

## Welcome

Congratulations, you made it! Welcome to South Devon, and welcome to the fourth Transition Network conference, we are delighted to see you here. This event has been an amazing achievement, given that until 2 months before the event, it was going to be somewhere entirely different, and had to be rearranged at the last minute. The Transition Network team have done amazing work shifting venue, and we hope you will enjoy the gem that we came across as an alternative home, Seale Hayne Agricultural College. The 3 days we will spend together here will, we hope, be an inspiring opportunity to recharge your Transition batteries, to connect with others, and to bring your questions, concerns, fears and successes to share with others who very likely are bringing very similar things....



2007, at Ruskin Mill in Gloucestershire.

A brief review for those who whom this is their first Transition Network conference. This is the fourth Transition Network conference, the first being held at Ruskin Mill, near Nailsworth in Gloucestershire in the Spring of 2007. At that time, nobody really quite knew what Transition was and what we were all doing, just that in their communities they found themselves doing this thing called 'Transition', and wondering what exactly it was (not that we've really figured it out yet...). This day of fevered Open Space and ideas-swapping illuminated things somewhat, and helped to shape the evolving approach.

The next year, we gathered at the Royal Agricultural College near Cirencester, with its Hogwarts-style halls and sumptuous football pitches. The sheer breadth and diversity of workshops on offer showed how far Transition had come in one year, and the influences and new tools that were starting to emerge. It was the only conference so far that had spotted dick and custard on the menu, and Saturday night featured a highly memorable Open Mike session and dancing into the early hours. Participants were invited to bring news cuttings and posters from their initiative, and soon one whole room was covered in paper, an impressive insight into what was happening out there in Transition-world.



2008, spotted dick and custard near Cirencester....



Sheltering from the blazing summer sunshine outside, Battersea Arts Centre 2009.

2009 brought Transition to the Big Smoke, to the amazing Battersea Arts Centre in London. Highlights included the fact that we actually managed to make such a huge space feel filled, the visit of then-Secretary of State for Energy and Climate Change Ed Miliband as a 'keynote listener', the amazing "Transition in 2 hours" performance by members of various London initiatives, and Stephan Harding 'Gaia-ing' everyone at the evening event. The conference was a great example of a self-organising system, over 300 people running Open Space events, workshops, and making the event their own.

So here we are at Seale Hayne for 2010's conference. What will we make of it this time? It all awaits to be discovered, created and shaped. We hope you have a memorable few days, that will greatly deepen and enrich your experience of Transition...

### Transition Network Board of Trustees

We've had a number of changes in the board since the last conference. Sadly Brian Goodwin died in July last year, shortly after resigning, and since then both Pamela Grey and Julie Richardson have stood down. We have 2 new board members, Sarah Nicholl (Transition Belsize) and Gary Alexander (Transition Diss and Transition East), and we anticipate some further changes over the next few months.

### Staffing at the Network

In a little scruffy office with a little yellow door you will find some of the staff at Transition Network and often several dogs working away on their laptops (not the dogs, they just sleep, play fight, chase balls or ask nicely to go for walks), generally well behaved and not eating too many biscuits and cake (the staff that is)! This time last year the team based in Totnes consisted of two full timers (Rob Hopkins, Ben Brangwyn) and two part timers (Jo Coish and Steph Bradley). Since then there have been many wonderful additions to the team. Helen La Trobe in Totnes (July 09) and dotted around the country, Ed Mitchell, in Bristol (Sept 09), Linda Screen in Dorchester (Nov 09) and Catrina Pickering, in Oxford (March 10). At the end of March Steph embarked on her Transition Tales walk and Cliona O'Conaill joined us briefly to step into her flip flops, then more recently Sasha Nathanson has stepped into those flip flops to keep them dry until Steph returns. Unfortunately Linda will also be leaving us at the end of May so if you want a job as a Fundraiser at Transition Network or know of someone else who does, please get in touch. So, our little team keeps on growing as fast as the Network itself.

<http://www.transitionnetwork.org/about/people/staff-and-key-contributors>

### Funding

We finally received charitable status after a long discussion with the Charities commission over whether educating people about peak oil was a legitimate charitable objective. Having won this battle TN's objectives can be used by other projects as an already approved template. Autumn 2009 saw the securing of three years of core funding from the Tudor Trust, whose support has been vital in supporting Transition Network's existence. As with most funders, they are expecting the organisation to move towards independence during this period. Esmée Fairbairn Foundation also said yes to a further three year funding bid for the Training project, which gives this a secure base to move forward. The Diversity project was one of two chosen for support by Artists for Planet Earth – and we appointed Catrina to this post in January 2010. We are enormously grateful to all those who have supported us – funders and individuals alike. And if you are, or know, someone who would like to support us please get in touch. We have a list of projects waiting for financial support to move forwards.

### Talks

Among the many talks that stand out since last years conference is Rob and Peter's presenting at the Department of Energy and Climate Change/Energy Institute's Chatham House Rule day on peak oil/energy security. A fascinating experience, and amazing that Transition Network was one of the small number of invitees to such an event.

### International Transition

The main place where Transition has been springing up this year is in Europe, notably in the north – Scandinavia, Belgium and Germany. Translating resources is a key part of helping Transition to go viral, and some countries have found innovative shared ways of doing this. National Transition hubs established in the past year include Japan, Italy, Ireland, Japan, Holland, Sweden and Germany. These join Scotland, USA and several others in having a signed "Memorandum of Understanding" with Transition Network, and taking over responsibilities for accrediting official Transition initiatives, translating or adapting resources such as the primer and handbook, coordinating support, training and meetings, and other activities. We've seen the Handbook translated into Italian, Dutch and German. The Transition Primer now exists in 5 languages (that we know of).

**Transition Towns Ireland**  
the network for communities building local resilience



**TRANSITION SWEDEN**  
Svenska byar och städer ställer om

**Transition Scotland**  
The Head, Heart & Hands of Energy Descent in Scotland



## **Diversity in Transition (Catrina Pickering: diversity co-ordinator)**

Diversity in Transition is more than a project; it's the beginnings of a new approach. It hopes to facilitate a fundamental inner and outer change in Transition that collaborates with all the voices and strengths inherent in a community. Activities wise, we're working with around 15 Transition Initiatives over the next ten months to support them to develop a diversity approach to their work, in particular by building relationships with Black Minority Ethnic, low-income and faith groups. Over the next few months, we'll also be making wider resources available including a Diversity Primer, regional diversity events and a diversity sub-site. And last but definitely by no means least, we're also undertaking an exploration into how we can facilitate the inner change that will lead to a more inclusive, diverse Transition. Get in touch if you'd like to know more. Catrina Pickering, Diversity Co-ordinator, 01865 403147, [catrinapickering@transitionnetwork.org](mailto:catrinapickering@transitionnetwork.org)

## **Transition Training and Consulting (TT&C)**

During the past year Transition Training evolved into Transition Training and Consulting and now has two parts. The individuals side (TT&C-ind) continues to deliver courses and workshops for individuals in community Transition projects, and to train trainers to deliver these. In September 2009 we launched TT&C-orgs, to deliver workshops, talks and consultancy to businesses and organisations.

## **Training for Individuals (Naresh Giangrande)**

We continue to offer our fundamentals course, the 2 day *Training for Transition* which has proved to be both very popular and instrumental in spreading the theory and practice of how to set up and run the initial stages of a Transition Initiative. Many local initiatives have now hosted one, and we estimate that over 2,000 have attended this training in some form around the world. In April we trained a group of trainers in Holland, mainly from Northern Europe. There are now Transition Trainers in Canada, the USA, New Zealand, Australia, Holland, Italy, Sweden, Belgium, Norway, Germany, Austria, Denmark, Ireland, China, and Japan who are offering *Training for Transition*. In addition we have run trainings in Hungary, Spain, and Brazil. We are also offering a one day *Transition Talk Training*. We have been piloting a course on groups developed by Nick Osborne, called *Weaving Magic*. With other European partners we are creating a longer two year *Transition to Resilience* course – an intensive journey of personal development, social activism and entrepreneurship. We are also planning to roll out a web platform to enable other trainings to be offered called *Transition Learning Connections*, and have planned our first residential gathering of trainers to explore what new trainings are arising that would support the work of the Transition Movement. If you're interested to hear updates on training, or to join in with co-creating new Transition training offerings email [sasha@transitionnetwork.org](mailto:sasha@transitionnetwork.org). We're delighted to have a temporary coordinator, Sasha Nathanson, while Steph Bradley is on Transition Tales walkabout for 6 months.

## **Training for Organisations (Fiona Ward: TT&C co-founder)**

TTandC-orgs has already trained a number of practitioners and is now starting to deliver work commercially, for example, the Energy Resilience Assessment (ERA) service. Another important part of TTandC-orgs is seeing how we could best help transition communities to engage with their local business community and also start to stimulate a new type of economy - come to our conference session and join this debate or see more about us at [www.ttandc.org.uk](http://www.ttandc.org.uk).

## **Transition Website (Ed Mitchell: web project manager).**

An enormous amount of work has gone on behind the scenes to create the new Transition Network website, launched in beta version in early March. A group of 7 Transition Technologists have worked incredibly hard, in a radically distributed and cooperative way, with a small budget to create a website we're already proud of. The website is coming on line in stages – starting with core goals (initiatives and projects), giving users time to get used to each piece. So far;

- We have introduced initiative, personal, and project profiles
- The first few newsletters have gone out and gone well.
- We have set up some blogs, particularly Stephanie's 'Transition Tales' blog which has been popular, and we are trialling the 'Sharing Engine' by bringing together respected bloggers' blogs, and news from Transition Initiatives.

We're ironing out bugs (e.g. the password system), transferring from old to new forums during May, and hoping to start working on the 'community microsites' – giving basic website functions for Transition initiatives so you don't have to develop your own. We're also working on opening our work up as a truly open source project.

Some statistics:

- During April there were 145,986 pages viewed from 32,333 unique users. People view on average 3 pages, and stay on the site for just under 3 minutes.
- Most popular pages are the initiatives directory, conference page, 'about Transition Network', the projects directory, and the Primer.

Since 'launching' on March 1st, we have:

- 41 projects in the projects directory (without any communications push!)
- 460 initiatives in the initiatives directory (299 official, 161 'mullers')
- 7067 people are in the people directory, 1,075 have updated their personal profiles

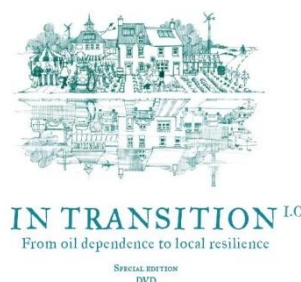
These are exceptionally heartening engagement indicators – we are far more 'engaged' than any online community that Ed (who has been managing online communities since 1997) has ever experienced! Please join in and add your projects, personal or initiatives information to the website so we can learn more about and from each other!

### **Inner Transition (Sophy Banks, coordinator)**

A new, currently unfunded project to support groups looking at the inner dimension of Transition – the internal changes that are needed to create a healthy and collaborative process of Transition. It draws on understandings from psychology, spiritual and wisdom traditions, deep ecology and many others, to link inner and outer worlds, and give insight into barriers and solutions for creating positive and sustainable change. We're planning to research what's been happening in this area, create resources to support groups, and opportunities to meet up and exchange ideas. If you'd like to find out more come to the workshop on Inner Transition / Heart and Soul groups on Sunday afternoon with Sophy Banks and Rosie Bell, or see the announcement on 27 May on [www.transitionnetwork.org/news](http://www.transitionnetwork.org/news).

### **The Film 'In Transition 1.0'**

Since its release in September 2009 we've sold over 1,000 copies, and know the film has been shown around the Transitioning world many hundreds of times, to many thousands of people. We have had some fantastic responses and reports from groups about their screenings. The film has now broken even, and we are hopeful of being able to make In Transition 2.0. some time in 2011.




### **Books**

'Transition Handbook' has now sold nearly 24,000 copies, and there are now Dutch, German, Italian and Australian/New Zealand editions, and 'The Transition Timeline' has also done well. The Transition Books series continues to expand, with 'Local Food' already published, 'Local Money' being launched at this conference, and the next two books, 'Communities, Councils and a Low-Carbon Future' by Alexis Rowell and 'Local Sustainable Homes' by Chris Bird in preparation. Work has begun on 'Transition Handbook 2' due to be published early 2011.



# What's Been Happening in Transition Since the Last Conference?

Here is a snapshot, drawn from stories on TransitionCulture.org and also from Transition Network News ([www.transitionnetworknews.wordpress.com/](http://www.transitionnetworknews.wordpress.com/)), of some of the developments that have taken place in the Transition 'field' since the 2009 conference in Battersea. Apologies if we have missed out the dozens of wonderful things that you have been doing during that time.... What an amazing movement to be a part of....



**Somerset in Transition**  
A day celebrating Somerset's 'transition' initiatives: our progress towards creating more sustainable communities.

**Sunday March 16 \* Glastonbury Town Hall**  
\* all welcome \*

<b>Morning (11am start)</b> 10.00 Opening by Cllr Alan Ditch, Chair of Somerset County Council 10.30 Refreshments 11.00 Presentation by Cllr Don't panic! - the transition from Oil Dependence to Local Resilience 11.30 Climate Change poetry by Glastonbury's 'Strange Sisters' 12.00 Lunch of the photoshoot 12.30 Refreshments 1.00 Chris Johnson asks: Can we change our energy?	<b>1.00 a light local-food lunch, cakes &amp; drinks</b> <b>Afternoon (12.30 start)</b> 2.00 Rob Hopkins: 12 Steps to Transition Building 2.15 Somerset of Transition with Southbank Studio and Richard Clark. (N.B. 15 passes free for the Somerset Council) 4.15 Energy Forum with Cllr Edward James, Chair of Mendip District Council 4.30 Climate Change music 5.00 Local food, photographs and more, all day. (Watch for live broadcast on Glastonbury Park!)	<b>5.30 followed by - food, drink, light music and...</b> <b>Evening a celebratory fundraiser -</b> The Innkeeper the Aralston Free State Choir - other local musicians have food/beverage
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Daytime event by donation. Evening celebration suggested donation £5. For more info see [www.transitionnetwork.org/glastonbury2010/](http://www.transitionnetwork.org/glastonbury2010/)  
**Come to be the change you want to see....**

'Somerset in Transition' event held • Transition Langport Unleashes • Transition Oxford stalls and shares its experience as to why • The Stroud and Brixton Pounds are launched • 'Transition East' hold a networking day and release the excellent 'Transition in the East' report • Transition Monteveglio and their local Comune pass an amazing resolution • Transition Town Kinsale wins the Anne Behan Sustainability Award • 'Local Food: how to make it happen in your community' is launched • Michael Portillo includes a piece about Transition Town Totnes in his 'Great British Railway Journeys' series • The Lewes Pound expands to have £5,10, and 21 notes • The 'Transition North Conference takes place in Slaithwaite, Yorkshire • Transition

Taunton Deane produce the report of their historic visioning exercise with their local Council, "Towards a Resilient Taunton Deane" • Prince Charles visits Llandeilo and meets the Transition Town Llandeilo team • Gill Seyfang of UEA publishes her two surveys, one of the UK Transition movement, and one of Transition Norwich • Representatives of Transition Network run events at the Klimaforum at the Copenhagen climate talks • the new Transition Network website is launched • 'In Transition 1.0.' is released on DVD, and is screening many hundreds of times around the world • Rob Hopkins is named the Energy Saving Trust/Guardian's 'Green Communities Hero' for 2009 • the Italian edition of 'The Transition Handbook' is published • Transition Network publishes Oliver Dudok van Heel's free guide to local currencies • The Transition South East convergence is held • Transition Town Totnes is chosen as one of 20 UK communities in DECC's 'Low Carbon Communities Challenge' • Transition Seattle publish their 'Transition Handbook Discussion Course' • As the election looms, Transition Network publishes its 'Resilience Hustings' document, and many initiatives run hustings events • Steph Bradley sets off on her 'Transition Tales Quest', visiting many Transition initiatives on foot to gather stories • Naresh Giangrande and Alexis Rowell run a Transition Training with Norfolk County Council • Transition Town Tooting's 'Trashcatchers' Carnival' gets funding and starts taking shape • Transition Town Totnes publish 'Transition in Action: an Energy Descent Action Plan', the UK's first • Transition Bloomington (US) Unleashes • Transition allotments start popping up all over, with people sharing allotments and learning to grow food together • Transition Town Kingston Unleashes • Transition Town Invercargill (NZ) is given land for community gardens • Transition Lancaster Unleashes • Transition Town Manchester (US) sells 350 fruit trees as part of a 350.org event • Churches in Transition event held • Rob Hopkins and Peter Lipman of Transition Network represent the Network at the 'Peak Oil Summit' event held by DECC and the Energy Institute • 'Local Money' by Peter North, the latest in the 'Transition Books' series is released • Transition Malvern Hills Unleashed at an event with 3 choirs!



**The Transition South East Conference**

**Throwing fun and collaboration at Climate Change & Peak Oil**

Saturday 18th/19th 2010  
10.00-16.00  
Francis Manning House  
216a Church  
Brighton, BN1 3RQ  
£20 / £10

Your unique chance to meet like-minded people and share ideas about the transition to sustainable solar in the South East....

Practical workshops // Networking // Learn what you can do // Create a vision of your future // Music // Get more info...

Intro to Transition // Food Mapping & Resilience with Neil Ravenscroft (Surrey) & Howard Baker // Community Owned Energy with Howard Jones (Dorset), Solar Trade Assoc. (Southern Solar) // Composting A-Z // Open Source for your agenda // Seeds of Resilience // Oil: Observing & Monitoring Our Oils // Embedding diversity // Films // Energy Descent Plan in 21st // Forum Theatre // Intro to Formal Consensus // 1000 Campaign // The Task Support for Groups // Community Level Tools // Permaculture for Transition // Web platforms & communication // Wood Spraying // Complementary Currencies // Transition Networks // ...and more

Book your place at [www.transitionnetwork.org/uk](http://www.transitionnetwork.org/uk)  
by 09/05/2010. Mail in 0161 8717249  
[www.southeastresilientliving.com](http://www.southeastresilientliving.com)

## Introducing a New Way of Understanding Transition

One of the things we want to do with the 2010 conference is to unveil a new way of understanding the Transition process. The reason you are getting this great big thick booklet on arrival at the conference is because we want you to have a copy of this work-in-progress in your hand to dip into, refer to, scrawl across, and immerse yourself in over this weekend.

Why might we need to rethink the way we conceive of what Transition is, and how we communicate it to others? The 12 Steps, or 12 Ingredients of Transition, have been, until now, how we communicate what Transition is, and how it works. But over time, it has become increasingly redundant, as Transition becomes a broader, deeper and more complex model. For example, Totnes has now published its Energy Descent Action Plan, does that mean, given that creating an EDAP is Step 12, that it has now finished and can stop? Of course not.



Also, one gets the sense sometimes that some would have it that the 12 Steps were carried down from Totnes Castle carved on tablets of stone by a man with a long white beard (see left). In planning for the second edition of *The Transition Handbook*, the temptation became overwhelming to throw the whole model in the air and present it in a completely different way.

We feel it is a very exciting new development, one we have been working on for a few months, and this conference is its first public outing. We hope that you will find it illuminating, and will help in its development. It is very much work in progress, so please excuse the fact that some of it is better developed than other bits. We are putting it out in this unfinished condition because we want your

feedback, comments and input. Be a part of the writing of 'The Transition Handbook 2'!

It is modelled on Christopher Alexander's Pattern Language model, and moves away from the more linear approach embodied in the '12 Steps of Transition' model. 'A Pattern Language' was published in 1977, and was, in my opinion, a work of great genius. It used a highly innovative method to explore what it is about built environments that makes them either beautiful and nurturing, or soul-destroying and ghastly. While he applies the approach to built environments, we are applying it here to the Transition process. The idea is that Transition would appear to move out through a series of stages:

1. Where we start from
2. Getting Started
3. Ongoing/Deepening (maintaining your initiative beyond the start up stage)
4. Patterns for Outreach
5. Patterns for Implementing Transition infrastructure
6. Scaling up beyond the community

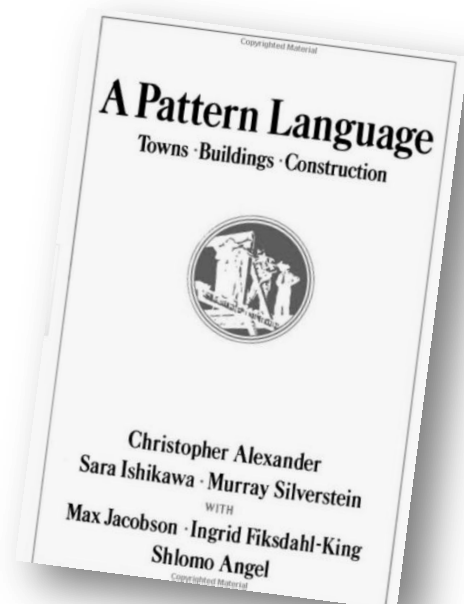
Each stage represents a different phase in an initiative's evolution. Based on observing a number of initiatives, it appears that these are roughly the stages they move through. Think of each ingredient, or 'pattern', as being like a piece of the Transition puzzle, how you assemble them is up to you, but in this model, wherever you land, wherever you start, you can get a sense of the context of what you are doing, and what are the other things you also need to bear in mind.

This book offers an initial set of 63 patterns for your delectation. Exactly how these patterns work will be explored later, but for now, here are some thoughts as to how you can help with the development of this approach.

- **Add your thoughts and comments:** at the conference you will find large A3 posters of the different patterns, and blocks of Post-It notes. Please add thoughts, ideas, let us know if you have better photos to go with each pattern, and if there are patterns you think ought to be there but aren't, please add them on separate pieces of paper
- **Helping to flesh out the patterns:** we want the final pattern language in 'The Transition Handbook 2' to best reflect the richness of what is happening in Transition. We need stories, anecdotes, projects, links and photos for each pattern, please send any thoughts or images to [patternlanguage@transitionnetwork.org](mailto:patternlanguage@transitionnetwork.org).
- **Come to the Workshops:** there are two workshops running at this conference about this work (it is the same workshop running twice). Do come, and find out more about it....

So, hopefully this makes sense, and hopefully you feel excited about this opportunity to remodel what we are doing. Christopher Alexander's original Pattern Language can be found either in print as 'A Pattern Language: towns, buildings, construction' published by Oxford University Press (1977), or online at <http://tinyurl.com/19rf>.

Thank you!



## The Conference Timetable

If you are used to the word 'conference' conjuring up a mental picture of death by Powerpoint in a stifling warm hall as you sit in rows of people who you never actually get to meet, but if you did, would almost certainly prove far more fascinating than the speakers, you have never been to a Transition Network conference before. We do things differently here. As you will see, we like to mix things up, change them around, create as many opportunities as possible for you to shape the event, and to raise the questions you have brought with you. Here is the timetable for the event, designed entirely around the England/USA World Cup match, but still, we think, sufficiently exciting and engaging.



The Transition Cities Conference, November 2008, Nottingham.

### Friday

Registration will be open from 7pm, and so will the bar. Reacquaint with old friends and meet new ones.

### Saturday

07.30 to 09.00: Breakfast

09.00: Registration

10.00: Conference opening and mapping

10.30: Form "home groups" (your own group of new buddies for the duration of the conference, and beyond)

11.00: Break

11.30: Open Space prep

12.00: Sharing stories of transition (by theme/interest group)

13.00: Lunch

14.30: Open Space #1 and "Surgeries"

16.15: Open Space #2 and "Surgeries"

17.45: Optional recreation: dance space

18.30 to 20.00: Dinner

19.00: Bar opens

19.30: Optional recreation: England vs USA (World Cup soccer)

21.00: Open mike - Transition talent in all its 5 octave glory



## Sunday

09.00 to 10.30: Short workshops #1

10.30: Break

11.00 to 12.30: Big Group Process - more info to follow...

