



August update:

Is there a touch of Autumn in our greenspace? The trees' leaves are tinged a yellow gold, and the amber grass covers our fields. The rosebay willowherb is sending out its fluffy seeds, the raspberries have made way for brambles now, and you'll have noticed the rabbits diving under their bushes as you walk past.

August has been a fairly quiet month for this community building project. There was a decision to postpone a Stakeholder and Community Panel gathering to make sure as many members could join as possible. The community panel still met online, and it was nice to see many returning faces.



Mountainhall - photos by Emily

- **Contemplation from a community member**

John Muir is often quoted as saying “I’d rather be in the mountains thinking about God than in church thinking about the mountains.” I’m not sure where this quote can be found, but I can empathise with the sentiment! When I lean against a tree or sit by water, I often find it easy to slip into a “Changed state of Awareness”. If we do this regularly and frequently in a space then we build up a relationship with it, however ordinary it may seem to others. Whilst practicing finding a changed state of awareness alone might not give guidance to find the best way to live as a community in a place, it could at least help us empathise with those who disagree with our preferences!

Consider for a moment how this statement made by John Muir in opposition to building a hydro dam in Hetch Hetchy Valley was influenced by his experiences of #SensingAwareness in the hills: “Dam Hetch Hetchy! As well dam for water-tanks the people’s cathedrals and churches, for no holier temple has ever been consecrated by the hearts of man”

Meyer, John M. (Winter 1997). “Gifford Pinchot, John Muir, and the Boundaries of Politics in American Thought”. Polity. 30 (2): 267–284.

Simon Lidwell, Quartz

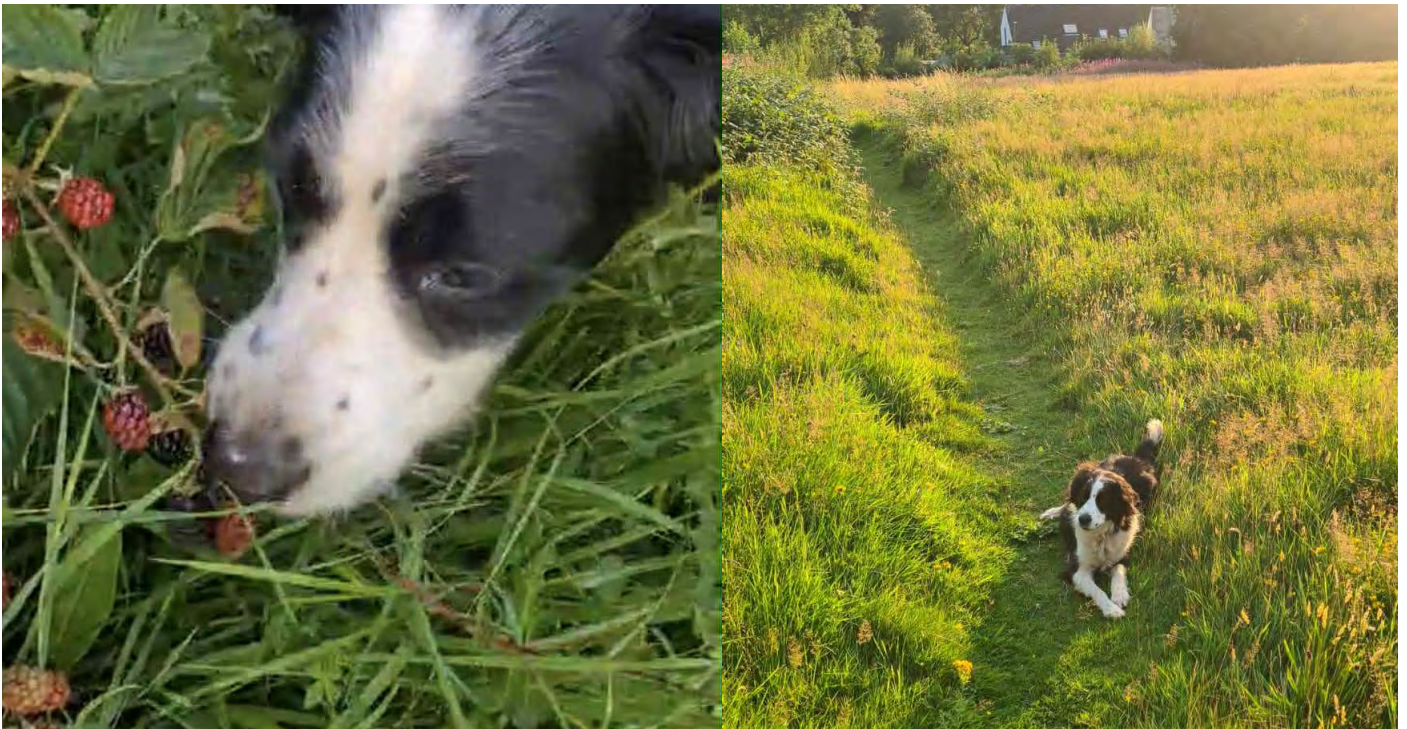
You can read more about #SensingSpirituality on the Quartz website at <https://www.ancient-pathways.co.uk/sensingspirituality/sensingawareness/>



Simon in the trees at Mountainhall - photo by Emily

- **Foraging at Mountainhall Greenspace**

There is an abundance of brambles to be found at Mountainhall. Similar to the raspberries, they can be used in crumbles, smoothies, desserts, stewed to make sauces, or frozen to save their goodness for months to come. As Alice Tarbeck said in her book 'A Spell in the Wild', we are preserving their 'encapsulated sunlight' for the colder months.



Maisie eating blackberries - photos by Aidan

We would love to learn if you are also picking the brambles, and if you have managed to get any home without eating them all first. We would also love to see more photos of you and your dogs having fun at Mountainhall. You can either share on the [Facebook page](#) or email mountainhallgreenspace@gmail.com



Brambles - photo by Emily

- **Capturing Mountainhall**

Once again thank you to Alan, who regularly shares his enchanting photos with us. It's been amazing to see the Mountainhall greenspace through his lens, as he captures the small, beautiful moments as they change through the seasons.



Mountainhall - photo by Alan

- **Stakeholder and Community Panel**

It was a difficult decision to postpone this meeting for now. We will be back in touch with our Community Panel group to arrange an alternative date. If you have signed up to take part in the Community Panel, and help develop this project, please keep a look out in your inboxes.

For now, I wish you a lovely start to September.

With best wishes,

Emily

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Mountainhall Greenspace Community is a community project being developed from the NHS grounds of the Mountainhall treatment centre. The project aims to create a resilient community, with access to nature and creative wellbeing.

Propagate and DesignHOPES are partnered with the NHS to develop this project.

<https://www.propagate.org.uk>

Propagate are a regenerative food collective specialising in local, community and sustainable food projects.

