



“Celebrating 23 years of our herbal community, friendship and heritage!”



8th September 2018 AMH Conference and AGM

You are invited to our conference and AGM, which this year will take place at the *Therapy Garden*, in Normandy, Surrey.

The Therapy Garden is a horticulture and education charity that uses gardening to generate positive change. It works with adults and teenagers with learning difficulties, physical disabilities and mental health challenges and offers school-age teenagers interventional education opportunities.

Based in the village of Normandy, Surrey, the charity was established in 1998 by a local resident, with the aim of using the healing power of horticulture to connect with vulnerable members of our community.

Our Guest Speaker



Anna Rósa Robertsdóttir

Photo by Julie Bruton-Seal

A brief biography

Anna Rósa Robertsdóttir has been working as a herbalist in Iceland for the past 25 years and is a member of the UK National Institute of Medical Herbalists. She runs a busy clinic and lectures regularly internationally on the uses of medicinal herbs. Anna Rósa also has a business degree and a background working in the banking industry but now runs a successful herbal products business. She is also the author of *Icelandic Herbs and their Medicinal Uses*, which describes the uses, history and scientific research on 85 Icelandic plants and a book on how to cook with medicinal plants. <http://www.annarosa.is>. There is a video link, in English to be found here: <https://vimeo.com/198852056>

Medicinal Plants in Iceland.

Anna Rósa will be presenting the history of Icelandic plants and their use in traditional herbal medicine. She will also be sharing information on a select number of Icelandic Medicinal Plants, among them being Angelica, Rhodiola, Crowberry and Bilberry. Emphasis will be on their historical and modern medicinal use in Iceland. Anna Rósa will also briefly go through the history of herbal medicine in Iceland, and the restrictions herbalists face working there.

How I became a Facebook Herbalist

Anna Rósa has become amazingly successful in Iceland, using Facebook as her primary outreach tool. She has over 25,000 fans of her Facebook business page, which makes her one of the largest companies on Facebook in Iceland. Her company sells in over 50 retail shops in Iceland, which is a one woman show. So how did she do this? By being very active on Facebook, she has managed to change the landscape of herbal medicine in Iceland.

Due to her educational resources, hundreds of people are now actively using herbs. She also runs a successful herbal products business. Anna Rósa will share her experience and 'know how' for using Facebook as an effective educational and marketing tool in the hopes of inspiring others on their way to success. She will be talking about practical things like should you spend money on advertising on Facebook, how to increase your *likes*, are photos important, how long should your posts be, should you make videos etc.

Her Facebook page is <https://www.facebook.com/annarosa.is/>

Conference Details

Saturday 8th September

10:00am	Introduction from The Therapy Garden representative to explain the venue and its operation.
10.15am – 12.00pm	Anna Rósa Robertsdottir, Introduction followed by Medicinal plants in Iceland.
12.00pm – 1.30pm	Lunch, socialising and time to visit the garden grounds.
1.30pm – 3.00pm	Anna Rósa Robertsdottir; ‘How I became a Facebook Herbalist’ and additional information on how to set up Instagram and work with it.
3.00pm – 3.30pm	Coffee Break.
3.30pm – 5.00pm	Annual General Meeting.

Directions

By train: Take a train from Waterloo to Guildford. From there, take a taxi to the centre at Normandy, which is about a ten minute drive.

Alternatively, from Guildford, take a train to the nearest station, which is Wanborough. From here, the centre is 1.1miles away, approximately a 20 minute walk. From the station, turn left (northwards) on Glaziers Lane, walking into Normandy village. Here, on the right hand side, turn down the road called Manor Fruit Farm. The centre is at the end of the road on the left hand side, just past the local village hall.

For timetables visit: www.nationalrail.co.uk or www.thetrainline.com/train-times

By car: Take the A3 in the direction of Guildford, and from there take the A31 west. Approximately 1.5 miles from the A3, take the turn-off signposted Godalming, B3000. At the T-junction, turn right, then almost immediately left, following the signs for Normandy. Follow the road for 1.5 miles, then turn right onto Flexford Road, then turn left onto Glaziers Lane about a half a mile. Follow Glaziers Lane, passing the railway station, and turning right into the lane marked ‘Manor Fruit Farm’ . The centre is at the end of the road on the left hand side, just past the local village hall.

There is plenty of free parking at the entrance of the centre.

Accommodation

There are two hotels within 15 minutes' drive of the Therapy Gardens:

Guildford Central Premier Inn

<https://www.premierinn.com/gb/en/hotels/england/surrey/guildford/guildford-north-a3.html>

Guildford Travel Lodge

<https://www.travelodge.co.uk/hotels/287/Guildford-hotel?rooms%5B0%5D%5BroomId%5D=jvhq3h862rypxh&rooms%5B0%5D%5Badults%5D=1&rooms%5B0%5D%5Bchildren%5D=0&rooms%5B0%5D%5Bextras%5D%5B0%5D=&lozenges=&strikeThroughShown=0>

Lunch

Lunch will be provided for at the centre. It will be gluten-free vegetarian sandwiches, soup and salad. Please notify Alicia if you are coming and of any special dietary requirements.

Cost of lunch: £5.00, pay on the day.

Booking

Please let Alicia know as soon as possible if you are intending to come to the conference and AGM.

Address

The Therapy Garden
Manor Fruit Farm
Glaziers Lane
Normandy
Surrey GU3 2DT

The Therapy Garden: <http://www.thetherapygarden.org/>

Telephone: 01483-813846

For booking and enquiries, please contact Alicia Sawaya by email at (aliciasawaya.uk@gmail.com), Telephone: 01932-344604.

Please visit the AMH website (<http://www.associationofmasterherbalists.co.uk>) for any further updates.

We look forward to seeing you this year!