12.30 to 14.00: Lunch

14.00: Long workshops / Trips

15.30 to 16.00: Break

16.00 to 17.30: Long workshops / trips continued

17.45: Close for day 2

18.15: Free time, sport (indoor 5-a-side footie, frisbee, dance, relaxation)

18.30 to 20.00: Dinner

19.30: Bar opens

20.00: The Launch of Peter North's new book 'Local Money', the latest book in the Transition Books series, and book signing, followed by Cabaret, music jams, impromptu performances, whatever takes your fancy...

## Monday

07.30 to 09.00: Breakfast

09.00 to 10.30: Short workshops #2

10.30 to 11.00: Break

11.00 to 11.30: "Go forth!!!" Home group discussions about what we'll each be doing next

11.30 to 12.00: Final networking

12.00 to 13.00: Final session - feedback and close

13.00 to 14.00: Lunch



## Full Workshop Schedule

So here it is, in its full mouth-watering glory, the workshop schedule for the 2010 Transition Network conference. It is rotten really, expecting you to choose between the delicious morsels on offer. Cruel even.

You will note that no details are given for where each workshop will be held, all of this information will be made available at the start of the conference. Also, the following is the programme as best as we have been able to confirm it a couple of weeks ahead of the conference, there will no doubt, despite our best intentions, be changes, workshops dropped and new ones added. All will become clear as the event goes on. So here we go then, starting with a couple of short bonus sessions that will be running on Saturday afternoon/evening. 'Best Workshop Title of the Conference' award definitely goes to *"Is Transition in Brazil following the football road - created in England with the best players in Brazil?"* which runs on Sunday morning.



## One Last Minute Rather Exciting Programme Addition (to run during Saturday afternoon's Open Space/Surgeries session)

### Title                    Making Sense of the Financial Crisis in the Era of Peak Oil

#### Description

Peak Oil and the collapse of global Ponzi finance are a "perfect storm" of converging phenomena that threaten to sink our age of prosperity through wealth destruction, social discontent, and global conflict. Nicole will describe how our current financial system is an unsustainable credit bubble grounded in "Ponzi dynamics," or the logic of the pyramid scheme. She warns that most people are woefully unprepared to face the consequences of the devastating deflation that is now unfolding.

#### Bio

**Nicole M. Foss** is co-editor of The Automatic Earth (<http://theautomaticearth.blogspot.com>), where she writes under the name *Stoneleigh*. She and her writing partner have been chronicling and interpreting the on-going credit crunch as the most pressing aspect of our current multi-faceted predicament. The site integrates finance, energy, environment, psychology, population and *real politik* in order to explain why we find ourselves in a state of crisis and what we can do about it. She can be contacted through: [theautomaticearth@gmail.com](mailto:theautomaticearth@gmail.com)

## One Saturday late afternoon session (to run during the games/relaxing break starting at 17.45)

### Title                    Wild Food Walk (relevant patterns 3.11, 3.10.)

#### Description

Wild food is local, often organic, it's travelled zero food miles and what's more it's free! So why not take part in this short taster session (if you pardon the pun!) and learn a little more about the ultimate in low-carbon food? Join forager, author and self-confessed foodie, Dave Hamilton, as he guides you around the grounds of the conference site pointing out what might be good for the kitchen table. For those unable to attend Dave offers car-free wild food walks starting at Totnes and Exeter St David's station contact [dave@selfsufficientish](mailto:dave@selfsufficientish) for more details.

#### Bio

For quite some time food has been **Dave Hamilton's** passion. He began baking cakes as soon as he could pick up a spoon to stir the mixture. At the age of 10 he became a vegetarian and by the time he was 15 he was cooking all his own meals. A few years on, he is now a qualified nutritionist (BSc, not pill popping nonsense), a food writer and a vegetable grower. Dave also works teaching wild food and has led groups at the Eden Project and for the National Trust. He now lives in Devon where he is following another of his passions, that of plants, by training to be a sustainable horticulturalist at the Dutchy College run course at the Schumacher College in Dartington.

## Sunday morning workshops

Your choices at a glance (in the order you'll find them below):

**DIY Streets • Introducing Transition as a Pattern Language • Bringing it All Back Home: from Systems Thinking to Systems Being • Beyond community resilience & a cuddly transition • Becoming a Zero Carbon Farm • Inspiring a Young Peoples' Transition • Community Ownership of Assets • Mindfulness and Personal Resilience • Sex and Transition • Communities, Councils and Carbon • Transition in Brazil • Communicating the Economic Crisis as the Third Driver of Transition**

**Title**                    **DIY Streets (relevant patterns 1.4., 2.6., 2.12., 3.9., 3.13., 4.4., 4.8., 4.9., 5.5., 5.8.)**

**Description**

Sustrans is the UK's leading sustainable transport charity, our vision is a world in which people choose to travel in ways that benefit their health and the environment. Every day we are working on practical, innovative ways of dealing with the transport challenges that affect us all. One of these projects is 'DIY Streets' - a project that brings communities together to help them redesign their streets, putting people at their heart and making them safer and more attractive places to live. It's an affordable, community-led alternative to the home zones design concept. The workshop will help people to understand theories around traffic calming, (that won't be as boring as it sounds, we promise!), along with exploring practical examples of what can be achieved on a local level, how to ensure as much of the community is involved as possible, and how to face any challenges that may come up.

**Bio**

**Katherine Rooney** works in Sustrans' Liveable Neighbourhoods team. She manages the DIY Streets project, including the recent pilot project, working with the residents of 10 streets across England and Wales. Katherine has also worked on the 'Bike It' project which aims to increase the number of young people cycling to school. She has a background in community development work with a focus on community consultation and behaviour change.



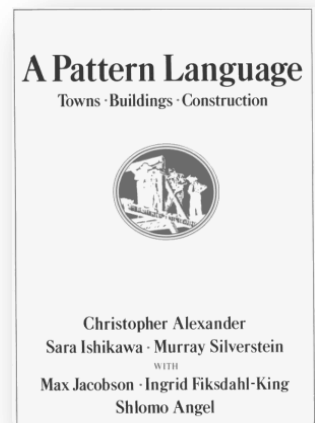
**Title**                    **Introducing Transition as a Pattern Language (relevant patterns: all of them!)**

**Description**

'The 12 Steps of Transition' has become the way that Transition is communicated, in the Handbook, Transition Training and so on. But is it the most appropriate model for communicating something as multi-faceted as Transition? For the second edition of 'The Transition Handbook', Rob is reworking the Transition model, inspired by Christopher Alexander's 'A Pattern Language'. It offers a way of explaining Transition that is much more representative of what it has become, much more usable, and which reflects the multi-faceted nature of Transition. It is a process that needs your input and your ideas. This workshop will introduce work in progress, where the project has got to thus far, and will have plenty of space for ideas and feedback.

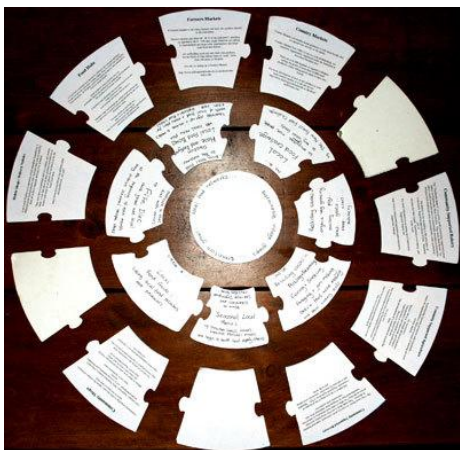
**Bio**

**Rob Hopkins** is most renowned for having to answer the question "so how did Transition get started?" more times than anyone else on the planet.



**Title** **Bringing it all back home – from Systems Thinking to Systems Being** (relevant patterns: 1.4., 4.12.)

Description	Bio
<p>We are increasingly aware that the world is a complex living system and yet it is still hard to transition to ways of living that sustain the environments we depend on. What shifts do we need to make to allow us to integrate this awareness into our everyday choices? In this session we explore ways of grounding the valuable insights from social evolution theory and systems thinking into practical living.</p>	<p><b>Alexander Balerdi</b> has been a filmmaker, graphic designer, mentor to students with mental health issues and physical disabilities, and a chaplain for people with no formal faith. Mentoring people with disabilities to understand their needs more holistically greatly informed the angle his research took when he studied for his MSc in Holistic Science at Schumacher College. His research into climate change and human behaviour led him to set up his own mentoring company GreenBe (<a href="http://www.greenbe.org.uk">www.greenbe.org.uk</a>) whose purpose is to support people in meeting their needs in ways that sustain the environments we depend on.</p>



**Inez Aponte** has been a performance storyteller and trainer since 1997 working with organisations such as WWF, the British Council and the Soil Association as well as voluntary groups and professional artists. Since 2008 she has been actively involved with Transition Towns, becoming a Transition Trainer in 2009, and together with Steph Bradley, she recently developed the Transition Tales training which explores the power of storytelling to envision the positive future we want to build. Inez enjoys using her creative energy to discover new ways of approaching old problems and to express the importance of living well with whatever is happening in the moment. Her collaboration with Alexander Balerdi takes her work into new and exciting territory.

**Title** **Beyond community resilience & a cuddly transition: how to facilitate wider cultural and personal changes while building community resilience, and how to communicate with people who see Transition as too cuddly** (relevant patterns: 1.4., 1.6., 2.2., 2.12., 4.8., 4.9., 5.3.)

Description	Bio
<p>This session addresses 2 questions: How can we facilitate the changes in cultural values, individual behavior and personal inner worlds which must accompany the community resilience-building activities of transition? And it seems that many people are turned off by the co-operative and egalitarian (cuddly) values of many transitioners. How can we communicate with them in ways that can align the goals of transition with their existing motivations?</p>	<p>Over the last 15 years, <b>Nick Osborne</b> has worked in a variety of management, leadership, training, consultancy or activist roles with a range of organisations including Changemakers, Shell, Amnesty International and the Ecovillage Network. Nick has a BSc. in Social Philosophy and MSc. in Management Development and Social Responsibility. He now works freelance as a Trainer &amp; Consultant, as a founder of Response-Ability, working to help people enhance their ability to respond creatively and flexibly to today's challenging complexity. Nick has been an active member of Transition Glastonbury since mid 2007, helped develop a network of Transition Somerset groups and delivered Transition Training nationally to communities since late 2008.</p>





**Title** **Becoming a zero-carbon farm** (relevant patterns: 1.4., 3.10., 4.8., 5.5., 5.9., 5.10.)

**Description**

This 30-45 minute talk will describe our journey from complete non-farmers to our current status, which I characterise as 'Transition Farming': an organic farm, native breeds, selling produce locally, use of fossil fuels almost completely eliminated, engaged in the Transition process in our locality, as well as running a Transition information exchange website.

**Bio**

**Paul Sousek** was born in Prague and escaped from Russian invasion in 1968. He spent 20 years in market research in London and Kent, and discovered peak oil in 2005. He subsequently changed his life, quit his career, sold his house, rescued his pension, bought a farm, converted it to organic, built up a herd of rare breed of cattle (Red Ruby) and sheep (Wiltshire Horn), and now sells meat boxes locally and nationwide via eBay, has converted the whole farm to renewables for water heating, space heating, electricity (wind and panels), draws water from a bore hole, runs cars and tractor on home produced bio diesel made from waste vegetable oil, built a pond for fishing, planted 100+ trees for wood, fruit and nuts, grows his own veg, soft fruit, potatoes, and keeps poultry. In short, he has built a lifeboat. Paul is now spreading the message through Transition to establish an island of resilience: [www.TransitionNC.org](http://www.TransitionNC.org)

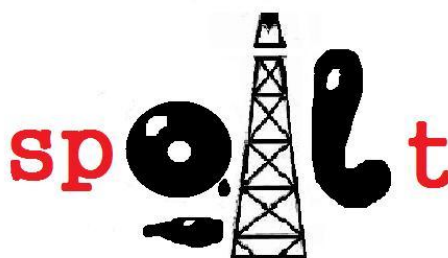
**Title** **Inspiring a Young People's Transition** (relevant patterns: 1.6., 2.2., 2.8., 3.9., 4.9., 5.3.)

**Description**

This presentation by a group of thirteen and fourteen year olds from Ysgol Bro Ddyfi in mid-Wales will focus on the making of spOILt, their film examining the Canadian Tar Sands, and how young people can be inspired to found an international Youth Transition movement. This will be followed by an action planning session on how this might happen in your Transition Initiative. Their film aims to teach all about the tar sands, and the idea of peak oil. It will raise awareness that things like this do happen, and that people are affected by them.

**Bio**

Presented by **Yali Banton-Heath, Poppy Woods, Michael Edwards, Joe White** and **Sarah Woods**, teacher.



**Title** **Community Ownership of Assets** (relevant patterns: 2.12., 3.9., 3.13, 4.8., 5.2., 5.5., 5.6., 5.8., 5.9., 5.10.)

**Description**

Come and join this participatory workshop to understand the issues, explore the barriers and opportunities about assets - acquiring, using and making them viable for your Transition work! Bring your ideas and questions and we will cover:

- \* Community ownership of assets
- \* Routes into community ownership
- \* Community use of assets without ownership
- \* Community investment
- \* Models of ownership and asset protection

**Bio**

**Mark Simmonds** is a trainer and field worker from Co-operatives UK, working on the Making Local Food Work project, delivering training and advice on the structures and governance of community food enterprises - businesses owned and run by their communities. Mark is also involved in various local Transition initiatives in West Yorkshire.

**Diana Moore, Regional Development Manager, the Development Trust Authority** has been involved in and supporting Voluntary Groups and Community Enterprises over the last 20 years. The DTA has built a substantial knowledge base about community owned and managed assets and Diana will share some of the lessons learned by the Development Trusts movement. See [www.atu.org.uk](http://www.atu.org.uk) or [www.dta.org.uk](http://www.dta.org.uk) to be informed and inspired!

**Title Mindfulness and Personal Resilience (relevant patterns: 1.5., 3.5., 3.8.)**

**Description**

Mindfulness is increasingly used in health care and education to calm the mind, manage stress and foster resilience. This experiential workshop will introduce some powerful and practical Mindfulness tools and show how they can deepen and support the work of inner and outer transition.

**Bio**

**Eva Ruijgrok-Lupton** is a Mindfulness teacher in Frome, where she is involved with the local Heart and Soul group. She is interested in allowing change to emerge from stillness.

**Kim Clancy** is a Mindfulness teacher in Totnes and has practiced Mindfulness in the Buddhist tradition for twenty years. She is the coordinator of Mindfulness in Education for the Sharpham Trust.

**Title Sex and Transition (relevant patterns: 1.5., 4.12., 3.8.)**

**Description**

Are you much more interested in windmills and panels than all that floaty feelings / process stuff? Or are you passionate about your Heart and Soul Group but wonder why some people in Transition don't seem nearly so interested in it? Might these differences arise from, and reflect, some of the distortions and divisions of the society we are moving beyond? They have the potential to be divisive, to drain energy and creativity, to limit us. But if we meet them fully, with presence and consciousness, they have the potential to liberate energy, to free up what has got stuck. Transition can be a wonderful space in which to explore things which might block some of our creativity and passion, and in this workshop we hope to enjoy and learn from our differences.

**Bio**

**Hilary Prentice** co-founded the original 'Heart and Soul' group of Transition Town Totnes, and has been an early pioneer of the UK Ecopsychology movement. She lives and works as a psychotherapist in a small Dartmoor village.

**Peter Lipman** is facilitating this workshop with Hilary partially "because he's interested in exploring how our conditioning influences the way in which we behave and feel (generally and in transition) and also because it will continue and broaden Hilary's and my starting to grapple with this issue." He is chair of Transition Network and the Centre for Sustainable Energy and policy director at Sustrans.

**Title Communities, councils and carbon - what we can do if governments won't (relevant patterns: 1.6., 2.12., 4.4., 4.13., 5.3., 5.5., 6.1.)**

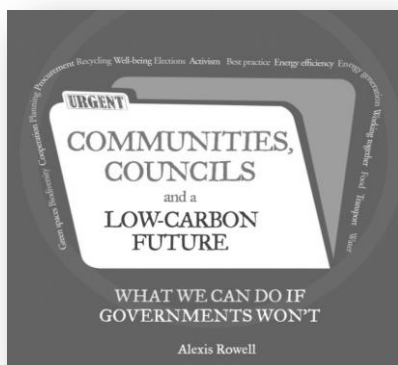
**Description**

From 2006 to May 2010 Cllr. Alexis Rowell was Chair of the London Borough of Camden's all-party Sustainability Task Force which had a remit to suggest ways to address climate change, peak oil and resilience. This workshop is a distillation of the ideas that came out of that Task Force and best practice that Alexis gathered from around the UK. The workshop is aimed at helping Transition groups to know what they can ask for from councils and how to work with councils.


**Bio**

**Alexis Rowell** runs cuttingthecarbon, a climate change and peak oil consultancy. He also works one day a week at the 10:10 Campaign and does Transition Training with councils. His forthcoming book on how Transition groups can work with local government is published by Green Books in October. He's also Joint Coordinator of Transition Belsize and the Camden Climate Action Network.

**Naresh Giangrande** is co-founder of Transition Town Totnes, the first Transition Town and of Transition Training. He has been involved in designing, running and evolving many of the events, groups, and trainings that have been at the heart of the enormously successful Transition Towns project. He has delivered the Training for Transition, Transition Talk Training, Train the Trainers, and Transition Training for Local Authorities and organisations to hundreds of participants in 11 countries. As one of the Transition Town founders he has given dozens of lectures and interviews, and spoken at many conferences and other public events. He set up and coordinated the energy group of TTT, and is currently a director of TTT ltd.



**Title** **Is Transition in Brazil following the football road - created in England with the best players in Brazil?** (relevant patterns: 2.12., 3.9., 3.13, 4.8., 5.2., 5.5., 5.6., 5.8., 5.9., 5.10.)

Description	Bio
<p>Less than a year since the first Transition Trainings were seeded in Brazil's fertile soil, Transition has virally taken off in most different socio-economic contexts. This participatory session will look at how this is taking shape through three case studies:</p> <ul style="list-style-type: none"> <li>• Transition in high resilience below poverty line communities - Serra &amp; Brasilandia</li> <li>• Transition in middle class, alternative communities in Rio de Janeiro- Grajau, Santa Teresa and Petropolis and in Sao Paulo-Vila Mariana</li> <li>• Transition in affluent neighborhoods- Granja Viana</li> </ul> <p>Participants will be used as coaches /designers to help address crucial questions on the path of resilience of a country where peak oil is far in the horizon and social disparity is miles long.</p>	<p>Presenters;</p> <ul style="list-style-type: none"> <li>• <b>Taisa Mattos</b>, creator local currency Flor &amp; Ser in Rio de Janeiro, member think-tank Terra Una of urban designers</li> <li>• <b>May East</b>- sustainability designer, educator, Director Gaia Education, CEO CIFAL Findhorn, Transition Trainer</li> <li>• <b>Monica Picavea</b> - social-worker and educator, Director Fundacao Stickel</li> <li>• <b>Silvia Rocha</b>, journalist, poet, master in Social Communication.</li> </ul> 

**Title** **Communicating the Economic Crisis as the Third Driver of Transition?** (relevant patterns: 2.12., 3.9., 3.13, 4.8., 5.2., 5.5., 5.6., 5.8., 5.9., 5.10.)

Description	Bio
<p>Peak oil and climate change are, at least in the way Transition is communicated at the moment, the 'twin drivers' of Transition. But given recent events, and insights from tools such as the 'Crash Course', should Transition now be talking about economics and the bursting of the debt bubble as a third driver? This workshop will strive to make what has been happening in the world's turbulent economic recent history understandable, and will ask the question, to what extent ought an awareness of economics underpin Transition?</p>	<p><b>Mike Payne</b> is a coach, facilitator and co-founder of 'The Build it Yourself Project'. He loves supporting people both within and outside their work or business environment and has been a full-time coach since 2005 - <a href="http://www.benchmarkcoaching.co.uk">www.benchmarkcoaching.co.uk</a>. Having previously worked for 8 years in each of the 'not for profit', private and state sectors he has a breadth of perspective and understanding which he brings into and across each of these three 'sectors'. 'The Build It Yourself Project' helps organisations and people to find their own answers particularly when 'off the shelf' or existing approaches do not suit their situation. He has worked with some inspiring organisations addressing some of the broader challenges facing us today including developing coaching methods in low income areas with the New Economics Foundation and as a trainer with 'Transition Towns'.</p>



## Sunday afternoon long sessions

Your choices at a glance (in the order you'll find them below):

**Diversity in Transition • Structuring and Facilitating Good meetings • Community and conflict • Social Entrepreneurship • The Work That Reconnects • Tales for Transition • Plugging the Leaks • Energy Descent Planning • Making Local Food Work • Starting a Heart and Soul Group • Engaging with your Local Businesses and Organisations • Trips, to Totnes, Sharpham and Occombe Farm or Proper Job and the Chagford CSA • Woodland Management Walk**

**Title** **Diversity: Building a Resilient and Just Transition** (relevant patterns: 1.6., 2.2., 2.11., 3.8., 4.9.)

### Description

As in all eco-systems, a diversity of species is essential to creating a resilient and sustainable system, and likewise, in communities, the diversity of people is one of its greatest strengths and assets. So this workshop will focus on people's tried and tested experiences from diverse points of engagement with a range of different local communities as a practical starting point for exploring our feelings and ways of learning about community diversity. This work has the potential to transform how we see ourselves and our relationship to others. It's about mutual empowerment, about the creation of a collective vision that includes all the strengths and concerns in your community and above all, it's about celebrating the many expressions of difference that will build a more diverse approach in Transition. Our aim is that you'll come away feeling inspired, full of practical ideas to try out when you get back home, and vitally, better resourced and supported to continue to share your learning journey with others in the months and years ahead.

### Bio

**Catrina Pickering** started to find out about climate change and peak oil in early 2007 and decided that this was the most important issue of our time. She has since worked as the Coordinator for Winchester Action on Climate Change and more recently as the Mobilisation Project Manager for the Climate Outreach and Information Network (COIN) where she undertook mobilisation projects with low carbon communities, refugees/ migrants, trade unions etc. She has also worked in human rights, community regeneration and HIV/AIDS. Catrina has a strong passion and interest in diversity and the ways in which a community can become more resilient by utilising the ideas and skills of the diverse peoples that make up that community. She has lived in India and Mexico as well as many towns, cities and villages in the UK.

**Luci Ransome** is half way through a two year post with Transition Scotland Support adapting Transition in low income and vulnerable communities and feels really fortunate to be paid to do this. She is studying for her Diploma in Permaculture, is a keen community gardener, avid swimmer and Ukulele learner.

**Title** **Structuring and Facilitating Good meetings** (relevant patterns: 1.6., 1.8., 2.1., 2.2., 2.4., 2.7., 2.1., 3.8.)

### Description

Meetings can be participatory, efficient, fun and inspiring. They can also reflect our values of co-operation and sustainability but all too often they don't. This is a hands-on workshop to look at, and practice, some simple techniques to bring the reality of our meetings closer to the ideal...

### Bio

**Matthew Herbert** is a co-founder of Rhizome, a co-op of trainers and facilitators working to support grassroots activism. He's been active for many years in campaigns for environmental and social change. For much of that time he's been supporting groups to make change more effective.





