun day, opening from 10a.m until 3p.m.

Various activities are being considered to make the event just what it says on the tin, a fun day for the whole family.

As well as stalls selling cakes, honey, plants, various items made in ABLE workshops and delicious seasonal vegetables there will be all manner of thrilling things taking place throughout the day including tours of the fish farm, a nature trail, pump track sessions, woodland crafts, scavenger hunt, make your own bird box and a barbecue.



More information available from 01924 339994 or by e-mail at [enquiries@theableproject.org.uk](mailto:enquiries@theableproject.org.uk)

# ABLE Competition Name the Barn Owl



ABLE Wakefield has been the home to a Barn Owl for some time now and as he shows no signs of moving on we thought it would be nice to give him a name.

We are asking readers to suggest a suitable name and the reason for the name.

The winner will receive a hand crafted bird table.

Entries should be sent to [ian@theableproject.org.uk](mailto:ian@theableproject.org.uk) with the subject line Owl Competition or post to Owl Competition, The ABLE Project, Calder Vale Road, Wakefield, WF1 5PJ to reach us no later than 7/5/11. Entries will be judged by our resident bird experts and the winner announced at our Family Fun Day. The result will be published in the next issue of this newsletter.

## Good Luck!!

## Supported Placements

ABLE is now offering supported placements. If you know of anybody who may benefit from this service and has an interest in The ABLE Project, then please contact Jenna on 01924 339994 or by e-mail at [jenna@theableproject.org.uk](mailto:jenna@theableproject.org.uk) to discuss your requirements

We hope that you have enjoyed reading our newsletter as much as we have writing it.

If you have any comments or feedback for us, or would like to suggest an item to include in the next issue, please contact Ian on:

01924 339994 or [ian@theableproject.org.uk](mailto:ian@theableproject.org.uk)