**Title**                      **Community and Conflict** (relevant patterns: 1.5., 1.7., 2.1., 2.4., 2.11., 3.5., 3.8., 3.15.)

**Description**

At the core of every Transition initiative are groups, and many have said that the key make or break technology for Transition is people skills, the ability to work together, build trust, and deal with differences and conflict when they arise. In this experiential workshop you can learn tried and tested techniques that work to resolve conflict, help to strengthen understanding, and create a deep democracy where all voices are genuinely welcomed and understood. We will also learn to work with issues of rank and power in ways that increase rather than diminish group cohesion. Taken from Process Work, founded on the work of Dr Arnold Mindell, these methods have been used to help create dialogue in war zones and to enable communities to get to grips with issues of difference, disempowerment, or difficulty. There will be an opportunity to explore how we could support this theme in the wider Transition movement.

**Bio**

**Sue Milner** is based in Totnes and works in mental health projects and community initiatives and is a UKCP psychotherapist, and Process Work Diplomat. A mother of two she sees that the work we do in our communities now will be vital in shaping the future for generations to come. She is part of the Totnes Heart and Soul group and keen to see the methods of Process Work used in Transition to build resilient and effective projects and groups.

**Emily Hodgkinson** is a diversity trainer and a process work Diplomat (UKCP). She is active in Transition Leicester, using process work methods and concepts to explore carbon reduction in relationship to community building.

**Title**                      **Social Entrepreneurship** (relevant patterns: 2.2., 2.13., 3.3., 3.9., 3.10., 3.11., 4.8., 4.9., 5.2., 5.3., 5.4., 5.5., 5.6., 5.8., 5.9.)

**Description**

An introduction to social entrepreneurship, covering definitions (what is a social entrepreneur?), key areas of knowledge, top start-up tips and advice, useful and practical tools / resources, signposting to support and much more, all laced with inspiring case studies and examples of local, national and international social entrepreneurs changing their world and the world around them.

**Bio**

**Nick Temple** is Director of Policy and Communications at the School for Social Entrepreneurs (SSE) in the UK. SSE develops and supports social entrepreneurs via its unique action learning programmes, which combine personal and project development for sustainable positive social impact. It operates as a franchise across the UK and internationally, and has doubled its size and operations in the past year.

**Title**                      **The Work that Reconnects** (relevant patterns: 1.1., 1.5., 3.5.)

**Description**

Join us for a taste of Joanna Macy's wonderful and deeply transformative processes: one of the core underpinnings of the Transition movement. This is a rare chance to safely and creatively express your personal and our collective responses to these times - the joy and the pain - using ritual, inquiry and movement. This is playful and profound work! For more on TWTR see <http://www.joannamacy.net/>

**Bio**

**Toni Spencer** is on the faculty at Schumacher College and is a freelance facilitator, artist and forager. She's an Associate of Embercombe and is involved with various groups in Transition Town Totnes.

**Jenny Mackewn** is a creative-catalyst in limitednowhere and a freelance facilitator and consultant. She is a national trainer for the Transition Towns and Cities movement and runs trainings in The Work That Reconnects.

**Title** **Tales for Transition** (relevant patterns: 2.2., 2.13., 3.3., 3.9., 3.10., 3.11., 4.8., 4.9., 5.2., 5.3., 5.4., 5.5., 5.6., 5.8., 5.9.)

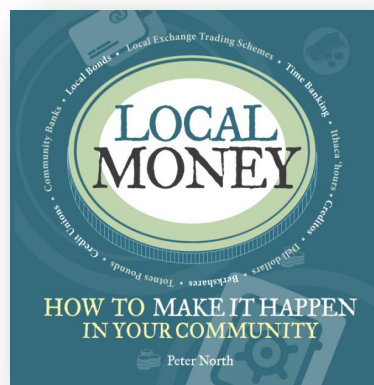
**Description**

*Fairy tales are more than true: not because they tell us that dragons exist, but because they tell us that dragons can be beaten.* G. K. Chesterton

The myths and stories of any society are a powerful reflection and shaper of how the world is seen and experienced. How do these myths and stories arrive? How can we weave storytelling and narrative into Transition projects to vision new possibilities, inspire good leadership and motivate change? In this workshop we'll find out about how to story the world around us in order to enhance our perceptions and create a deeper appreciation. In so doing we release something of the bardic spirit as our tongues are moved to eloquence. In this way we can cultivate powerful tools to speak with more authority and vitality to become greater ambassadors for the transition movement. It'll be fun, creative and informative, and you never know, you might be inspired to tell a tale at the bar on Sunday night...!

**Bio**

**Chris Salisbury**, founder of Wildwise (wildwise.co.uk) and Artistic Director of Westcountry Storytelling festival (weststoryfest.co.uk) founded WildWise after many years working as an education officer for Devon Wildlife Trust. With a background in the theatre, a training in therapy and a career in environmental education he uses every creative means at his disposal to encourage people to enjoy and value the natural world. Chris is also a professional storyteller aka 'Spindle Wayfarer', a partner in the Westcountry School of Myth and Story (schoolofmyth.com) and trained as a Be the Change facilitator offering symposiums for interested groups wanting to find their next steps forward in creating a fairer, more sustainable world.



**Title** **Plugging the Leaks (local economy)** (relevant patterns: 2.5., 2.12., 3.9., 3.12., 4.4., 4.9., 4.13., 5.2., 5.3., 5.5., 5.6., 5.8., 5.10.)

**Description**

An interactive and information-packed session including background theory and practical advice, with time to swap ideas and start planning a currency system for your own region. This workshop will include a review of Transition currency projects around the UK, and a look at the importance of alternative and complementary currencies, asking what are local and regional currencies for, what are the options in setting up a currency, and how does local circulation contribute to the development of local goods and services? It will then focus on keeping money in the local economy, what is known as the multiplier effect, looking at how to determine your 'local' area, how might alternative currency be spent into the local economy and also measuring how businesses and people spend income within the local area. Then it will explore the question of planning the social economy, including Credit Unions, cooperatives and community development trusts, the role of local authorities and policies in achieving a successful local currency and sustainable regional economies: how big is big enough? Finally it will look at 'Local Money in Action', specifically building momentum: who needs to get excited, a focus on the Bristol Pound - a regional currency for the city and the South West and asking how far can we go? All wrapping up with group discussion on what next?

**Bio**

**Peter North** teaches geography at Liverpool University and is a founder member of Transition South Liverpool. He has been researching alternative currencies since 1992, and is the author of 'Money and Liberation', published by the University of Minnesota Press (2007) and 'Local Money: how to make it happen in your community', published by Transition Books and launched at this conference!

**Ciaran Mundy** is a freelance project and policy developer, a Director of Transition Bristol, founder trustee of One World Wildlife, and a leader on Bristol's Green Capital Peak Oil programme. He has worked on Biodiversity policy for the Quality of Life commission and has been involved with DECC communications on the impact of government policy and communications on public attitudes to climate change. His current focus is how cities can create the backdrop for sustainable living? Ciaran is also involved in developing Transition Economics MA with Plymouth University and Schumacher College.

**Mike Payne** (details above)

**Title** **Energy Descent Planning** (relevant patterns: 1.4., 3.9., 4.6., 4.7., 4.8., 4.10., 4.11., 4.12., 4.13., 5.1., 5.3., 5.5., 5.6., 5.10.)

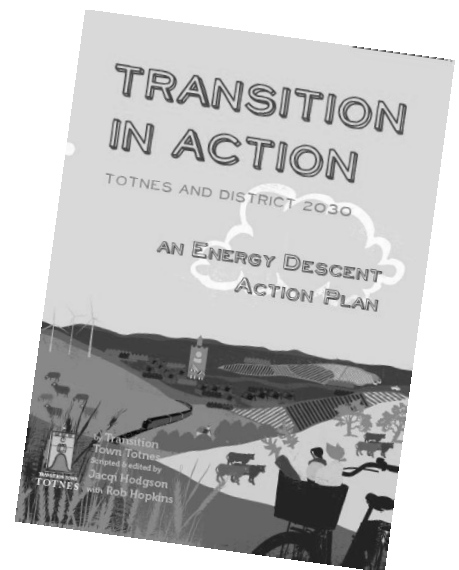
**Description** **Bio**

This workshop will provide a presentation and in-depth discussion about developing an Energy Descent Action Plan for Transition Groups. Based on their experiences, Shaun in developing the Transition Timeline and Jacqi in creating the Totnes and District EDAP, the workshop facilitators will provide an opportunity to examine the techniques for local energy descent planning. The workshop will explore and discuss some of the methods and strategies used in starting out and designing a framework for research, gathering material for the timeline and responsive thinking in communities to create ideas and involvement in developing a locally based Energy Descent Action Plan, using some aspects of the Totnes and District experience for reference.

Participants will be given the opportunity to share ideas and try out some techniques for creative community planning. Developing assumptions, future scenarios planning, visualization and back-casting will be discussed and experienced as methodologies for opening up imaginative thinking which can be shaped to fit into different situations and workshops with an emphasis on providing participants with a toolkit for developing their local EDAP.

**Jacqi Hodgson** has coordinated the Energy Descent Pathways project for Transition Town Totnes since 2008 and is co-author of the recently published Transition in Action - Totnes and District 2030 - an Energy Descent Plan which has emerged from the project. Jacqi has a background in working with environmental and Local Agenda 21 organizations and community groups in developing cross-sectoral partnerships, producing and coordinating projects and actions for a cooperative and partnership approach to sustainability. She was elected to Totnes Town Council in July 2009 and is very active in local community work.

**Shaun Chamberlin** has been involved with the Transition Network since its inception and is a co-founder of Transition Town Kingston as well as the author of *The Transition Timeline*. Founding DarkOptimism in 2007, he has been a regular speaker at Transition communities as well as delivering presentations at the British and Scottish Parliaments and for the European Commission. Specialising in the interactions between climate change and peak oil, his writing has found homes ranging from online think tank The Oil Drum to Resurgence magazine, while he has also edited booklets on carbon rationing and nuclear power, and acted as both an advisor to the UK Department of Energy and Climate Change and an academic peer reviewer for the Climate Policy journal. He was also particularly pleased to be voted Kingston's 'Green Champion' 2010 by the local council and newspaper. His prize - an apple tree - sits in pride of place in his front garden!



**Title** **Making local food work: Considering food projects for your group**  
(relevant patterns: 3.9., 3.10., 3.11., 3.12., 3.13., 4.8., 5.5., 5.9.)

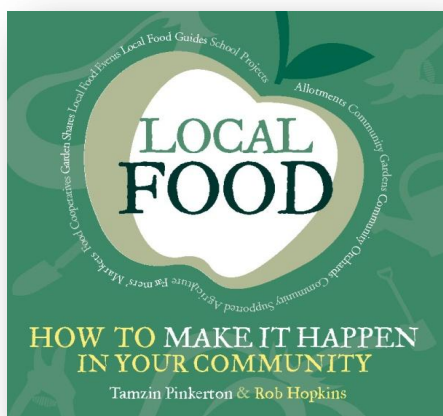
**Description**

Where do we start when building a resilient low carbon food system? Whether you are in a rural community, market town or deep within a city there are always things you can do to get closer to the source of our food. This workshop will help you to take a closer look at what your local needs might be, share your experiences and learn about successful projects and sources of support that could help you get started, whether you want to get more people growing your own, coming together to buy the food you want or connecting up with a farmer. We are part of a large, disempowering and essentially fragile food system - this workshop acknowledges the opportunities as well as the obstacles and challenges and will equip you with the inspiration and tools to reclaim control of your food from within your local community.

**Bio**

**Bonnie Hewson** is the Soil Association Project Manager for the Community Supported Agriculture strand of Making Local Food Work (a Big Lottery funded partnership). Before moving to Bristol in 2009 she was working for Lambeth Council and was involved in running the Transition Town Brixton Food & Growing Group, and in setting up the Blenheim Gardens Edible Estate, the first Capital Growth project in London.

**Traci Lewis** is the Soil Association's Organic Buying Groups Project Manager, as part of their 'Making Local Food Work Partnership'; she also supports the development of Community Supported Agriculture (CSA) in the south west. Traci previously managed Organic South West, a Soil Association regional programme, which offered a range of technical and market development support to south west farmers and food producers. Traci lives in Cornwall and is also a permaculture designer, body boarder and currently developing a keen interest in sailing and kayaking....



**Tully Wakeman** is the Co-ordinator of East Anglia Food Link (EAFL) and a member of the Core Group of Transition Norwich. EAFL has worked to develop sustainable food systems since 1997, and has been engaged with peak oil since 2005. Tully was chair of Food Links UK, a network of 25 similar organisations around the country, most of them sadly no longer with us. He is currently working with Transition Norwich to develop the Food chapter of an Energy Descent Plan as well as some practical food projects such as a flour mill.

**Title** **How to Set up and Run an Inner Transition / Heart and Soul group**  
(relevant patterns: 1.1., 1.5., 1.7., 2.6., 3.4., 3.5., 3.6., 3.8., 4.12.)

**Description**

Many Transition Initiatives have recognised the need for a group that looks at the inner dimension of Transition. This workshop gives a chance to explore how to do this – sharing experience and enquiring together into

- What is the territory of Inner Transition?
- How does an Inner Transition or Heart and Soul group define its purpose?
- How to start a group
- What activities or practices have worked well – or not – and what can we learn from each others’ experiences?

**Bio**

**Sophy Banks** is co-founder of the Totnes Heart and Soul group and Transition Training. A therapist and family constellator, she has worked for the inclusion of inner work in the Transition movement from its early days at local and network level.

**Rosie Bell** is a semi-retired counsellor and groupworker. She was determined to be at the launch of Transition Town Totnes, despite living in Herefordshire, where she had founded a local Ecopsychology group. Two months later she moved to Totnes. A committed member of Totnes Heart and Soul group, she co-ordinates the mentoring project providing free support for activists, and contributed to the H&S EDAP. Her Heart and Soul networking ranges from Wales to Australia.




**Title**            **Engaging with your local businesses and organisations - what skills and tools do we have to help us do this?** (relevant patterns: 1.6., 1.8., 2.5., 3.9., 3.1., 4.13., 5.2., 5.5., 5.6., 5.8.)

Description	Bio
<p>Businesses and many other types of organisation are incredibly influential forces in today's "cheap oil" society and economy. This session explores the role of businesses in Transition, and the role of Transition Initiatives (TIs) and Transition Training and Consulting (TTandC) in assisting businesses and organisations to adapt to the low carbon, energy-constrained future. It includes an update on the latest TTandC services and experiences so far, and will identify opportunities for you and your TIs to engage positively with the organisations and businesses that most influence your community's ability to develop resilience and sustainability.</p>	<p><b>Nick Osborne (see above for bio)</b></p> <p><b>Shane Hughes</b> Director of Carbon Accounting Systems LLP, an accredited Carbon Trust consultant &amp; a lead practitioner for Transition Training and Consulting with 10 years as an energy &amp; carbon consultant. He co-founded Transition Bedford &amp; Zero Carbon Castle and was highly commended in the Pride of Bedford environment awards.</p> <p><b>Tony Greenham</b> is a Chartered Accountant with broad financial advisory and commercial experience. In 2003 Tony completed a MSc in Environmental Assessment and Evaluation at LSE and moved to Cornwall with his family. He became involved with the Transition movement in 2007, co-founding Transition Lostwithiel. He currently advises Transition Network on financial management and is a Trustee of Transition Town Totnes. He just accepted a role at the New Economics Foundation as Head of Finance and Business.</p> <p><b>Graham Truscott</b> is an expert in responsible marketing and communications and a Fellow of the Chartered Institute of Marketing, his "whole systems" approach enhances all aspects of sustainability, value and profit. He is a Lead Practitioner with Transition Training and Consulting and Principal of Brandactive Ltd, a new-era communications agency providing environmentally astute businesses and other organisations with the means to succeed in new economic, legislative and social conditions. He is very active in Transition Derby.</p>

### Additional Event for Sunday Evening

**Title**            **Woodland Management Walk** (relevant patterns 1.4., 3.9., 3.11., 4.8., 5.4., 5.5., 5.7., 5.8., 5.9.) (This session is an optional evening session).

Description	Bio
<p>This walk will focus on "Trees for Transition", looking at how we might apply forestry, woodfuel, coppicing and conservation to the challenges of climate change and peak oil. It will consider how a biomass boiler for the college might work given the available resources and also look at the 2 acres of old coppice by the science block. Participants will also look at the surrounding land from a nearby viewpoint (5 mins walk) and consider the role of trees in protection from increased sun, rain and wind, provision of timber and fuel, and the involvement of the community. On a more technical issue, it will also explore how appropriate land and forest management can act as net carbon sinks, whilst providing a wide range of useful services, not least beauty and enjoyment.</p>	<p><b>Robin Walter</b> has most recently been the Woodland Officer at the Woodland Trust for North &amp; East Dorset and Hampshire. He is a passionate campaigner for the role of forestry in combating climate change through mitigation and adaptation.</p> 

## Sunday Afternoon Trips

### Title Trip #1. Totnes, Sharpham , and Ocombe Farm

#### Description

A chance to visit the world's first Transition Town and some neighbouring projects and Devon countryside. Includes a guided walk up Totnes High Street and a visit to either the Sharpham Estate or Ocombe Farm.

#### \* Includes small additional charge \*

Ocombe is a 150 acre organic livestock farm on the edge of Paignton which is a project of Torbay Coast and Countryside Trust which manages land across Torbay. Opened to the public in 2005 the farm operates a farmshop, butchery, café and bakery as a social enterprise with any profits going to support the work of the Trust. In addition the Trust runs a busy educational programme at the farm catering for schools groups and regular events promoting local food and sustainability messages. As well as the 2km nature trail which takes visitors around the farm a new straw bale education centre was built in 2008. The Trust has recently secured lottery funding to run a three year local food project, a new demonstration garden has been created and a second straw bale building is nearly completed. The latter features a kitchen to teach cookery and will be linked to a new community supported agriculture scheme which will launch next year. More info [www.occombe.org.uk](http://www.occombe.org.uk)

#### Bio

For the past six months, **Hal Gillmore** has been working part-time as *Interim Manager and Fundraiser* at Transition Town Totnes. He is an accredited trainer for the Transition Network, having delivered the two-day *Training for Transition* course regularly in the UK and once in Spain and he facilitates 'Transition' tours and workshops in the Totnes area. He recently worked for Landscape, Dartington's programme on sustainable land-use - applying the teaching of Schumacher College to regenerate the landscape with innovation and enterprise. Hal is from a farming family in South Devon where he now lives with his young family. Equally comfortable in a classroom, office or wilderness, Hal's professional experience includes tourism, training, business development and leading expeditions.



### Title Proper Job and Chagford CSA tour

#### Description

**Proper Job Reduce Reuse and Recycle Shop** started out as a composting project but now provides so much more!

#### \* Includes small additional charge \*

**Chagford Community Agriculture** is a small-scale CSA setting-up on a 3-acre field on the edge of Dartmoor National Park. CCA already has 25 members from the local community ready to buy shares in the first year of the scheme. Their plan is to supply weekly vegetable boxes to up to 50 local households by 2012. CCA will be using a Dartmoor X Welsh Cob draught horse for as much of their cultivation as possible, as well as delivering vegetable boxes to the village centre.

#### Bio

Will be led by **Nicky Scott of Proper Job**. A composting legend.....



## Monday morning workshops

Your choices at a glance (in the order you'll find them below):

**Local Sustainable Homes • Introducing Transition as a Pattern Language (repeat) • Transition Network web platform and strategy • Co-operatives • Zero Carbon Britain 2030 • Constellations • Getting Personal – Transition Together/Transition Circles • The Book of Rubbish Ideas • Breaking Through to Step 13 • Supporting Transition with practical advice and guidance • Food Mapping • Models of International Transition Hubs • Wild Zones •**

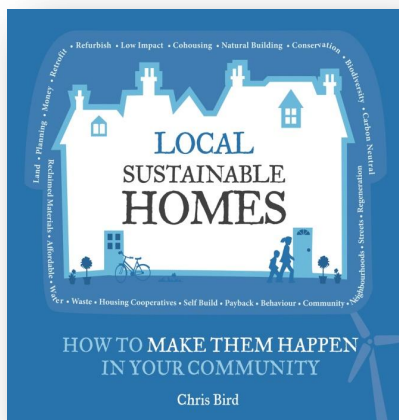
**Title** **Local Sustainable Homes** (relevant patterns: 2.11., 2.12., 3.9., 3.11., 3.12., 3.13., 4.8., 5.2., 5.5., 5.7., 5.9.)

### Description

While the government talks about sustainable housing, thousands of individuals, groups and organisations are busy making it happen. This session looks at inspiring examples of people and communities making housing more sustainable, the obstacles they face, and how to overcome them.

### Bio

**Chris Bird** coordinates the Building & Housing Group in Transition Town Totnes, is a director of Totnes Sustainable Construction Ltd and has written 'Local Sustainable Homes' to be published by Green Books and the Transition Network in September.



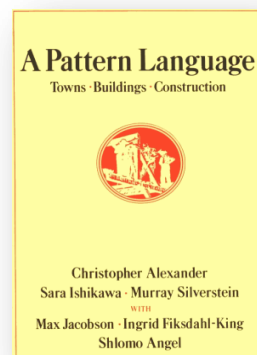
**Title** **Introducing Transition as a Pattern Language (repeated...)**

### Description

'The 12 Steps of Transition' has become the way that Transition is communicated, in the Handbook, Transition Training and so on. But is it the most appropriate model for communicating something as multi-faceted as Transition? For the second edition of 'The Transition Handbook', Rob is reworking the Transition model, inspired by Christopher Alexander's 'A Pattern Language'. It offers a way of explaining Transition that is much more representative of what it has become, much more usable, and which reflects the multi-faceted nature of Transition. It is a process that needs your input and your ideas. This workshop will introduce work in progress, where the project has got to thus far, and will have plenty of space for ideas and feedback.

### Bio

**Rob Hopkins** edited this booklet, and while editing this very part, did something rather foolish and accidentally deleted half a day's work. So, at this point in editing he is feeling rather grumpy, but overall is doing fine, and looking forward to this conference.



**Title**                      **Transition Network web platform and strategy - how it'll help your transition initiative** (relevant patterns: 1.6., 2.5., 2.10., 2.13., 4.2., 4.3., 4.12., 4.13.)

<b>Description</b>	<b>Bio</b>
<p>A workshop in two halves:</p> <ol style="list-style-type: none"> <li>1. ...will be an open show and tell about the new Transition Network website, with a focus on how transitioners can use it to share what they know, and questions they want to ask to other transitioners for support and advice. The initiatives, projects and people directories will be covered, as will the forums and news services. We will also have a look at the new 'Community Microsites' if there are attendees who want to know more about them.</li> <li>2. ...will be an open Q&amp;A and general conversation about web and communications issues any attendees might have. Want to know how to set up a community blog? What web hosting is the best? Is it worth staying on 'Ning' or should we move? etc. etc.</li> </ol>	<p><b>Ed Mitchell</b> is the 'Web Co-ordinator' for Transition Network. This means that he co-ordinates web activities for the Network on its main site and across the web, as well as advising Transitioners and Initiatives on the best use of the web for their needs. He studied Development Studies way back in the early 90s and found it very stimulating but deeply upsetting; what can we do in the face of such enormous crisis? Following that he tried all sorts of jobs ranging from the serious to the ridiculous to the extraordinary, but none quite hit the spot until the web. He has been working on the web since 1997 when he met a North London pirate radio station crew and agreed to be the studio manager for their early UK community webcasting startup, GaiaLive. Since then he has worked as a web producer and online community facilitator for membership bodies, charities and government organizations. He lives in Bristol, likes digging and climbing, growing vegetables and reading, bicycles and books, swimming, camping and generally being outdoors.</p>

**Title**                      **Co-ops** (relevant patterns: 2.2., 2.7., 3.12., 5.12., 5.4., 5.8., 5.9.)

<b>Description</b>	<b>Bio</b>
<p>Mark will facilitate this workshop exploring the following: The historic role of Co-operation in relation to communities 'doing it for themselves' and the potential role of Co-operation in Transition. The structures chosen by various different Transition and Transition-related initiatives and the factors around, funding, profit, ownership and member control which affect this potentially confusing choice. This workshop would be suitable for anyone involved in choosing the structure of a Transition initiative or interested in contributing to the debate as to the possible structures such organisations could adopt and develop.</p>	<p><b>Mark Simmonds</b> (see bio above)</p>

**Title**                      **Zero Carbon Britain 2030** (relevant patterns: 1.2., 2.5., 2.9., 3.9., 5.3., 5.4., 5.5., 5.7., 5.10., 6.1.)

<b>Description</b>	<b>Bio</b>
<p>An exploration of the Centre for Alternative Technology's new Zero Carbon Britain 2030, and how to communicate it to accelerate the transition in your local area. The report sets out to raise dialogues over a path by which the vital transition can be achieved – through re-thinking our attitudes and taking an uncompromising new approach to energy we find can deliver well being on a lot less energy, and we can extract the energy we do need from our indigenous renewable energy sources. So rather than residing at the end of a peaking pipeline of polluting fossil fuel imports, Britain can head its own indigenous renewable energy supply chain.</p>	<p><b>Paul Allen</b> holds an Honours degree in Electronic and Electrical Engineering from Liverpool University. Paul joined the Centre for Alternative Technology in 1988 and is currently CAT's External Relations Director, heading the ground-breaking Zero Carbon Britain strategy programme, liaising directly with key policy makers in Government, business, public sector and the devolved assemblies to disseminate the findings of their evidence-based scenario development work.</p>

**Title**                      **Constellations (relevant patterns: 1.1., 1.5., 1.6., 3.5., 3.8.)**

**Description**

Constellations is an experiential method of exploring the invisible dynamics of challenging situations. The workshop offers a brief introduction to constellations, and an exploration of one or two examples of the dynamics which support or undermine the development of transition in communities. Come prepared to share and explore your experiences.

**Bio**

**Jenny Mackewn** (for biog see above...).

**Title**                      **Getting Personal: Transition Circles/Transition Together (relevant patterns: 1.5., 2.4., 2.5., 2.9., 3.5., 4.1., 4.6., 4.9.)**

**Description**

Transition Initiatives often focus at the level of a town or city. But we as individuals and families can make changes now to reduce the carbon footprint of our homes, transport, food and purchases. Some TI's have been experimenting with small discussion groups as a way of informing and supporting this personal transition, and this workshop will explore their experiences.



**Bio**

**Tully Wakeman** (see bio above) of Transition Norwich and **Fiona Ward** has over 17 years of consulting experience with blue chip clients. In her roles at leading consultancies Deloitte and SAP, she worked with boards and senior executives to develop business transformation strategies. Fiona also led major change implementation programmes, and played key roles in commercial development and set-up/management of consulting organisations. In 2005 Fiona completed a Masters degree in Applied Environmental Science and then moved from London to South Devon. She worked within the not-for-profit sector, helping local small businesses to improve their environmental performance while cutting costs. For the last 18 months Fiona has played a key role within Transition Town Totnes, the flagship of the transition movement. As Projects Co-ordinator, and leader of the Economics & Livelihoods Group, Fiona has initiated various business sustainability projects and piloted services to assess an organisation's resilience to the oil price. She is cofounder of Transition Training & Consulting.

**Title**                      **Book of Rubbish Ideas (relevant patterns: 1.4., 2.8., 3.9., 3.11.)**

**Description**

Tracey runs an upbeat and animated workshop with debate and discussion on ways to 'Slow Down and Green Up'. She also has a few tools for 'armchair activism' on rubbish reduction and will help you see that rubbish doesn't have to be a dirty word!

**Bio**

**Tracey Smith** is author of The Book of Rubbish Ideas and creator of International Downshifting Week.

**Title**                      **Breakthrough to Step 13 (relevant patterns: 3.3., 3.9., 3.12., 4.13., 5.1., 5.2., 5.3., 5.5., 5.6., 5.8., 5.10.)**

**Description**

So now Transition Town Totnes has published its Energy Descent Action Plan (EDAP), what next? Here we look at an evolving strategy for navigating the terrain beyond the '12 Steps', taking EDAP into implementation phase.

**Bio**

**Hal Gillmore (see bio above)**

**Title** **Supporting Transitioners with practical advice and guidance** (relevant patterns: 2.3., 2.12., 2.13., 3.11., 4.2., 4.3., 4.13.)

**Description**

Transition Network has helped transitioners a lot with the books (Handbook, Primer etc), the training courses, the events, the web platform and creating an ethos of DIY. Still, it's not enough. This session invites transitioners to co-design the kind of support organisation/capability that transitioners really need and "co-figure out" how it might get set up.



**Bio**

For many years, Ben Brangwyn put his ecological aspirations on the back-burner, focusing on the world of business and hi-tech, with occasional forays into charity work. However, the inner eco-warrior was on the rise, especially with peak oil and climate change looming fast. Realising he could no longer countenance being part of the problem, he backed irrevocably away from his bizarre day job of manipulating abstractions while feigning enthusiasm and started planting acorns with a vengeance. Once he ran out of acorns he moved down to Totnes and co-founded Transition Network with Rob Hopkins. Within Transition Town Totnes, Ben is part of the local currency team. Ben has two sons, Josh 21, Ollie 18, and hopes they'll inherit a human-scale world.

**Title** **Food mapping: Can [insert where you live] Feed Itself?** (relevant patterns: 2.5., 3.1., 3.10., 3.13., 4.8., 4.11., 5.1., 5.5., 5.8., 5.9., 5.10.)

**Description**

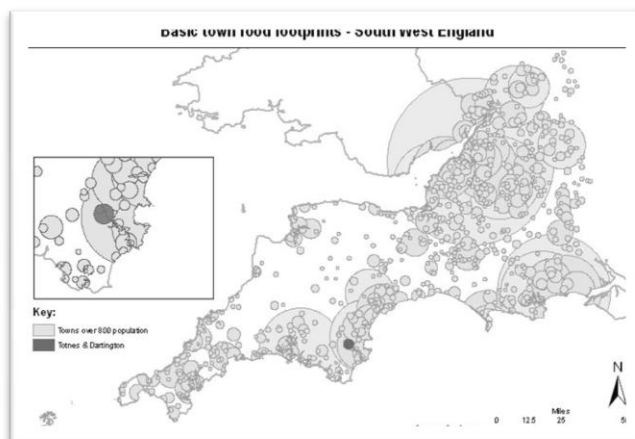
In 2009, Mark Thurstain-Goodwin worked with Rob Hopkins and Simon Fairlie to model and map how far communities might be able to meet their food needs from their immediate surroundings. Now Mark, the founder and MD of Geofutures Ltd, leads a workshop examining how we can put this know-how into the hands of Transition planners everywhere.

Mark will demonstrate an online tool built for Somerset Community Food to collect fine-scale land use data and enable community groups, landowners and sponsors to develop new food production areas. He'll discuss how Transition Training could use these types of easy-access technologies to help users understand potential opportunities and conflicts in planning food re-localisation.

These tools aim to help Transitioners plan their food future – and also to factor in the availability of other resources. Is there potential to use this kind of analysis to link together all the data being collected – revealing how best whole regions and even nations could feed, water, equip and fuel themselves?

**Bio**

**Mark Thurstain-Goodwin** founded Geofutures in 2002, having worked as a commercial property analyst and a research fellow at UCL's Centre for Advanced Spatial Analysis. His company builds online geographic information science (GIS) applications for major government, business and third-sector clients, with a growing emphasis on delivering sustainability data as part of mainstream strategic planning.





**Title Models for International Transition Hubs (relevant pattern 4.2.)**

**Description**

We would like to look together into how to best support Transition (and be supported by the UK transition network) when "localizing" Transition into non-native-English (mainly European) countries. This also includes debating about how much sense it makes e.g. to shift parts of the UK network support functions more to the national hubs, to either keep that fully open, flexible and different per country or find to a minimum-set of guidelines / procedures in line with e.g. the current MOU process etc. Sharing our experiences will be part of the workshop; as well as looking into how to improve communication in general between UK and other hubs, how to prevent issues from being dropped due to work-overload, finding optimal processes etc. As we all know there are some challenges in this rapidly growing network and we would like to find productive, positive ways to deal with them.

**Bio**

**Gerd Wessling** lives in Germany, has followed Transition for more than 3 years now and has started - with some friends - Transition Town Bielefeld 1 year ago. He's also a Transition Trainer (German/English) and is involved in the emerging German Transition hub. He speaks frequently about Transition in talks, on radio and discussion panels. As a physicist, longstanding Buddhist practitioner, long-term friend of the Schumacher College and sometimes facilitator at Schumacher he knows the Totnes area quite well, loves it dearly (as well as Transition :) and looks very much forward to make Transition happen also in Germany and other European countries, together with many likeminded souls!

**Title Wild Zones: Nurturing a generation of youth who love the earth and love their own lives (relevant patterns 1.4., 2.2., 2.8., 2.12., 3.10., 3.13., 3.15., 4.13., 5.2., 5.9.)**

**Description**

**Wild Zones** are places where children, teenagers and adults can co-create a new form of public space that is dedicated to free play in nature. This participatory workshop will discuss Wild Zones as a holistic strategy for revitalizing communities, developing earth stewardship, and promoting the crucial role of play in nature for children's social, emotional and cognitive development. We will explore the strategic and practical aspects of integrating Wild Zones into Transition Towns.

**Bio**

**Karen Payne** was director of From the Roots Up, an American Community Gardening Association program to mentor 25 cities across the US that wanted to start new community gardens in low-income communities.

**David Hawkins** was the founding Project Manager of the Edible Schoolyard in Berkeley (CA). The idea for Wild Zones came out of David's work at the Edible Schoolyard and an exhibition we created at the Eden Project in 2004 called Cultivating Community: How Care of the Earth Can Build Community and Transform Violence.



**Introducing Transition  
as a Pattern Language  
(work in progress – June 2010)**




[patternlanguage@transitionnetwork.org](mailto:patternlanguage@transitionnetwork.org)

# How the Patterns are Arranged: a guide....

Each pattern has the same format;

- A heading, with between one and three stars. These refer to the confidence you can have that what is proposed is a tried-and-tested solution. \*\*\* means that there is a good body of evidence that this approach will work, \*\* means that it is a more speculative approach, but with good indications of success, and \* means that this is work in progress, that more experimentation is needed.
- A photo, which tries to capture the essence of that pattern (if you feel you have photos from your Transition initiative that would do a better job, please get in touch).
- An introductory paragraph which sets the pattern in its wider context, summing up the situations when you might need to consider this pattern
- A headline in bold. This presents the essence of the problem the pattern is trying to address in as concise a way as possible

**1.8. Standing Up to Speak\*\*\***



...feeling confident in speaking about Transition to audiences, or ensuring that as many people as possible in your initiatives can do it, will be key to your success. It will be a vital element of your AWARENESS RAISING (2.9) process and of ENGAGING THE COUNCIL (4.4). An interest in your initiative grows, having confidence speakers will also be a key element of COMMUNICATING WITH THE MEDIA (2.10). If your initiative delivers TRANSITION TRAINING (2.3), good presentation skills will also be key to this.

\*\*\*

Many of us have lost our voices. We're afraid to stand up and speak in public, indeed surveys show that many people fear public speaking more than death! We fear humiliation, derision, and the mythical smart so-and-so who has spent 5 months honing the killer question that will humiliate you in public. He (or she) doesn't exist, but for many people, public speaking is an utterly terrifying proposition.

It's said that the human brain is a fantastic thing. It's capable of incredible wonders, great poetry, mathematics and Sudoku, yet it's so afraid when you stand up to speak in public. It's not that public speaking, like riding a bicycle, is a learnable skill! What follows is an attempt at a crash course in public speaking, although there is nothing like practice. Ready, know your audience. You cannot expect to give exactly the same talks to widely different audiences. Who are you speaking to? What makes them tick? What might engage and amuse them, and what is guaranteed to turn them off? Secondly, dress the part. You don't want to give a talk to a group of all-moment growers in a suit, and turning up to present to the local Council in a shirt and shorts might not be the best approach either. Think carefully about who you are presenting to and how to get off to the best initial start.

Then, you need to know your material. This doesn't mean you need to learn your whole speech by heart, but you need to know what you're going to tell them, and have some kind of structure to what you are going to say. You need a beginning (what you're going to talk about, how long you will talk, whether or

- The body of the pattern, which gives more information, case studies, principles, evidence from research, tips for making it happen and so on
- The solution, in bold, stated as an instruction
- Finally, a closing paragraph which links the pattern to the smaller patterns, the ones you will need to bear in mind and refer to when implementing this pattern.

not where will be time for questions and so on), a middle (the main presentation) and an end (summarising your talk and an inspiring conclusion). There are a few ways you can be sure that you'll get things:

- Write the main points out onto cards you can glance at as you give your talk
- Use **Keynotes** slides to trigger you to talk on different subjects you feel comfortable with
- Write a talk, and then summarise it into points that you can refer to as you speak

Few things are duller than a talk read entirely from sheets of paper. Inaudible slides show with and are incomprehensible graphs, standard talk given with no reference to the audience. Make it lively, engaged, entertaining. Tell your own story, or stories of people you have been involved with. Hearing someone talking honestly about their own experiences is worth a thousand slides, and really brings talk to life.

Don't pace up and down, and make sure you engage as much of the audience as possible in eye contact. Use your hands but don't flap them about excessively. Also, keep an eye on the clock. Saying you are going to talk for 20 minutes, and then be there after 40, is very disrespectful of your audience. Most people have an attention span of 6-8 minutes: change the pace, change the medium, to sustain interest.

In relation to giving specifically Transition talks, remember that down and gloom are not good tools for engaging people. You will lose people quickly. Also don't give people too much in the way of graphs and stats, use them judiciously and then move on. What appeals to people, and what stays with them, is the emotion of what you are talking about. Why does Transition excite you? Tell your story, tell your initiative's story, use positive language. Is Transition about avoiding the most disastrous and nightmare scenarios of peak oil and climate catastrophe, or is it about unleashing energy, creativity and community to seize the moment of our historic opportunity to rethink how our communities work? What you are trying to do is with humour, compassion and kindness, to create, as George Marshall of COIN put it, a new social norm, one in which Transition comes across as the most logical, and the most satisfying thing to do in these times.

Like riding a horse, public speaking needs practice. If your first one bombs, get back in the saddle and try again. Accept any invitation to speak, it's all good practice. In time, your confidence will grow, and when you take to the stage you will find that that space is yours, and that you are in command. And always be open to feedback, it may be uncomfortable, but it will help you to improve hugely.

Therefore:

**Like riding a bicycle or pruning apple trees, public speaking is a learnable skill. What matters is that you speak from what you are passionate about and have mastered a few basic skills. Make sure that from an early stage, training is offered in public speaking, mentoring is offered by other, more experienced public speakers, and that a diversity of people are sent to give talks for the group, thus enabling the group to build up a team of gifted speakers. Keep this training available as the initiative proceeds, and encourage people to be open with their constructive feedback about other people's talks.**

\*\*\*

When giving talks for your group, try and be mindful of HOW OTHERS SEE US (1.6) and of INCLUSION AND DIVERSITY (2.2). Avoid having one standard talk, but tailor your presentation to your audience. Including an element of ARTS AND CREATIVITY (2.8) can bring life to a talk, as can STORYTELLING (4.13). You may find that overcoming your fear of public speaking can contribute to your PERSONAL RESILIENCE (4.5), with knowledge benefits elsewhere in your life. Your Transition group could use its AWARENESS RAISING programme, and in particular its UNLEASHING event (3.14) to give fledgling public speakers some practice.

You can therefore read the entire set of patterns by just reading the title, photo, and the short pieces in bold (at this stage, other than 1.8., that is as far as all the patterns have got anyway!). You will note that most of these, so far, are just the problem and the solution, apart from 1.8. 'Standing up to Speak', which has been completed in its entirety.

## An Outline of the Pattern Language.

The first set of patterns, 'What We Start With', set out the thinking tools, skills and personal qualities that appear to help in the early stage of forming a Transition initiative. When seized with a passionate wish to make Transition happen where you live, might there be some additional skills you could add to what you already bring?

1.1. Post petroleum Stress Disorder (dealing with grief)* .....	33
1.2. Critical Thinking ** .....	34
1.3. Understanding Scale* .....	35
1.4. Thinking Like a Designer*** .....	36
1.5. Personal Resilience** .....	37
1.6. How Others See Us/How We Communicate* .....	38
1.7. Civility/Manners* .....	39
1.8. Standing Up to Speak*** (Full text).....	40

So you've decided to want to have a go at starting a Transition initiative. You've met a collection of people who share your enthusiasm. Now what? The second set of patterns move you from the ideas stage to a Transition initiative which is underway and has maximised its chances of continuing with a good momentum...

2.1. Forming a Core Team** .....	43
2.2. Inclusion/Diversity* .....	44
2.3. Transition Training*** .....	45
2.4. Running Successful Meetings** .....	46
2.5. Measurement*** .....	47
2.6. Visioning** .....	48
2.7. Becoming a Formal Organisation*** .....	49
2.8. Arts and Creativity** .....	50
2.9. Awareness Raising** .....	51
2.10. Communicating with the Media *** .....	52
2.11. Forming working groups** .....	53
2.12. Building Strategic Partnerships .....	54
2.13. The 'Project Support' concept* .....	55
2.14. Backcasting* .....	56
2.15. Transition Cakes*** .....	57

After the initial stage of forming the initiative, those first heady days of events and everything feeling achievable within the next few weeks, you inevitably reach a point where you have to look again at how you are going to structure your organisation and keep deepening and broadening its work. It is the time when you start thinking more strategically...

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3.2. Volunteers** .....	60
3.3. Financing Your Work ** .....	61
3.4. Celebrating** .....	62
3.5. Emotional Support/Avoiding Burnout* .....	63
3.6. Momentum* .....	64
3.7. Celebrate Failure (and success!)* .....	65

3.8. Self-Reflection (how are we doing? Fishbowl)**	66
3.9. Practical Manifestations***	67
3.10. Local Food initiatives***	68
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3.12. Working with Local Businesses*	70
3.13. Ensuring Land Access*	71
3.14. Unleashings**	72
3.15. Conflict Resolution***	73

The fourth set of patterns look at outreach. How to best embed your initiative and its projects in the wider community, weave constructive networks and engage as broad a base of support as possible?

4.1. Transition Together/Transition Circles**	75
4.2. Form Networks of Transition Initiatives*	76
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4.7. Oral Histories***	81
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4.10. Engaging Schools (training teachers)*	84
4.11. Meaningful Maps**	85
4.13. The Role of Storytelling***	86
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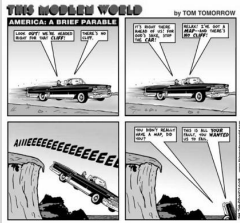
What distinguishes Transition from other local environmental initiatives is the bigger picture, strategic planning. How does the work your initiative has done thus far scale up, and begin to impact meaningfully on the local community and the local economy? These patterns are about starting to create a new parallel infrastructure, one owned and managed by the community itself...

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What are the implications for this work beyond the community itself? What might it look like if Transition initiatives across the UK are so outrageously successful that they start to impact upon national policy making and development?

6.1. Policies for Transition (the role of politics)*	101
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# 1. What We Start With



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## 1.1. Post petroleum Stress Disorder (dealing with grief)\*

### 1.2. Critical Thinking \*\*

### 1.3. Understanding Scale\*

### 1.4. Thinking Like a Designer\*\*\*

### 1.5. Personal Resilience\*\*

### 1.6. How Others See Us/How We Communicate\*

### 1.7. Civility/Manners\*

### 1.8. Standing up to speak (full version) \*\*\*

---

This first set of patterns focus on where we start from in doing Transition. What core skills do we need as individuals, what qualities and strengths stand us in best stead for successfully enabling and supporting the Transition of our local community. Why do some people manage, and others not? These first patterns are an attempt to identify these.





## 1.2. Critical Thinking \*\*



Transition workshops sit among the less scientific weird and wonderful at the Sunrise Off the Grid Festival, Somerset in 2009.xs

### The Challenge

How is a Transition initiative to distinguish between the abundance of information out there? How to establish the best way forward in relation of strategies for healthcare in a lower energy world, how to deal with climate scepticism? Often, a lack of grounding in scientific thinking, and an inability to distinguish between belief and knowledge, or to be able to analyse scientific arguments, can lead to Transition groups promoting ideas that lack rigour and which can actually constitute a rejection of science.

### The Solution

Ensure that critical thinking is central to your Transition initiative. Promote the questioning of assertions, and try, through events and trainings, to promote values of scientific reasoning, so as to give people the critical thinking tools vital to the successful design of communities. Integrate new insights from holistic science, particularly systems thinking, and avoid the creation of any 'sacred cows', keeping all assumptions open to ongoing questioning.

## 1.3. Understanding Scale\*



An early Transition Bristol event maps the neighbourhood initiatives popping up across the city.

### The Challenge

One of the most commonly asked questions by fledgling Transition groups is “what is the most appropriate scale for us to work on?” Taking on a whole city is probably too huge for any one group/organisation to be able to have any meaningful impact on, while focusing on a single street, while possibly a very efficient scale, is probably not sufficiently ambitious. A lack of clarity in terms of scale can lead to exhaustion, overwork and burnout, and produce initiatives whose effectiveness could have been far greater had more thought been given to the issue of scale at an early stage.

### The Solution

Establish from an early stage the scale of focus of your Transition initiative. Are you a neighbourhood group, linked to others around you through some kind of network? Are you a stand-alone initiative looking at your entire settlement? Are you focusing the Transition concept on an institution, a school, a University? This pattern contains no right answers, rather this is a question that boils down to what ‘feel right’, and may relate to more historic community boundaries (i.e. parishes).

## 1.4. Thinking Like a Designer\*\*\*



### The Challenge

A community group that comes together to redesign itself so as to be more resilient and more able to function in a post oil world needs to have, at its fingertips, the thinking tools in order to understand how to apply systems thinking, integrated design, how to see systems as intertwined and connected. It needs, as it were, a grounding in being able to see possibilities rather than probabilities, and the ability, without the need for extensive retraining, to be able to think like designers and to think holistically.

### The Solution

Permaculture design is an excellent way of taking a crash course in designing for resilience. It has evolved over 40 years as a design system for the design of sustainable human settlements, and its principles and ethics form an excellent and easily understandable foundation for the design work that your initiative will undertake. Make sure that some members of your core group have done a Permaculture Design course, and try, where possible, to weave permaculture training and principles through the work of your Transition group.

## 1.5. Personal Resilience\*\*



Cllr Christopher Wellbelove, Mayor of Brixton, goes Christmas shopping with Brixton Pounds.

### The Challenge

In an increasingly isolated and consumer driven world, we are under constant pressure to value ourselves by what we consume, rather than by the quality of our relationships. Our lives are busy, stresses are multifold, and look set to increase as the economic impacts of peak oil and the realities of climate change really start to bite. Without the qualities of personal resilience, the ability bounce back from shocks to our lives and our expectations, it will prove difficult to support ourselves, never mind our communities, through the coming years of energy descent.

### The Solution

Inner resilience comes from a range of things. Research shows the personal resilience is an inbuilt human quality that everybody has, unless its functioning has been impaired by other factors. It has been found that people who are shown to be more resilient have a number of qualities central to Transition , they use humour (Masten 1994, Werner & Smith 1992, Wolin & Wolin 1993), creative exploration (Cohler 1987), relaxation (Anthony 1987, Murphy & Moriarty 1976 and optimistic thinking (Anthony 1987, Murphy & Moriarty 1976), all elements of the Transition approach. Make one of the core activities of your Transition initiative the supporting of increasing the personal resilience of those participating through a range of activities.

## 1.6. How Others See Us/How We Communicate\*

**Where is Bradford going?** TT

Discovery of oil M

Car and air travel soars M

Globalised food production M

Throw-away culture M

Peak of world oil production (Circa 2007) M

Climate Change M

Fighting breaks out at petrol stations

Electricity blackouts common

Food supplies run low

Local business flourishes TT

Communities strengthen TT

Zero carbon living becomes a reality TT

### Transition Towns TT

What will the end of cheap, readily available oil mean for our way of life?  
 How can Bradford adapt to face the twin threats of Peak Oil and Climate Change?  
 What practical steps can be taken to prepare for a vibrant post-oil economy?

**Transition Network Talk**  
 Tuesday 9th October  
 Refreshments at 17.30 followed by talk at 18.00  
 D floor foyer, Richmond Building, University of Bradford

Ben Brangwyn, co-founder of the Transition Network, will be speaking about these issues, and presenting the ways in which *Transition Towns* in Britain have already begun to prepare themselves for a positive future without plentiful oil.

The talk will be followed by an opportunity for informal discussion on *Transition City Bradford* at the Treehouse Café.  
 (Food will be available to purchase)

Please call 01274 732354 for more details, or call into Treehouse, Bradford Centre for Nonviolence, 2 Ashgrove, Bradford BD7 1BN. visit [www.treehousecafe.org](http://www.treehousecafe.org) for a full list of *Transition City Bradford* awareness events

treehouse beat centre for Community Engagement UNIVERSITY OF BRADFORD MAKING KNOWLEDGE WORK

### The Challenge

People who are passionate about issues that necessitate change in others (most green issues fall into this category) can sometimes lack an awareness of how they communicate their message. For many, green campaigners can appear fanatical, naive, uninformed, smug, judgemental, patronising or offensive (very few embody all of these, but I have seen talks by one or two people who managed it). Communicating Transition without such an awareness can, ultimately, be self defeating.

### The Solution

Embody within your Transition initiative a principle of being open to constructive criticism, of being willing to hear feedback. Be mindful of the language used, avoiding divisive 'them and us' style messaging, however subtle. Carry this mindfulness through into printed materials, local press releases and events, and work actively to avoid perceptions of being 'hippy' or excessively rooted in alternative culture, rather ensure that, to the best of your ability, the project remains as accessible to as wide a range of people as possible.



## 1.7. Civility/Manners\*

*(image?)*

### **The Challenge**

There are few things more off-putting for newcomers to an organisation, nor more destabilising for the initiative, than for those involved to lose their ability to communicate with each other with kindness. Any organisation that fails to maintain levels of civility between its members will rapidly dissolve into rancour and animosity.

### **The Solution**

Promote a culture of politeness and civility throughout your meetings and your organisation. Extend this into all areas of the work your group does. Value qualities of compassion and respect and try to maintain a balance of playfulness and seriousness.

## 1.8. Standing Up to Speak\*\*\* (Full text)



...feeling confident in speaking about Transition to audiences, or ensuring that as many people as possible in your initiatives can do it, will be key to your success. It will be a vital element your AWARENESS RAISING (2.9.) process and to ENGAGING THE COUNCIL (4.4.). As interest in your initiative grows, having confident speakers will also be a key element of COMMUNICATING WITH THE MEDIA (2.10.). If your initiative delivers TRANSITION TRAINING (2.3.), good presentation skills will also be key to this.

\* \* \*

**Many of us have lost our voices. We are afraid to stand up and speak in public, indeed surveys shown that many people fear public speaking more than death! We fear humiliation, derision, and the mythical smart so-and-so who has spent 5 months honing the killer question that will humiliate you in public. He (or she) doesn't exist, but for many people, public speaking is an utterly terrifying proposition.**

It is said that the human brain is a fantastic thing. It is capable of incredible wonders, great poetry, mathematics and Sudoku, yet it stops when you stand up to speak in public. It need not be like that. Public speaking, like riding a bicycle, is a learnable skill. What follows is an attempt at a crash course in public speaking, although there is nothing like practice. Firstly, know your audience. You cannot expect to give exactly the same talk to wildly different audiences. Who are you speaking to? What makes them tick? What might engage and enthuse them, and what is guaranteed to turn them off? Secondly, dress the part. You don't want to give a talk to a group of allotment growers in a suit, and turning up to present to the local Council in a t-shirt and shorts might not be the best approach either. Think carefully about who you are presenting to and how to get off to the best initial start.

Then, you need to know your material. This doesn't mean you need to learn your whole speech by heart, but you need to know what you're going to tell them, and have some kind of structure to what you are going to say. You need a beginning (what you're going to talk about, how long you will take, whether or

not there will be time for questions and so on), a middle (the main presentation) and an end (summarising your talk and an inspiring conclusion). There are a few ways you can be sure that you'll get it right;

- Write the main points out onto cards you can glance at as you give your talk
- Use Powerpoint slides to trigger you to talk on different subjects you feel comfortable with
- Write a talk, and then summarise it into points that you can refer to as you speak

Few things are duller than a talk read entirely from sheets of paper, interminable slide shows with endless incomprehensible graphs, a standard talk given with no reference to the audience. Make it lively, engaged, entertaining. Tell your own story, or stories of projects you have been involved with. Hearing someone talking honestly about their own experiences is worth a thousand slides, and really brings talks to life.

Don't pace up and down, and make sure you engage as much of the audience as possible in eye contact. Use your hands but don't flap them about excessively. Also, keep an eye on the clock. Saying you are going to talk for 20 minutes, and to still be there after 40 is very disrespectful of your audience. Most people have an attention span of 6-8 minutes: change the pace, change the medium, to sustain interest.

In relation to giving specifically Transition talks, remember that doom and gloom are not good tools for engaging people. You will lose people quickly. Also don't give people too much in the way of graphs and stats, use them judiciously and then move on. What appeals to people, and what stays with them, is the emotion of what you are talking about. Why does Transition excite *you*? Tell your story, tell your initiative's story. Use positive language. Is Transition about avoiding the most disastrous and nightmarish scenarios of peak oil and climate catastrophe, or is it about unleashing enterprise, creativity and community to seize the moment of this historic opportunity to rethink how our communities work? What you are trying to do is, with humour, compassion and kindness, to create, as George Marshall of COIN puts it, a new social norm, one in which Transition comes across as the most logical, and the most satisfying thing to do in these times.

Like riding a horse, public speaking needs practice. If your first one bombs, get back in the saddle and try again. Accept any invitation to speak, it is all good practice. In time, your confidence will grow, and when you take to the stage you will find that that space is *yours*, and that you are in command. And always be open to feedback, it may be uncomfortable, but it will help you to improve hugely.

**Therefore:**

**Like riding a bicycle or pruning apple trees, public speaking is a learnable skill. What matters is that you speak from what you are passionate about and have mastered a few basic skills. Make sure that from an early stage, training is offered in public speaking, mentoring is offered by other, more experienced public speakers, and that a diversity of people are sent to give talks for the group, thus enabling the group to build up a team of gifted speakers. Keep this training available as the initiative proceeds, and encourage people to be open with their constructive feedback about other peoples' talks.**

\* \* \*

When giving talks for your group, try and be mindful of HOW OTHERS SEE US (1.6.) and of INCLUSION AND DIVERSITY (2.2.). Avoid having one standard talk, but tailor your presentation to your audience. Including an element of ARTS AND CREATIVITY (2.8.) can bring life to a talk, as can STORYTELLING (4.13.). You may find that overcoming your fear of public speaking can contribute to your PERSONAL RESILIENCE (1.5.), with knock-on benefits elsewhere in your life. Your Transition group could use its AWARENESS RAISING programme, and in particular its UNLEASHING event (3.14.) to give fledgling public speakers some practice...

## 2. Getting Started



- 2.1. Forming a Core Team\*\*
  - 2.2. Inclusion/Diversity\*
  - 2.3. Transition Training\*\*\*
  - 2.4. Running Successful Meetings\*\*
  - 2.5. Measurement (surveys, questionnaires, evaluating impact, carbon reduction)\*\*\*
  - 2.6. Visioning\*\*
  - 2.7. Becoming a Formal Organisation \*\*\*
  - 2.8. Arts and Creativity\*\*
  - 2.9. Awareness Raising\*\*
  - 2.10. Communicating with the Media \*\*\*
  - 2.11. Forming working groups\*\*
  - 2.12. Building Strategic Partnerships
  - 2.13. The 'Project Support' concept\*
  - 2.14. Backcasting\*
  - 2.15. Transition Cakes\*\*\*
- 

This set of patterns focuses on the early days of forming a Transition initiative, once we have decided that we want to dedicate some of our energy to bringing about a Transition initiative.

## 2.1. Forming a Core Team\*\*

*(Context info here)*



An early meeting of the formative Transition Town Totnes core group, over a shared lunch.

### **The Challenge**

The early stage of a Transition initiative cannot be sustained merely by the unbridled enthusiasm of one person. In the interests of the long term viability of the initiative, what is needed is a group of people who come together to make this happen. They need to be able to find a way to work together productively, and also to see their role as being the catalysts, the pioneers, who set the initiative up in such a way that it may well evolve in such a way that they are no longer necessary.

### **The Solution**

Your initial core group may emerge from a wide range of possibilities; it may be an existing group that decides to re-conceive itself as a Transition initiative, it may be an existing group of friends, it may be strangers drawn together by an event or a call for support, it may be people who converge around an initial, very dynamic individual. What is key is that the group finds good ways to work together, and that rather than building its own long term powerbase, it sees its work as creating a structure for others to subsequently inhabit.

## 2.2. Inclusion/Diversity\*



Images from Transition Town Tooting's 'Earth Walk', which visited the main religious centres in the community to talk about shared philosophies with regards to taking care of the earth.

### The Challenge

Reaching the white, middle-class 'usual suspects', what academics call the 'post consumerists', i.e. those who have reached a level of sufficient wealth and education to feel comfortable in letting go of some of it, is relatively straight-forward. However, if Transition fails to reach out to disadvantaged communities, ethnic groups, those who don't normally engage in this kind of work, it will be doomed to remain a small, niche phenomenon.

### The Solution

Building an Initiative that integrates all the strengths *and* concerns in your community means starting with *everyone* in that community and interweaving diversity into everything you do. In practise, it's about a lot more than putting up posters in a few carefully chosen places. Rather than inviting people to your meetings and expecting them to come along, it's about going out to other people and listening. It means finding out about the strengths, concerns and the passions that fuel the fire of everyone in your community and then together with your own ideas, using that as the building blocks for creating an inclusive vision that informs everything you do. The result will be a just, fair and infinitely more resilient Transition.



## 2.3. Transition Training\*\*\*



### **The Challenge**

Starting a Transition initiative can be a bewildering process. We can learn a certain amount from books such as this, but that is no substitute for spending time with other people also embarking on this work, and being able to draw from the pool of experience already out there. A movement of individual communities where everyone invents everything from scratch is going to be ineffective. Although there is a great deal to be said for knowledge generated by experience, not learning from each other leads to ineffectiveness.

### **The Solution**

Ensure that at least two people from your Transition initiative have done Transition Training. It has been found to make a huge impact in terms of maximising the efficiency and successfulness of Transition initiatives in their earlier stages. Having some form of immersion in what Transition is, makes our work in defining what our own local Transitions are much more meaningful. Keep the idea of bringing new training into the organisation always at the forefront of the mind, either drawing from the group itself if those skills exist, or bringing trainers in.

## 2.4. Running Successful Meetings\*\*



A meeting of the Transition Forest Row Core Group.

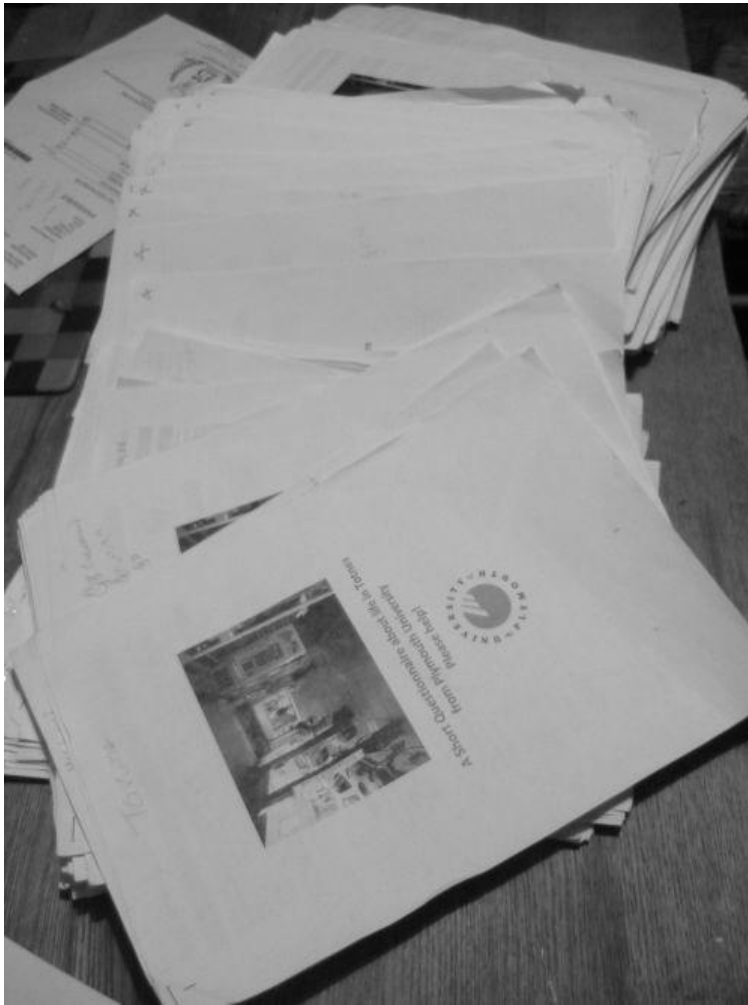
### **The Challenge**

Poorly run meetings will kill a Transition initiative stone dead faster than anything else. If meetings are boring, poorly structured, badly facilitated, and if those participating don't feel their input is valued or heard, they will find better things to do with their time. What is known as 'the tyranny of structurelessness' can be just as damaging for meetings as rigid and uninspired formats. Any initiative that fails to get to grips with how its meetings are facilitated will not last long.

### **The Solution**

Give the design and facilitation of your group's meetings top priority. Running a good meeting is a learnable skill, and vastly improves efficiency of the organisation. Incorporating tools like go rounds, open agendas, think and listen, clear beginnings and endings and celebration (see above) make a huge amount of difference.

## 2.5. Measurement (surveys, questionnaires, evaluating impact, carbon reduction)\*\*\*



### **The Challenge**

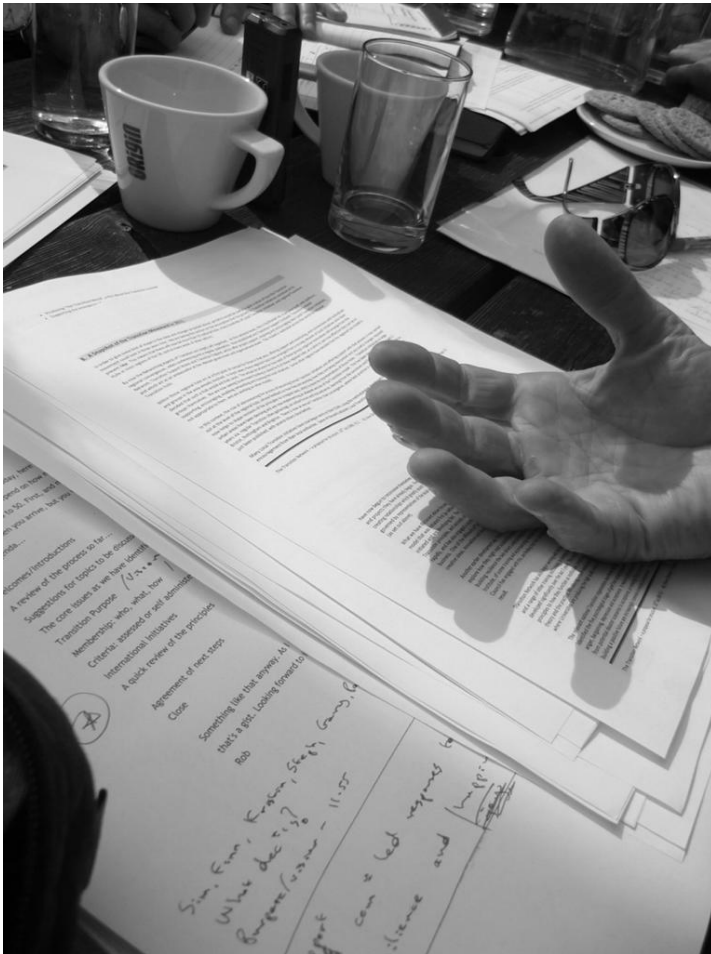
The old question “if a tree falls in a wood and there is no one there does it make a noise?” can be restated perhaps as “if a Transition initiative cuts carbon and/or builds resilience but no-one measures it, has it made any difference?” The answer is yes, a bit, but nowhere near as much as it could do. Failure to gather data, to measure the effectiveness of projects in terms of levels of engagement and tangible outcomes, greatly limits the potential impact of your work.

### **The Solution**

Establish some core elements of what you do that can be measured on an ongoing basis. This might be as simple as numbers of people attending events, but as the number of projects you are supporting expands, encouraging them to keep data is vital. You may well be able to get support with this from a local University, or from someone in your group. Being able to show firm results and that you are measuring your impacts will greatly impact your relationship with funders and with local and national government. As the impact of your projects grows, it will become increasingly important that you are documenting their impacts. Getting into the discipline from an early stage will stand you in good stead for later.



## 2.7. Becoming a Formal Organisation (Legal Structures/ Constitutions etc)\*\*\*



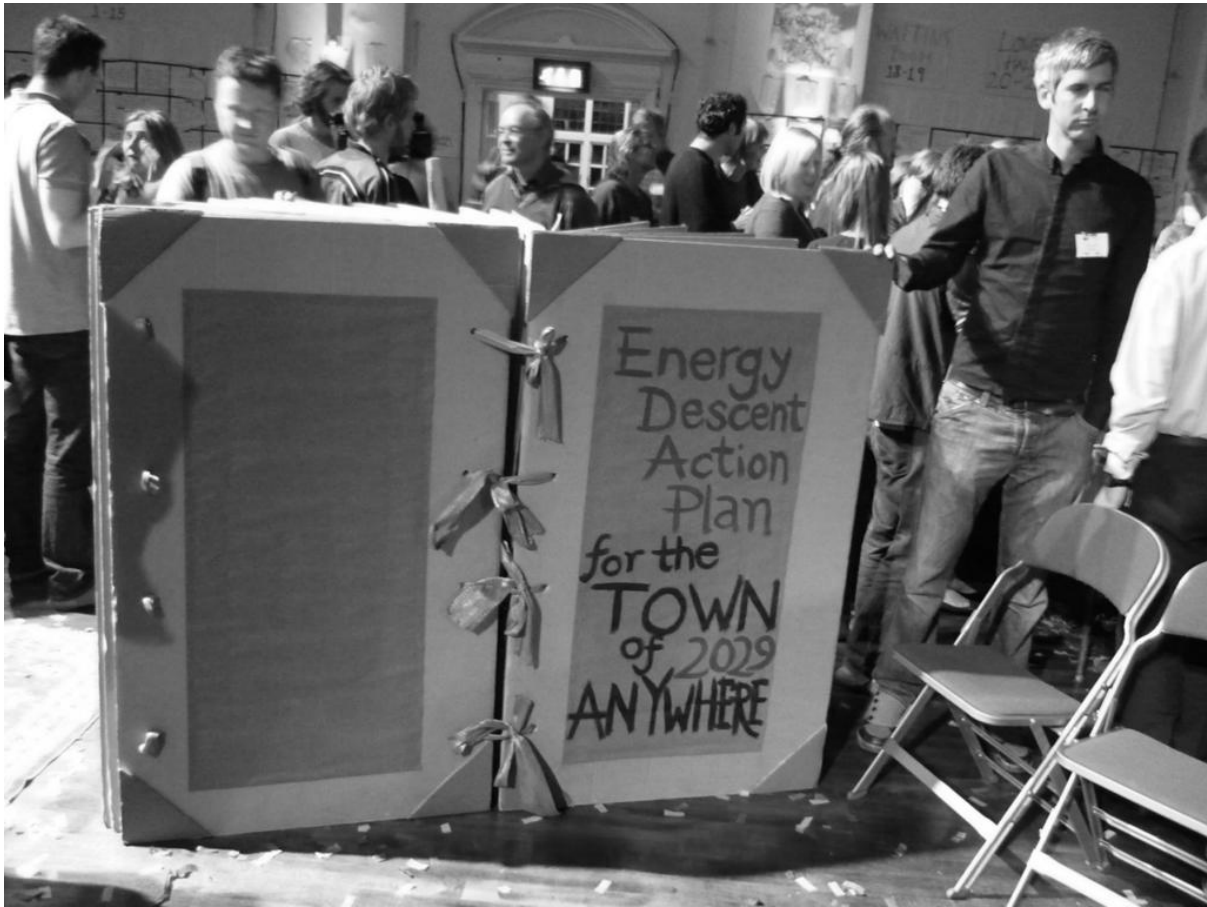
### The Challenge

In its early days, your organisation will need the time to form, to develop its processes and to enjoy meeting. However, as time passes, the need will arise to formalise what you have created. Although not having a formal constitution or legal entity may initially be appealing, after a while, especially as you begin to attract funding and scale your work up, it will increasingly become a handicap. But what model to adopt, and when to adopt it?

### The Solution

Take the time to carefully consider the best structure for your organisation. View the organisation in the context of its wider role which is to support and enable the wider Transition process, rather than being a vital entity in an of itself. The role of any formal organisation should always be to support and provide services and resources for the process that is underway in the community, rather than to drive it. Create an entity capable of providing support to a process than needs to maintain its creativity and free-spiritedness.

## 2.8. Arts and Creativity (oil memorial, bag workshops, EDAP in 2 hours\*\*)



The 'Energy Descent Plan in 2 Hours' activity, from the 2009 Transition Network conference, Battersea Arts Centre.

### **The Challenge**

Life without playfulness, creativity and art would be a fairly dire affair. Trying to engage communities in a process of visioning and then backcasting a lower energy, more localised future without engaging creativity would be to miss out on a vast wealth of human experience. A revolution based on graphs, theories and reports will not be a revolution.

### **The Solution**

Wherever possible, try and engage the arts in the work of your Transition initiative. Make your posters and materials beautiful and well designed, work with artists to design events and installations that shift peoples' perceptions of what a Transitioned world would be like, and also try to embody the idea that the everyday can be beautiful. Be bold and bright, the arts can make people think about issues like Transition in a completely different way. As French sculptor Jean Dubuffet put it, "art does not lie down on the bed that is made for it; it runs away as soon as one says its name; it loves to be incognito. Its best moments are when it forgets what it is called."

## 2.9. Awareness Raising\*\*



Preparing to address the Unleashing of Transition Forest Row.

### **The Challenge**

Awareness and understanding of climate change and peak oil, and of the scale of the Transition facing society, is very low. People are bombarded with conflicting information; climate change is a huge crisis/climate change isn't a problem/we are about to run out of oil/we will never run out of oil. For many people the larger picture is so bewildering and confusing that most people switch off.

### **The Solution**

Organise an ongoing programme of awareness-raising, which strives to avoid creating despondency, which avoids bamboozling people with too much detail, too many graphs and too much jargon. Make its core function the building of a positive vision of the future. Distil the essence from the available information. Ensure that awareness raising events are fun, engaging, allow people to get a sense of something historic being underway, and allow them to meet each other. Make sure they start and finish on time. Make your evenings and events memorable and thought provoking, and use imaginative ways to capture the thoughts of those attending.



## 2.10. Communicating with the Media \*\*\*



Transition Town Kingston make their local paper.

### The Challenge

It is impossible these days to operate in the world without developing a good relationship with your local media. Local radio, TV, newspapers, magazines and websites will be vital conduits of information

### The Solution

Ensure that your relationship with the local media is well cultivated through meetings and ongoing personal relationships through those who decide what is placed in the media. Make sure your press releases are clear and self-explanatory, and that they get to the paper sufficiently in advance so as to be of use. Make sure that press releases are centrally co-ordinated, as for the media to get press releases, seemingly unrelated, from different working groups and so on, can be very confusing.

## 2.11. Forming working groups\*\*



### The Challenge

Single issue campaigns, by their very nature, attract people who are only interested in that particular issue. If Transition is seen purely as a group of people with a shared interest in peak oil and climate change, and if those involved do not get the opportunity to pursue what they are really passionate about and the skills they bring to the process, the initiative will struggle to progress.

### The Solution

The energy that sustains Transition is its ability to harness what people are passionate about. We like to think of it as 'engaged optimism'. Either actively initiate or facilitate the emergence of working groups on food, energy, education and so on, whatever people are passionate about. See the role of the wider Transition initiative as being to support the working groups.

## 2.12. Building Strategic Partnerships



At the Brixton Pound launch event, every participating business had their details posted on the wall, offering a powerful visual representation of the diversity of partnerships behind the scheme....

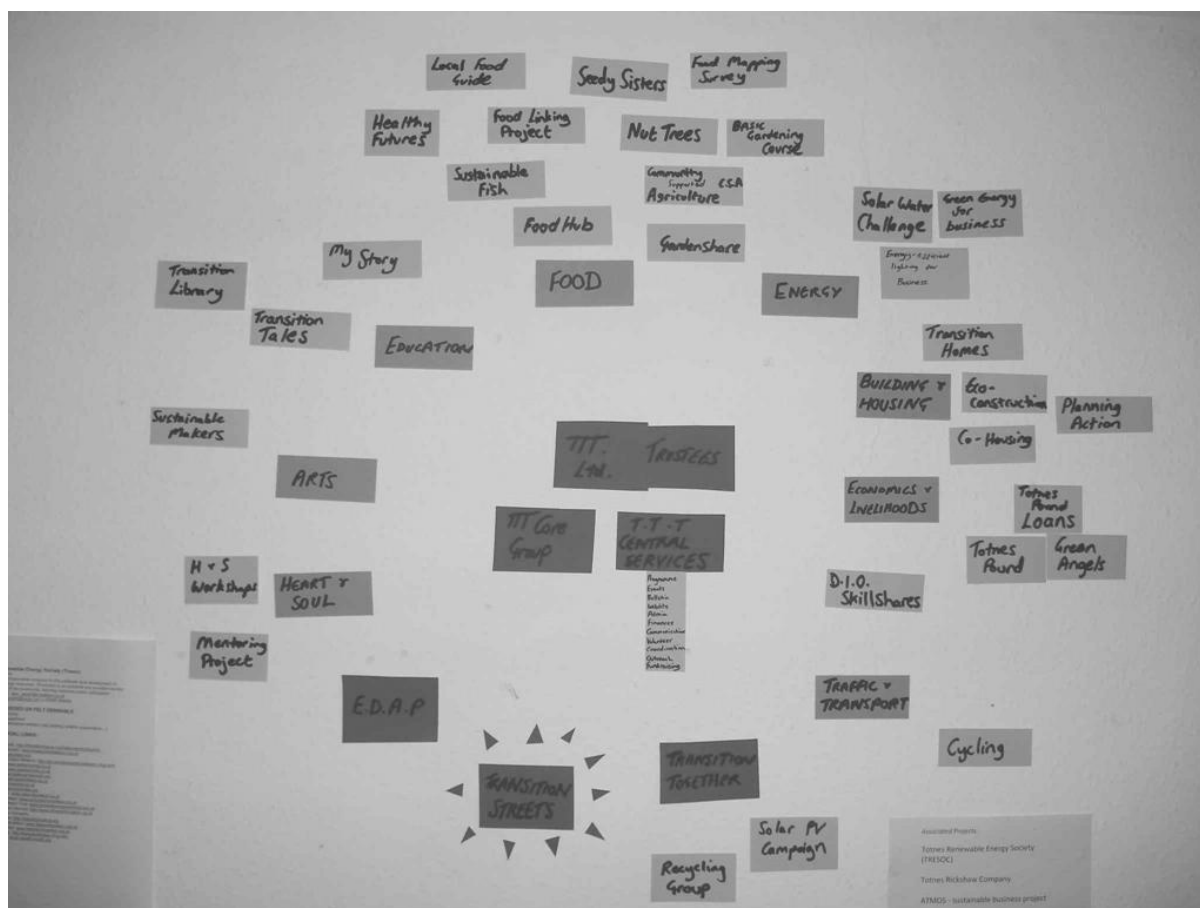
### **The Challenge**

Any Transition initiative that thinks it can go it alone, without the support of, or partnerships with, other organisations will sooner or later find itself isolated and far less effective than it could have been. At the same time, entering into partnerships with other groups or organisations, if not done skilfully, can lead to disenchantment, bad feeling and divisiveness. While creating partnerships is vital, if not done well, they can do more harm than good.

### **The Solution**

Think strategically about which partnerships it would be beneficial for your Transition initiative to enter into. Be clear with each organisation what each expects from the arrangement, and how you see roles and responsibilities being divided up. Some arrangements might just be about co-presenting events and sharing speakers, or about collaborating on a project, but might feasibly be as significant as joint funding bids or event merging organisations. What is vital at every stage is clarity and honesty, and having a clear joint understanding of what each party expects, and what is expected of it.

## 2.13. The 'Project Support' concept\*



An attempt by Transition Town Totnes to map itself, showing how it functions as a 'Project Support Project'.

### The Challenge

If a newly formed Transition initiative feels that its role and purpose is to be responsible for the implementation of every aspect of Transition, it will be rapidly overwhelmed, and collapse under the burden of trying to do everything.

### The Solution

See your Transition initiative's role as being to offer 'project support', to put in place the organisational infrastructure to support projects as they emerge. Seek to provide an overarching 'umbrella', a common sense of purpose, supported by administrative support, publicity and fundraising. In this way, a Transition initiative becomes a catalysing, inspiring and enabling organisation, rather than actually carrying out projects itself.



## 2.15. Transition Cakes\*\*\*



### The Challenge

Big Transition events (Unleashings, anniversaries, celebrations) can feel a bit flat if they don't have a centrepiece. Some people involved in Transition can feel a bit flat if they don't have something to pour their love and creativity into. At the same time, big events benefit greatly from incorporating ritual, rituals familiar to as many people as possible.

### The Solution

Mark major landmarks and developments in the life of your Transition initiative with spectacular cakes which symbolise the love that people pour into the Transition initiative. This is a pattern which has emerged from observing what Transition initiatives do, and the extraordinary diversity of quite stunning cakes that have been produced by Transition initiatives. The ritual involved in "and now we shall cut the cake" has a power and a universal cultural relevance which cannot be underestimated. Also, everyone gets to take pieces home with them, small physical parcels of the magic of the event that they can now share with others.

### **3. Ongoing/Deepening: maintaining your initiative beyond the start-up stage**



- 
- 3.1. 'Transition Towers' - having an office, or not?\***
  - 3.2. Volunteers\*\***
  - 3.3. Financing Your Work (crowd funding, pledgebank, inward investment)\*\***
  - 3.4. Celebrating\*\***
  - 3.5. Emotional Support/Avoiding Burnout\***
  - 3.6. Momentum\***
  - 3.7. Celebrate Failure\***
  - 3.8. Self-Reflection (how are we doing? Fishbowl)\*\***
  - 3.9. Practical Manifestations\*\*\***
  - 3.10. Local Food initiatives\*\*\***
  - 3.11. The Great Reskilling\*\***
  - 3.12. Working with Local Businesses\***
  - 3.13. Ensuring Land Access\***
  - 3.14. Unleashings\*\***
  - 3.15. Conflict Resolution\*\*\***
- 

As your Transition work builds momentum, with a few practical projects emerging, you begin to have to start designing for the sustaining of the organisation, and also for the deepening of the work, broadening its engagement, and being more efficient and more effective. These patterns look at what has been observed to be key elements of this stage. They explore the need to pay attention to the sustainability of your initiative, both in terms of practical outer Transition work, and also to the inner aspects. They also start, in earnest, the process of your initiative reaching out to the wider community.



### 3.1. 'Transition Towers' - having an office, or not?\*



The office of Transition Town Lewes.

#### **The Challenge**

There is a lot to be said, at the earlier stages of doing Transition, to working from kitchen tables, cafes and anywhere with wireless and a kettle. After a while though, you will need to decide whether having a dedicated workspace will increase your profile and effectiveness, or become an unnecessary and costly drain on your energy and resources.

#### **The Solution**

Having an office, or a share space where people can work, can make a big difference to your organisation. Conceive of office space as serving as many functions as possible, being a space to work, hold meetings, social events, as well as perhaps hosting a cafe, a library, a drop-in centre for advice on energy efficiency and other aspects of Transition. Ensure that it is welcoming and attractive. Allow as many people as possible to 'hot desk', and to have access to the space to work in.

## 3.2. Volunteers and Volunteering\*\*



Volunteers at the 'Fuelling the Future' conference in Kinsale, Ireland, where the Kinsale EDAP was launched (2005).

### **The Challenge**

Any community project that doesn't attract volunteers, and which doesn't support them in their work and enable them to feel that they are gaining useful experience, will rapidly find itself running out of the vital hands needed to make things happen. Similarly, any project which attracts volunteers, but fails to look after them and ensure that they have a rewarding experience, will similarly find itself short of help.

### **The Solution**

Ensure that the process of recruiting volunteers is well thought through and well managed. Strive to ensure that volunteers are able to gain from their time volunteering, by learning new skills, gaining relevant experience, and through feeling involved in the initiative.

## 3.3. Financing Your Work (crowd funding, funding bids, pledgebank, inward investment)\*\*

The screenshot shows a PledgeBank page for a pledge titled "Pledge 'TTtraining'". The page header includes the PledgeBank logo, "United Kingdom", and a search bar. The pledge text reads: "I will contribute £10 to sending a Transition Town Hackney person on 'How to set up, run and maintain a transition initiative' but only if 9 other local people will do the same." The creator is Ben Metz, train TT Hackney, with a contact link. The deadline is 9th March 2009, and 13 people have signed up (4 over target). The location is United Kingdom, postcode area N1. The pledge is for £10.00. The page also features a section for "Things to do with this pledge" with options to share, create a local version, or send a message to signers. A "Comments on this pledge" section shows one comment: "I don't know what this is all about. You have made the assumption".

### The Challenge

I often hear myself saying that at an early stage, enthusiasm is so much more valuable than funding. You can get a long way just on enthusiasm, but you it is something that no amount of funding can buy. The first year and a half of Transition Town Totnes, for example, was largely self-financing, but you will find you get to a point where funding becomes necessary, whether for an office, an administrator to take some of the work off the central group, or for specific projects. The challenge though, is how to avoid becoming grant dependent, and how to make the project economically sustainable.

### The Solution

Give some serious thought to how you might finance your Transition initiative. Rather than just looking at grants, try to take a broader and more creative approach to the question, and look at engaging funding from some of the following; using Pledgebank, finding local philanthropists, sponsorship from local businesses, offering consultancy services, running fundraising events, and a range of other approaches. Try and look at what aspects of your Transition group might be able to get up and run as social enterprises, bring in training when appropriate. Try and plan in the long term rather than living hand to mouth.

### 3.4. Celebrating\*\*



Glasses raised at Transition Town Farnham's Christmas Party 2009.

#### **The Challenge**

Transition work can be busy, stressful, tiring and can feel as though you are shouldering the hope of the community. When engulfed in this mindset, ones very real achievements, from the great to the more subtle, can pass us by, unnoted. Events, relationships built, grants won, can all pass by in a culture which says that there simply isn't time for anything so frivolous as celebration. Yet without celebration, the whole process can easily lose its spark, and feel burdensome and exhausting.

#### **The Solution**

Celebrate and celebrate often. Celebrate the small things and celebrate the large things. Incorporate eating meals together into your meetings. Mark anniversaries. If this is truly to feel, as Richard Heinberg puts it, "more like a party than a protest march", then it needs good parties and events that feel celebratory.

## 3.5. Emotional Support/Avoiding Burnout\*



Laughter at the 2009 Transition Cities conference, Nottingham.

### **The Challenge**

For many, part of the response to learning about the imperilled state of our world is a powerful need to get on with making things better. The problems are so huge, the systems so powerful, and what is at stake is so great that the work involved asks something more of us than most jobs do. The less others respond, the more the burden of doing something sits with those who are willing to take action, and it can feel as though you are shouldering the hope of the entire community, if not the whole world. The closer we get to deadlines about climate change, financial meltdown, the more pressure there can be to make something happen quickly. People engaged in this kind of work need to pay extra attention to resting, to resourcing themselves, and to getting support to avoid burnout and exhaustion, a common outcome for people working in all kinds of movements for positive change.

### **The Solution**

Small, self-organising support groups have been a key feature of many movements for change, including the women's movement, peace activism and civil rights. Arrange the possibility for those most involved within your initiative to be able to draw from a pool of people offering professional support services. This can range from counselling or co-counselling, to more therapeutic responses or just a support group. Remind people who are busy and haven't availed of what is on offer that it is there if they want it. Having key people supported and held in this way can make a huge difference in terms of minimising burnout.

## 3.6. Momentum\*



### The Challenge

The initial burst of enthusiasm that your initiative will generate may, over time, begin to dissipate. After a while you might start to get a sense that your initiative is 'fizzling out', losing its energy and drive. How best to sustain momentum over the longer term?

### The Solution

This can be one of the key challenges for any community initiative, how to sustain the initial burst of enthusiasm generated in the early stages. Momentum can be supported in various ways, through keeping the process open to new members and engagement, a diversity of events, and some projects that excite the imagination. Momentum won't however be a steady growth curve, different parts of the initiative will ebb and flow as the project progresses.

### 3.7. Celebrate Failure (and success!)\*



Roberto Perez from Cuba in Totnes, UK, standing next to a former Council vehicle storage site which was, at that point, for sale. Transition Town Totnes had bid to the local authority for them to use their powers of asset transfer to gift the site to the community for development as a centre teaching gardening and cooking to people with obesity and a range of health problems. Here he is being interviewed about the scheme and about potential for urban agriculture on such sites. The Council ended up selling the site, and the initiative never happened.

#### **The Challenge**

Although the focus of Transition is on positive solutions, and on the harnessing of ‘engaged optimism’, it is vital that we don’t try to fool ourselves that everything we do has been outrageously successful. It is rare that a problem you face is a unique problem, almost certainly many other people out there are experiencing the same problem but don’t want to be the first to acknowledge failure. Yet we can learn as much from well communicated failure, backed up with self-reflection, as we can from accounts of successful projects. If Transition groups only talk about what they have done that worked, they are only sharing half of the story, and the Transition movement will, as a result, end up being only half as effective.

#### **The Solution**

Be willing to share your initiative’s failures as much as its successes. Rather than imagining that your initiative can only be successful, and that failed projects should be swept under the carpet, see your work as research, that what you are doing is vital research work which will be highly valuable to other subsequent initiatives. Use the Transition Network website to share both successes and failures, but move beyond the idea that failure is something best kept to yourself.



### 3.8. Gathering Feedback/'How Are We Doing?'



#### **The Challenge**

The success of any project will depend, in part at least, on its ability to reflect on its progress and to be honest about its shortcomings. Failure to allow a project to hear non-judgemental, constructive criticism can lead to it becoming out of touch, remote and ineffectual.

#### **The Solution**

At regular intervals, put time aside for events that focus on how your initiative is doing. They can be either for internal reflection, or wider public events that focus on how your work is perceived and valued by the community. These events will all need good facilitation, and the Appreciative Enquiry process is especially helpful in terms of it being a process of exploring what is working well alongside what isn't. Make sure that the ideas generated and the information gleaned is made widely available.

### 3.9. Practical Manifestations\*\*\*



Planting hybrid walnut trees in Totnes with Paul Hussell of Wills Probate, a local solicitors who fund one new tree for every new will they set up (©Totnes Times)

#### **The Challenge**

If nothing visible starts to happen at a relatively early stage in your Transition initiative, it will rapidly become seen as a talking shop, and people will start to drift away.

#### **The Solution**

Ensure that from an early stage, some projects start to emerge which are visible. Make them playful, fun and unthreatening, and ensure that they are well publicised. Try and site them in places where they will be seen, and try to make sure that they prompt people to consider a low energy future in a different, more positive way.

### 3.10. Local Food initiatives\*\*\*



Signs at Growing Communities food initiative, Hackney, London.

#### **The Challenge**

Probably the most obvious manifestation of the oil addicted and carbon hungry lifestyles we lead is our food system. A more ineffective model for turning oil into food is hard to imagine. In our communities, money pours out in vast quantities every day, in order to subsidise a globalised food system which is unjust, unsustainable and which has ruthlessly destroyed competition, usually in the form of the small scale grower and processor. Everyone needs to eat. Yet the current system that feeds us is so terrifyingly oil vulnerable that we are all the poorer for it.

#### **The Solution**

If you'll pardon the pun, food is where the low hanging fruit for any Transition initiative is. In many Transition initiatives, it is the food group that forms first, and the food-related projects that emerge in advance of the others. There are a huge range of food projects that a Transition initiative can start, from garden shares to community supported farms (a range set out in 'Local Food', published by Transition Books). Local food projects which involve local schools, other local organisations, Councils, church groups or whoever else feels like a useful ally offer huge potential for getting high profile, effective projects underway at an early stage in the Transition process.

### 3.11. The Great Reskilling\*\*



Making twine from stinging nettles at Transition Town Totnes's 'Winterfest' event, December 2009.

#### **The Challenge**

Those of us alive today have a very strong claim to being the most useless generation to ever walk the planet. We have forgotten how to cook, sew, knit, repair stuff, grow food, build soils and live thriftily. Above all, we have lost the sense, that comes from having a wide range of skills, that we could turn our hand to anything, one of the key distinctions between resilient cultures/individuals, and non-resilient ones. Our schools and colleges teach very few of the skills a more resilient world will need, and young people no longer leave school with the 'can do' attitude that the coming years will demand.

#### **The Solution**

Make reskilling one of the core aspects of your work. This could take the form of courses, events, practical projects or courses run in association with local educational institutions. It may be that you don't need to run the courses yourself, but you could work in partnership with a local Adult Education College or somesuch, they would appreciate the suggestions for new courses as well as the increase in students. Providing good training is an area where partnerships are especially helpful.

## 3.12. Working with Local Businesses\*



'Quids In', a new beer brewed by Harvey's Brewery to celebrate the launch of the Lewes Pound.

### **The Challenge**

Often the relationship between environmental groups and local businesses has been one of antagonism, of distrust and/or simply ignoring each other. Businesses are very busy, and often are running incredibly fast just to stay still. Environmental campaigns that take a perspective of being judgemental and critical will fail to engage. Any meaningful Transition process will need to create a meaningful, respectful, mutually beneficial relationship with local businesses, acknowledging the vital role they will have to play in the Transition process.

### **The Solution**

There are various ways in which a Transition initiative might engage local businesses. They will need to offer services that help and support those businesses, and offer to connect them closer to the local economy. Putting this work in the context of making the local economy more resilient makes it a relationship that serves everyone. Forming an 'Economics and Livelihoods' group as part of your Transition initiative will be key to this.

### 3.13. Ensuring Land Access\*



Transition Town Forres celebrate the breaking of the soil on new land bought for new allotments for the town.

#### **The Challenge**

Promoting the idea of local food production and the rollout of urban agriculture, whether in the form of market gardens, allotments or back gardening, will clearly struggle if no land is made available to make it possible. Many settlements, even if they are built to a high density, will have both land within them that could be used, and also land around them. Ensuring secure access to this land will be vital.

#### **The Solution**

Access to land can be secured in a range of imaginative ways. Work with landowners, seek land that is currently unused and which can be used for free (such as through a 'Garden Share' scheme), fundraise to buy some land in community ownership, or invite landowners to see opening up access as being in both their and the local community's interest.

### 3.14. Unleashings\*\*



The Unleashing of Transition Town Brixton.

#### **The Challenge**

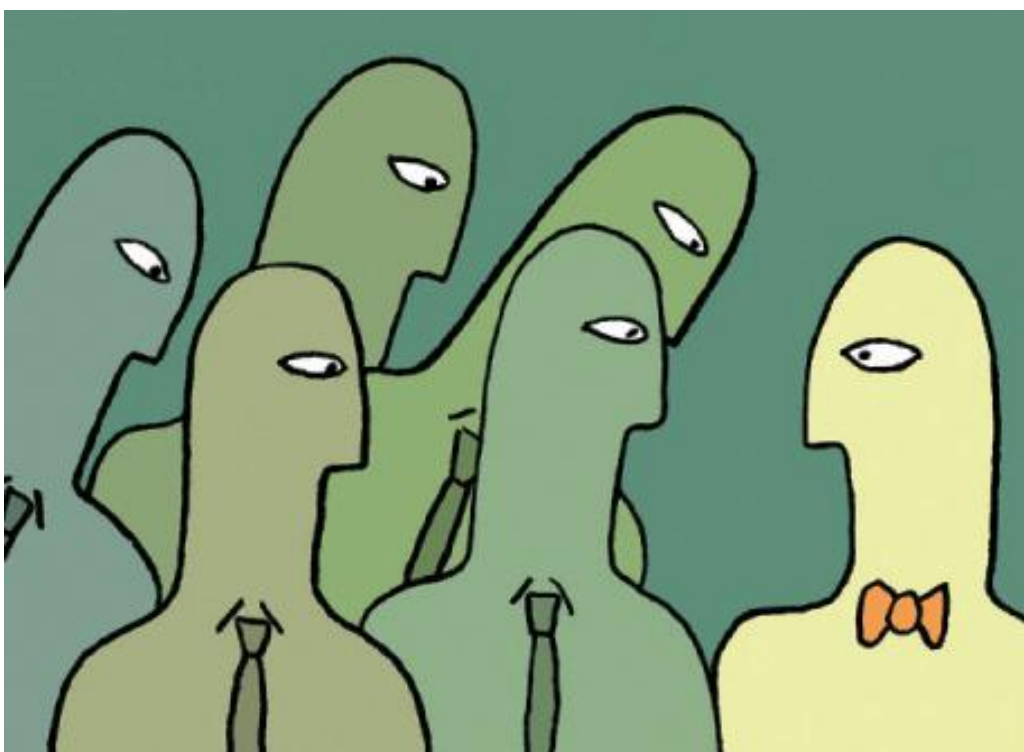
If a Transition initiative doesn't make a bold, inspirational splash, which celebrates both its work and the local community itself, many can be left unaware of its existence, suspicious of its motives and not feeling involved.

#### **The Solution**

Organise an Unleashing at the point where you feel you have some momentum behind your work, and when you feel that it needs to have its arrival marked and celebrated. It should be designed to be remembered as the day future generations will look back to as the point when the Transition began. At their best, Unleashings are a celebration of local culture, and are informative, inspiring and celebratory vents, with music, food, laughter and also a sense of history in the making.



## 3.15. Conflict Resolution



### **The Problem.**

Very few of us are taught how to handle conflict, and as a result, many of us avoid it or keep it at arms length as much as possible. However, in a Transition group, unaddressed conflict can escalate in an amplifying cycle, which can bring down your initiative or be extremely divisive within it. Conflict makes your initiative unappealing to newcomers and to the surrounding community, reduces the effectiveness of the organisation, and turns what some might already see as a 'talking shop' into an 'arguing shop'.

### **The Solution.**

Ensure that within your initiative there are people that can recognise conflict when it arises and who are trained to address it. Make sure that your group practices good listening skills and that when actions are agreed they are written down and read back to the group, so as to ensure clarity. Offer training in clear and open communication. If conflicts arise, be prepared to bring in outside facilitation help, and to not try and sweep disagreements under the carpet.

## 4. Patterns for Outreach -



- 4.1. Transition Together/Transition Circles\*\***
- 4.2. Form Networks of Transition Initiatives\***
  - 4.3. Becoming the Media\*\***
  - 4.4. Engaging the Council\***
- 4.5. Energy Resilience Assessment\*\***
- 4.6. Community Brainstorming Tools\*\*\***
  - 4.7. Oral Histories\*\*\***
  - 4.8. Engaging Local Landowners\***
  - 4.9. Engaging Young People\***
- 4.10. Engaging Schools (training teachers)\***
  - 4.11. Meaningful Maps\*\***
  - 4.12. The Role of Storytelling\*\*\***
- 4.13. Networks and Partnerships\*\***

It is often said that the scale of the response necessitated by peak oil and climate change is akin to 1939 and the preparations for World War Two. Every aspect of our lives needs to turn on a sixpence, in a coordinated and effective way. These patterns explore how Transition initiatives can play a part in that process, and embed Transition beyond the 'Cultural Creatives'.

## 4.1. Transition Together/Transition Circles\*\*

# Transition Together



### **The Challenge**

One of the scales that Transition works on is individual change. But if people get to feeling like they can only make changes on their own at home, they will soon lose heart unless they are very deeply committed. Not everyone wants to give the time for meetings and being part of a Transition working group. At the same time, a Transition initiative that does not promote measurable carbon reduction, and build social networks and social capital will have an impact that is marginal at best.

### **The Solution**

Transition Together and Transition Circles are emerging as powerful tools to take Transition work out into the community on a street-by-street basis. They offer a way of getting people talking to each other, building relationships, and starting to address the very real reduction of carbon in their lives, in a way that produces lasting behaviour change. They also allow the Transition initiative to gather data, to evaluate whether or not they are having an impact. They attract a whole group of people who would otherwise not engage, and they produce meaningful behaviour change in a way that is engaging and fun. The emotional support that you get from a safe environment working with others in a cooperative and practical way cannot be overestimated.

## 4.2. Form Networks of Transition Initiatives\*



The Transition North event brought Transition initiatives from across the north of England together, and was sponsored by the Co-operative.

### **The Challenge**

A nation of isolated Transition initiatives will struggle to gain a regional or national voice. While it may be tempting to form regional or even national network, doing so in advance of their being a groundswell of groups wanting and requesting such a thing risks introducing an unnecessary layer of complication and potential difficulty.

### **The Solution**

Wider networks serve a very useful purpose, allowing the sharing of local experience, representation at a wider political level, increased visibility, and the hosting of larger and more impactful events. Make sure that such networks are as capable as possible of self organisation, and that they truly represent the groups on the ground in the area. There is, however, no need to rush wider networks, when the need is felt for them, they will emerge, and their nature will vary, in some places it will just be a banner for occasional large events (i.e. Transition North), an opportunity for sharing learning and experience across an area (Transition East) or a formally constituted support organisation (Transition Scotland Support). On an urban scale, a city wide network may be felt to be appropriate (i.e. Transition Bristol), or not (i.e. London).

### 4.3. Becoming the Media\*\*



Emma Goude, producer of the film 'In Transition 1.0.' filming the 2009 Transition Cities conference in Nottingham.

#### **The Challenge**

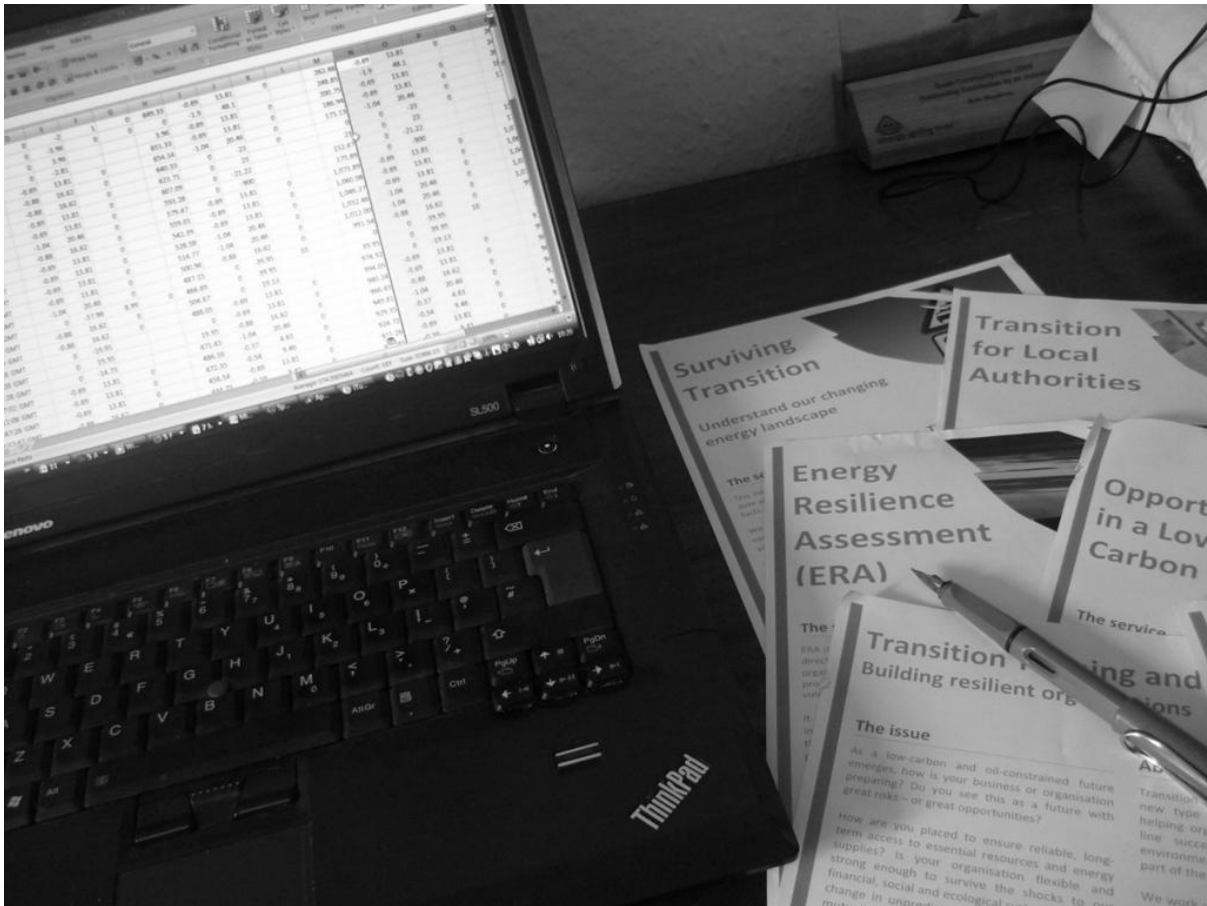
Relying on mainstream media sources to accurately capture and communicate what is happening in your Transition groups and in the wider Transition world will mean that either it won't be communicated, or it will be filtered through someone else's lens. The best people to understand and communicate Transition are those intimately involved with it, yet very often they find the idea of capturing and sharing what they do rather offputting.

#### **The Solution**

Use the incredible array of technology and self-generated media that is available nowadays to communicate the stories of what is happening in your Transition group. Use blogs, Twitter, write pieces for the Transition Network newsletter, make your own short films or animated slide shows and put them on YouTube, keep video diaries, film your events, share what you do with the rest of the world.



## 4.5. Energy Resilience Assessment\*\*



### The Challenge

Problem: Transitioning the business sector is a key part of the Transition process. Many environmentalists see business as the problem and retreat into cynicism rather than fruitful engagement. The Transition model and practice for communities are not suitable for most businesses. It talks the wrong language and is not focussed on businesses concerns. Without tools that businesses can relate to and see as relevant, Transition is doomed, in the eyes of the business community at least, to be seen as irrelevant.

### The Solution

Energy Resilience Assessment, a tool developed by Transition Training and Consulting, translate the concept of oil vulnerability and resilience into language business can understand. ERAs determine the degree of oil vulnerability or otherwise of a business, an organisation or any particular process. By offering clear and practical insights into business resilience, it makes a good starting place before anything else is done, a gate way process. The insights it provides are hugely insightful



## 4.6. Community Brainstorming Tools\*\*\*



Open Space sessions at the 2009 Transition Network conference, Battersea Arts Centre, London.

### **The Challenge**

We have become a society who increasingly believes that little can be done without input from experts and specialists. It is an approach which is often disempowering and ineffective. We need to rediscover how to unlock the collective knowledge, and indeed genius, that surrounds us, and engage it in addressing the big challenges of our times.

### **The Solution**

Find ways of enabling citizens to find solutions to the problems facing them. Use Open Space and World Cafe (making sure you use each where it is most appropriate) to facilitate community brain storming and to draw out the ingredients of a collective vision for the future of the community. Well designed and facilitated, both are extraordinary tools. Make sure that each event has clear questions, and trust in Open Space's ability to enable people to self-organise. For anyone with leanings towards being a control freak, running Open Space is terrifying, but trust it, it works! We see them as structures that operate as bounded instability and hence create very creative ways to think about a problem. Both tools are flexible and inclusive and can be used in many different contexts. However care must be taken to not use them in ways in which they are not suited.

## 4.7. Oral Histories\*\*\*



### **The Challenge**

We have lost access to a significant community resource; our local oral history. This history would have been crucial in part societies, as this was the repository of how to sustainably manage local resources and live closer to the bioregion, its soils and microclimates. The advent of the fossil fuel age greatly diminished the need for those resources. In a world that was fast changing the old ways became quickly seen as being less useful and much knowledge was discarded into the dustbin of history. While not for a moment suggesting the future will be like the past, any process of designing for the future that ignores the past is like building a house with no foundation.

### **The Solution**

Find ways for elders – and others – to tell their story and start to re weave the local cultural narrative. Bring elders and local story tellers into schools. Create events and meeting places where younger and older people can meet (moots) and tell their stories, formally or informally. Use artists and musicians to create evenings of storytelling and song about the local community. Identify from oral history interviews the elements of how life was resilient, and what from that past might be carried forward into a lower energy, more localised world.

## 4.8. Engaging Local Landowners\* (with context information)



'Estates in Transition' event held at Dartington Hall with landowners from the Totnes area.

... as your initiative grows, and begins to seriously undertake PRACTICAL MANIFESTATIONS (3.9.) and GREAT RESKILLING projects (3.11.) and then starts, through STRATEGIC THINKING (5.10), perhaps through creating an ENERGY DESCENT ACTION PLAN (5.1.) to look at putting in place key pieces of local infrastructure such as LOCAL FOOD INITIATIVES (3.16. ) and COMMUNITY RENEWABLE ENERGY COMPANIES (5.4.), the issue of land access will arise. Without access to land, many projects will be difficult to achieve, so enabling this will be vital, and may emerge from your initiative skilfully BUILDING STRATEGIC PARTNERSHIPS (2.12.).

\* \* \*

**Attempts at rebuilding links between a community and its peri-urban and surrounding rural land will fall flat if those who own that land and/or are responsible for its management are not invited to get involved. When the historic links that once existed between a settlement and its surrounding land break down, rebuilding them takes a lot of work, but failing to rebuild them will make an equitable, sustainable and diverse local food system impossible.**

### **The Solution**

**Initiate a process of dialogue with local landowners, in the form of an invitation to consider how their business will function in a world of volatile oil prices, and where the key vulnerabilities lie. Design an event that brings them together with other landowners, and invite them to vision the future together with their peers. Seek to assist in the creation of mechanisms such as Dartington's 'Landscape', which create a supportive environment in which people with viable business ideas can have access to land.**

\* \* \*

Engaging with local landowners offers great opportunities for inviting them to be part of a VISIONING (2.6.) process, seeing their land not in isolation, but as part of a community process. It can be helpful to invite landowners to imagine their land as home to LOCAL FOOD INITIATIVES (3.10.), COMMUNITY SUPPORTED AGRICULTURE (5.9.) and to use COMMUNITY BRAINSTORM TOOLS (4.6.) to draw those visions out. Well designed events such as 'Estates in Transition' can also be another good tool to WORK WITH LOCAL BUSINESSES (3.12.) and to inspire SOCIAL ENTREPRENEURSHIP (5.2.).

## 4.9. Engaging Young People\*



Adding their visions for the future of Malvern at the Unleashing of Transition Malvern Hills, May 2010.

### The Challenge

Engaging young people in community activities and in environmental campaigning is a challenge, and not just for Transition. Yet if young people fail to engage or to see a role for themselves, Transition, in effect, has to do without the engagement of a significant sector of the community, and will also be without the energy that young people can bring.

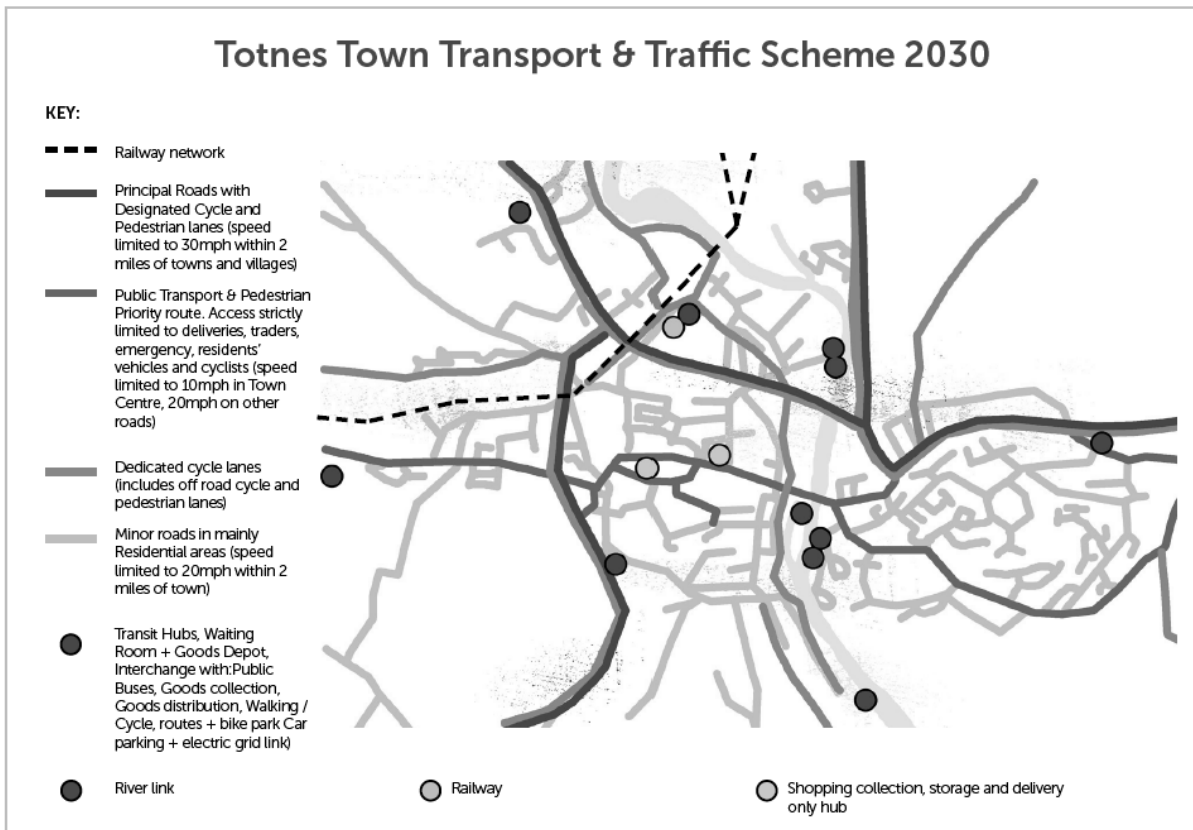
### The Solution

Giving children a voice is an important part of the process, as is helping them to express what they already know (which is sometimes far more than adults!) This can take people who work in schools by surprise and can be strikingly accurate. Design into the activities of your initiative events and projects that engage local schools and youth clubs, and use media more accessible to them, Facebook, YouTube and so on. Try to ensure that the voice of young people is represented in the Core Group.

## **4.10. Engaging Schools (training teachers)\***

(still to write)

## 4.11. Meaningful Maps\*\*



From the Totnes and District Energy Descent Action Plan.

### The Challenge

The changes necessitated by Transition can be hard for people to visualise, especially in relation to their immediate surroundings. Presenting suggestions in a way that people don't find easy to access is, ultimately, self-defeating.

### The Solution

Use maps, creatively and engagingly, to present ideas and information. They can be printed maps, GoogleMaps, 3D scale maps, models of the community in question, they could be quilted, embroidered, made from clay, drawn in chalk on the ground, projected onto the sides of buildings, or formed by the people at an event arranging themselves physically in the room. Maps can bring ideas to life, and enable people to see their part of the world in relation to others.

## 4.13. The Role of Storytelling\*\*\*



David Heath, whose father George ran, until 1980, a big commercial market garden in the centre of Totnes which is now a car park, shows a group of people around the site of the former garden.

### **The Challenge**

The stories that surround us, in our films, books, TV programmes, songs, novels and in our political discourse, are not the stories that are appropriate for a world in transition. They generally tell stories of a future where technology solves all our problems (Star Trek), or one where society collapses into a hideous apocalyptic wasteland (The Road). There are very few stories that tell of what it might look like were we to look peak oil and climate change square in the face and respond with compassion, creativity and action. Many stories also often present the past in a way that diminishes the idea that anything of use might be carried forward from it into the present.

### **The Solution**

Weave a thread of storytelling through the work of your Transition initiative. Look backwards as well as forwards, inviting older people to tell stories of how a more localised, lower energy world used to function, ideally by showing people around the actual physical places. Use storytelling in its widest sense, making films, raps, newspaper articles and small ads from the newspapers of the future, cartoons, animations. Hold 'Future Cabaret' events where people tell their stories of the future.



## 4.14. Networks and Partnerships\*\*



A variety of local organisations running stalls at the Great Unleashing of Transition Whatcom, US.

### **The Challenge**

A Transition initiative emerging in a community that already has a number of other community groups can run a risk of being seen as unnecessary, as somehow elbowing other more established groups out of the way, or trying to make them irrelevant. The long term implications of any of these outcomes can be very harmful to the effectiveness of the initiative.

### **The Solution**

Form partnerships and network wherever possible. Observe what is happening around you and make contact with those who you can collaborate with, avoid reinventing the wheel. Collaborate with other groups and organisation you can never put too much time into networking. Organise events and projects with other initiatives in such a way that each organisation plays to its strengths.

## 4.15. Pausing for Reflection/'How Am I Doing?'



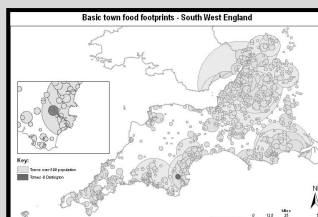
### The Challenge

The temptation when doing Transition is to bounce from exciting idea to exciting idea, catalysing and energetically surrounding ourselves with ideas and possibilities. It is a powerful tide that can sweep you along. Yet a failure to pause regularly and check whether what we are doing is meeting our own needs, and those of our family, social life, and wider career, can contribute to burnout, and to our becoming disenchanted with the whole notion of Transition.

### The Solution

Make time, say every 6 months, to stop and reflect on how your life is going, and whether or not your work with Transition is supporting that, or acting in opposition to that. Take some quiet space to reflect, and speak with those closest to you. Reflect honestly on how you are striking the balance between your personal life and what you are contributing to Transition. Get some more independent support if you feel that would be useful.

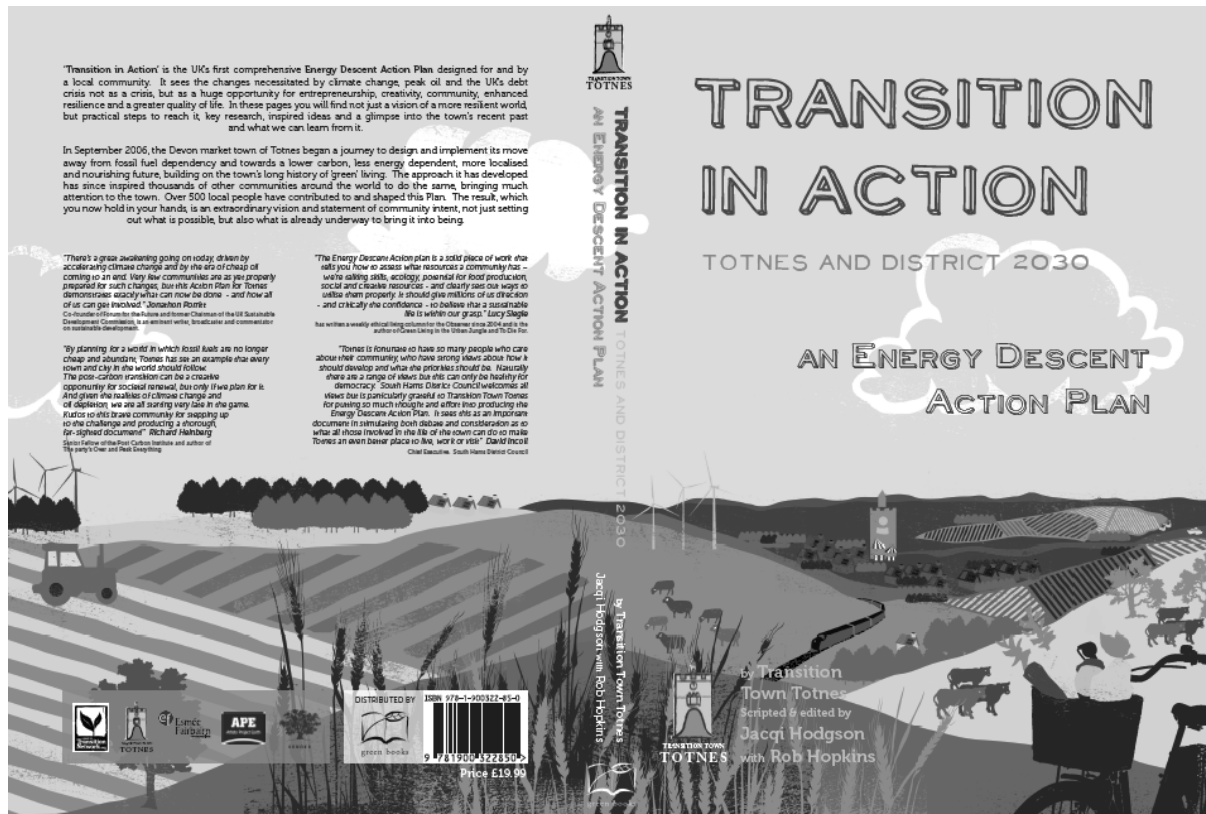
## 5. Patterns for Implementing Transition Infrastructure



- 5.1. Energy Descent Action Plans\*\***
- 5.2. Social Entrepreneurship\*\*\***
- 5.3. Scaling Up\***
- 5.4. Community Renewable Energy Companies (ESCOs)\*\*\***
- 5.5. Strategic Local Infrastructure\***
- 5.6. Strategies for Plugging the Leaks**
- 5.7. Intermediate Technologies\*\***
- 5.8. Community Ownership of Assets\*\***
- 5.9. Community Supported Agriculture/Farms/Bakeries etc**
- 5.10. Strategic Thinking (Stroud food, Can Totnes and District Feed Itself, Leicester)**

Ultimately, the role of Transition groups is to become the drivers for the relocalisation of the local economy in their area. This requires a 'step up' from being a group focusing on small community projects, and necessitates the integration of new skills and new ways of thinking, with Transition initiatives starting to become social enterprises, becoming developers, banks, energy companies and so on. This often takes those traditionally involved in green issues out of their comfort zones, but is the vital next step for Transition groups. These patterns explore some of the ingredients of this step up.

## 5.1. Energy Descent Action Plans\*\*



The cover of the Totnes Energy Descent Action Plan (published April 2010).

### The Challenge

Faced with a future of unprecedented uncertainty and potential for shocks, the way our leaders plan for the future is based on deeply flawed assumptions. They assume that the future will be one of cheap energy, economic growth, growth in car use and so on. Designing for such a future at a time when it shows little promise of ever actually coming to pass is futile and irresponsible. At the same time, communities often feel unable to design for their own futures, seeing that as something done elsewhere on their behalf. Without a practical route map, a plan for the future, a new story about what Transition looks like in the context of the community in question, Transition will not get beyond just being a collection of individual projects.

### The Solution

Design a creative, engaging, playful and research-based community process with the aim of creating a powerful yet practical new story of the future. Use it to make visible the unrealistic assumptions that underpin current planning approaches, and to offer a coherent and positive response to them. Use creative engagement tools to design a process that engages as many members of the community as possible. Start by creating a powerful and attractive vision of a lower energy future, and then backcast from that, telling the story, year-on-year, as to how it was achieved.

## 5.2. Social Entrepreneurship\*\*\*



Preparing vegetable boxes at Growing Communities in Hackney.

### **The Challenge**

The model of community initiatives that are dependent on external funding from philanthropic organisations, governments and external grant giving bodies will become increasingly redundant as economies contract and budgets shrink. In a wider context, we are still living off the surplus generated at a time of high Energy Return on Investment, which enabled surplus to be redistributed. That window of opportunity is starting to close as we enter a time of declining net energy and economic contraction. There is often a resistance within community organisations, especially those with an environmental agenda, to think about how they might operate in such a way that pursues their ethics but also functions as an enterprise, generating revenue for the ongoing development of the organisation, but that resistance needs, increasingly, to be overcome.

### **The Solution**

The relocalisation process creates huge potential for a range of industries, energy companies, local food businesses, manufacturing and so on, which could either be run purely for profit, or in such a way that they are commercially viable and also reinvest their surplus into the wider community. Understand, from an early stage, the need for social entrepreneurship, and design and support emergent initiatives. Provide training and events, and link with existing providers of support for entrepreneurship.

## 5.3. Scaling Up\*



### **The Challenge**

Knowing how to scale up from a community initiative to an organisation capable of enabling the relocation of a community is a huge step into the unknown, yet a stubborn refusal to stay small when evolving to the next stage would be more appropriate represents a huge missed opportunity. The key challenge is how to broaden the initiative's impact, whilst also retaining its values. As circumstances pull us out of our comfort zone, the tendency can be to jump back into it. Yet if our initiative is ultimately to be successful, as previous examples such as the Co-operative movement, Development Trusts and so on have, scale up we must.

### **The Solution**

Be prepared, when the time is right, to evolve your initiative, to take the steps your organisation needs in order to be most effective as the world around it changes. Ensure that you have the organisational structures in place to make it possible, and that you have drawn the most appropriate skills set into the organisation. Ensure that the models and structures you evolve remain open to community ownership and involvement, and that they remain flexible, as different models may apply at different times.

## 5.4. Community Renewable Energy Companies (ESCOs)\*\*\*



Members of the Bro Dyfi Community Renewables Co-operative in Wales celebrating their share launch.

### **The Challenge**

When our communities pay their energy bills, huge amounts of money pour out which could be retained and cycled locally, and used to create livelihoods and essential infrastructure. Energy becomes something that is done to us by other people who we never get to meet. What large scale renewables are put in place are usually owned and managed by distant organisations, and no benefits accrue to the local community.

### **The Solution**

Every community should have a locally owned Energy Service Company (ESCO), as, indeed, many of them used to have. These ESCOs should put in place large scale renewable energy infrastructure in a way that it is owned by the community, and its profits are reinvested in Transition projects. The legal and organisational models exist, the technology exists, and the need for functioning inward investment community models exist, the need certainly exists... all that is needed now is to start establishing community ESCOs in every Transition initiative!



## 5.5. Strategic Local Infrastructure\*



The last working mill in Totnes before its closure. It is now the town's Tourist Information Office.

### **The Challenge**

The infrastructure required for a more localised future, the energy systems, the mills, the food systems, the abattoirs, has been largely ripped out over the past 50 years as oil made it cheaper to work on an ever-increasingly large scale, and their reinstallation will not arise by accident. They will need to be economically viable, supported by their local communities, owned and operated by people with the appropriate skills, and linked together. Flour mills for example (such as the one above, Totnes' last, which closed many years ago) are far easier to take out than to start from scratch. However, one of the key outputs of your EDAP process must be to think strategically about this.

### **The Solution**

Make one of the key focuses of your Transition initiative's work and thinking the practicalities of stimulating the infrastructure required by a more localised future. Ideas as to which will be the key pieces of infrastructure will emerge from the EDAP process. Ensure that thinking is strategic and connected, and that it is based on considering the viability of each enterprise. Where elements still exist, find innovative ways, such as the community support model (as in CSAs) to enable them to continue. Where they don't exist, your Transition initiative might create some, some might be created by social entrepreneurs, some by private businesses, and some by the local authority.

## 5.6. Strategies for Plugging the Leaks



Unveiling the Brixton Pound notes for the first time at the scheme's launch.

### **The Challenge**

Money, like other aspects of life, has become something done to us by distant organisations who, as the recent economic turmoil has demonstrated, do not necessarily have our best interests at heart. As the New Economics Foundation put it, our economies have become like 'leaky buckets', money that should be staying and circulating locally being sucked out to distant corporations and shareholders. Goods and services pour in from elsewhere, and potential investment pours out.

### **The Solution**

Develop projects and strategies which link goods and services and which encourage the local cycling of money. The infrastructure and exchange mechanisms need to be put into place which enable people to live more local lives and strengthen their local economies. These could be local currencies, Time Banks, Credit Unions or a range of other strategies. Ensure that they are seen as being colourful, fun, accessible and have a high degree of 'money-ness' (that is, they feel like money).

## 5.7. Intermediate Technologies\*\*



A cob greenhouse, using the thermal mass properties of cob to store heat, which is slowly re-radiated into the greenhouse. Made from local materials as part of a large no-dig market garden. The Hollies Centre for Practical Sustainability, West Cork, Ireland.

### **The Challenge**

It is easy to be dazzled by what are put forward as low carbon technologies. They can entice us to stay within our comfort zones, of someone else providing a solution for us that we don't need to take responsibility for without any fundamental change. When discerning which technologies are going to underpin the transition of our communities, it is key to avoid those that end up creating more dependency.

### **The Solution**

Implement technologies which can be made or at least repaired locally, which you can understand, and where you can see the supply chain for parts. Ensure that any technologies bring social, economic and community benefits to the local area.

## 5.8. Community Ownership of Assets\*\*



### The Challenge

Development, like money and energy, is something that is done *to* communities, rather than done *by* them. Relocalisation is impossible unless the community owns and manages its own assets. If we don't have ownership of something, or investment in it, we are less likely to take care of it, or care about its development. Finding ways to enable inward investment will be vital, and will also lead to people being far more connected to where they live.

### The Solution

Steadily increase community ownership of assets through mechanisms such as Development Trusts, community bonds and shares, and through bringing land and property into community ownership for development or for Community Supported Agriculture or renewable energy projects.



## 5.9. Community Supported Agriculture/Farms/Bakeries etc



A small pig club with six families as members. Totnes. The author's shoes appear to be of particular interest.

### **The Challenge**

Connections have largely broken down between farmers and the communities that, historically, they would have sustained. This enables communities to feel that there is no apparent connection between themselves and the land around them. Farmers are left feeling isolated, irrelevant, and end up increasingly producing for distant anonymous consumers, in a model that increases oil dependency, carbon emissions and lowers the quality of food.

### **The Solution**

The Community Supported Agriculture model is providing very successful around the world in various manifestations. It can involve communities owning a share in a local farm, setting up their own farm, paying an annual subscription to a farmer they support, and many other variations on the theme. The model is also being applied to other enterprises, such as pig clubs or community supported bakeries. Where possible, use the community buy-in generated by your Transition initiative to support community supported initiatives.

## 5.10. Strategic Thinking (Stroud food, Can Totnes and District Feed Itself, Leicester)



A food footprint map of the South West of England, developed as part of the 'Can Totnes and District Feed Itself?' study, part of the Totnes EDAP.

### The Challenge

The creating of an Energy Descent Action Plan will raise a lot of questions, some of which will revolve around specific questions, such as 'could this area feed itself/power itself?' What is the land base that surrounds the settlement, and what degree of productivity could be relied upon from surrounding farmland, back gardens, allotments, and new urban market gardens? How much energy infrastructure could realistically be installed? Failing to ask these questions will hamper attempts to think strategically about relocalisation.

### The Solution

This is specialist work, and your initiative will likely need some help with this. Seek the support and engagement of local universities/specialists, or seek funding to resource it. Don't take this work on at a depth greater than you feel you can manage. If done well, the data generated is hugely useful to relocalisation efforts, providing a strategic underpinning to efforts to stimulate social enterprise and create key strategic local infrastructure.

## 6. Scaling up beyond the community



### 64 MOTION IN THE NAME OF COUNCILLOR BULL – FORTHCOMING IMPACT OF PEAK OIL

MOVED by Councillor Bull, seconded by Councillor Chapman:-

This Council acknowledges the forthcoming impact of peak oil. The Council therefore needs to respond, and help the citizens it serves respond, to the likelihood of shrinking oil supply but in a way which will nevertheless maintain the City's prosperity. It acknowledges that actions taken to adapt to and mitigate against climate change also help to adapt to issues around peak oil.

It will do this by:

- developing an understanding of the impact of peak oil on the local economy and the local community
- encouraging a move across the city towards sustainable transport, cycling and walking throughout the city
- pursuing a rigorous energy efficiency and conservation programme through its carbon management plan, the work towards EMAS accreditation and on leading on raising energy awareness across all sectors to reduce dependency on oil based energy in the city
- supporting research and production within the city which helps develop local effective alternative energy supplies and energy saving products in order to encourage a move away from oil based fuels and also in order to create local 'green collar jobs'
- co-ordinating policy and action on reducing our city's carbon dependency and in response to the need to mitigate and adapt to climate change and peak oil.

### 6.1. Policies for Transition (the role of politics)

### 6.2. Peak oil resolutions

The old saying 'Think Global, Act Local' is still relevant, and the patterns discussed above, if implemented, will create a huge groundswell for change, a catalyst for communities across the world seeing energy descent as a huge opportunity for change, rather than as a disaster. But without Transition thinking being embodied by National Government, by business and becoming a key part of the national infrastructure, it will remain marginal. These patterns explore elements of the stepping up of Transition thinking to the national stage.



## 6.1. Policies for Transition (the role of politics)



Secretary of State for Energy and Climate Change Ed Miliband attends the 2009 Transition Network conference at Battersea Arts Centre as a 'Keynote Listener'.

### **The Challenge**

Governments at all levels often implement policies that are making things worse, sustaining damaging and dangerous status quos. There are high levels of disengagement of the electorate, centralisation of power, marginalisation of dissent. Politics of all persuasions speaks of the need to engage communities, but it is usually a token gesture. Yet without appropriate and far-reaching policy-making, Transition will struggle.

### **The Solution**

Transition works to change the cultural story, for example, to what it means to live within natural limits, enabling a different space for policy decisions. It aims to make unelectable policies electable, and seeks to engage with the political process in ways that takes no party affiliation, holding hustings focusing on resilience, to lead by example rather than hectoring.

## 6.2. Peak oil resolutions

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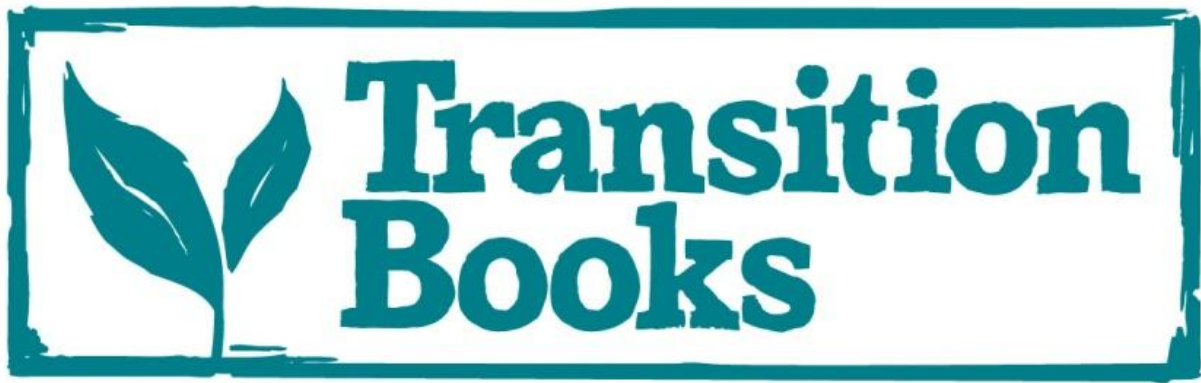
Part of Nottingham City Council's Peak Oil Resolution.

### **The Challenge**

Local and regional authorities aren't planning strategically for peak oil and it is not a concern reflected within their policy making. They may not even understand it. Without a clear statement of concern about the issue, any further steps or actions on the issue will not have a foundation.

### **The Solution**

Lobby your local council to pass a peak oil resolution. Numerous examples now exist, and they can be a great boost to those within the Council working to build awareness. Explore with them the possibility of a Transition Training for Local Authorities being run for key staff. Once the resolution is passed, heap great praise on the authority, and explore with them ways in which your Transition initiative can help with the next steps, a good example of which is Bristol City Council's 'Peak Oil Plan'.



## Transition Books from Green Books

**“The Transition concept is one of the big ideas of our time. What I love about the Transition approach is that it is inspirational – harnessing hope instead of guilt, and optimism instead of fear”.**

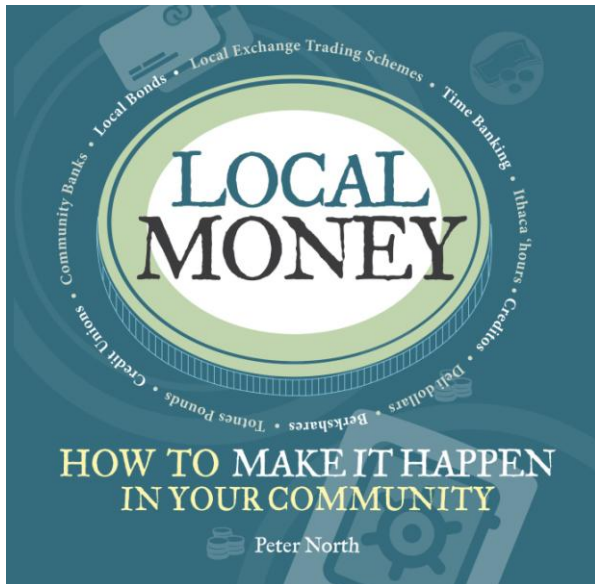
Patrick Holden, The Soil Association.

The Transition Books series is an imprint of Green Books. Over the next couple of pages you will find information not just about books already in print, but also forthcoming titles in the series. Transition Books are also an opportunity for Transition initiatives to avail of the sizeable bulks discounts and to make some money themselves. For more information see [www.transitionbooks.net/ordering-transition-books/](http://www.transitionbooks.net/ordering-transition-books/).

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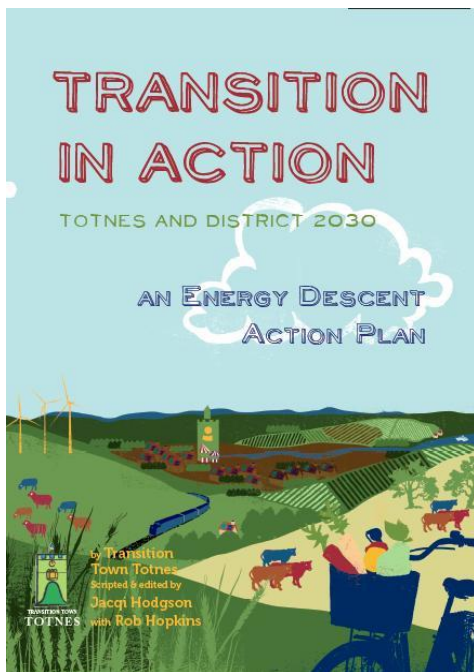
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**\*\* Launching here at the 2010 Transition Network conference! \*\***

An inspiring yet practical new book, Local Money helps you understand what money is and what makes good and bad money. It draws on the considerable track record of experimentation with local money around the world and gives ideas to those in the Transition movement and beyond about what has been tried, what works and what to avoid.

June 2010 • ISBN 978 1 900322 52 2 •  
£14.95 pb



The Totnes Energy Descent Action Plan is the first EDAP produced by a Transition initiatives. It is an extraordinary document, setting out a pathway away from oil dependency based not on despondency and despair, but on entrepreneurship, creativity and community. Includes the 'Can Totnes and district feed itself?' report, a full energy budget for the area, and much more. Inspirational yet practical.

April 2010 • £19.95.

*Transition Communities: A Pocket Guide* explains what the Transition movement is, what it is, what it aims to achieve and gives pointers for how you can get involved with your local Transition initiatives (or guide you to set up your own if you don't already have one). The book provides resources and examples of Transition initiatives throughout the UK.

July 2010 • ISBN 9781900322 690 • £6.95

## Transition Communities

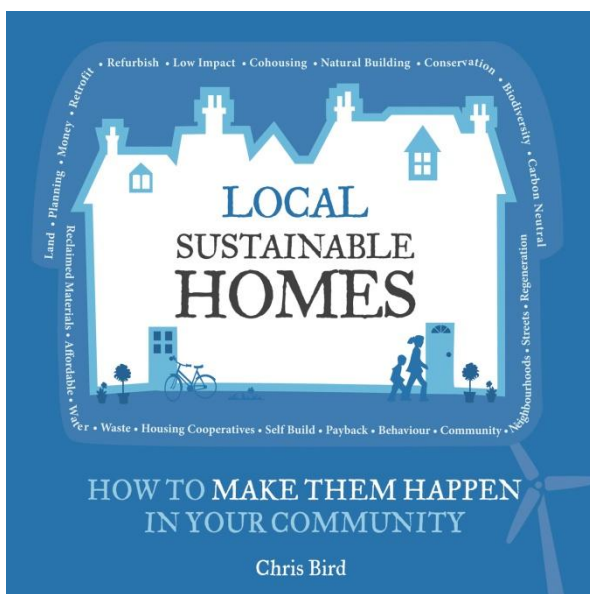
A Pocket Guide



MIKE GRENVILLE & ROB HOPKINS

While the government talks about sustainable housing, thousands of individuals, groups and organisations are busy making it actually happen. Local sustainable Homes features inspiring examples of communities making housing more sustainable and offers advice for those wanting to follow in their footsteps.

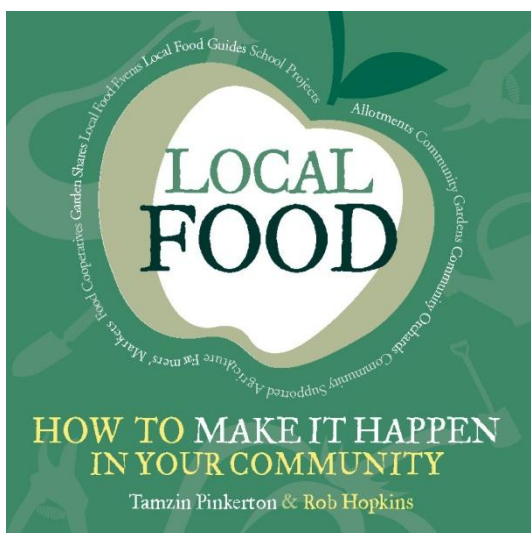
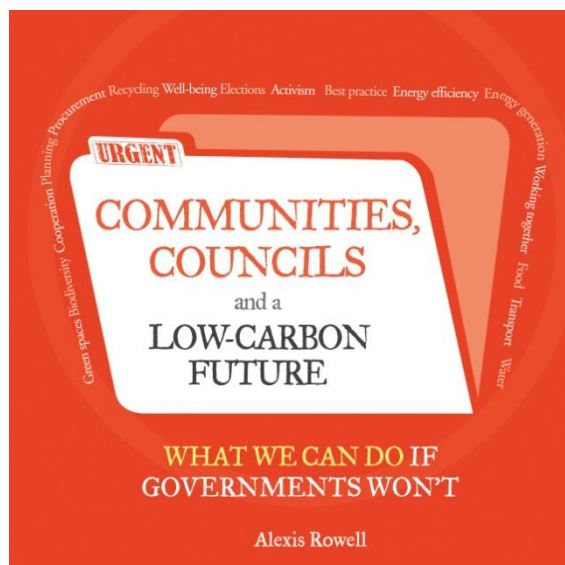
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*Communities, Councils and a Low Carbon Future* includes current examples of best eco practice from local authorities across the UK and elsewhere, as well as a look at the background to unsuccessful projects. This book is designed to inform and inspire councils and councillors, as well as local environmental activists, community groups and Transition initiatives.

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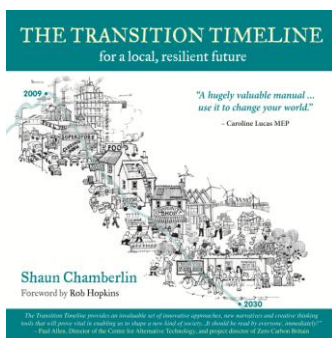
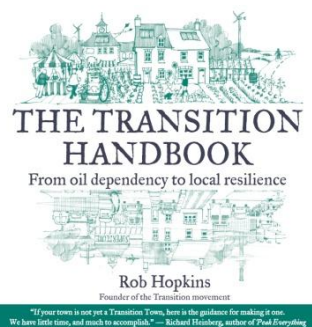
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