



Newsletter

August 2010

www.transitionexeter.org.uk
admin@transitionexeter.org.uk

Transiton Exeter Notices

Newsletter editor

Editing the newsletter is one of our most essential jobs, not only does it let you keep a finger on the pulse of what's happening in Transition, but it is also a great way to get involved in the community. If you feel this is something you would like to be involved with please get in touch with us by emailing admin@transitionexeter.org.uk

Funding

Transition Exeter continually need to meet the costs of venues, printing and publicity. In addition, we will need funds for the meeting with *Chris Johnstone* in December on positive alternatives to consumerism. Another thing that we don't have funds for at the moment and would really like to do is to make an illustrated brochure for the Green Homes tour with photos and quotes from the owners, which will be a vivid resource that we can use and give to people long after the tour is over. If you can help with any amount, please send a cheque made payable to "Transition Exeter" to the treasurer, *Rachel Moffitt*, 9 Kerswell Rd, Exeter EX4 1NY.

Green Drinks

Green Drinks is a non-political event where anyone is welcome. It is organised by the Green Party but with the aim of getting any like minded people together to share ideas and concerns and also to have a little relaxing fun. Members of Transition Exeter will be available to talk to. Next gathering on Thursday **12th August** from 8pm at the North Bridge Inn, St. David's Hill, Exeter

Around the TE Groups

Transport Group

The transport group is working on several issues at the moment:

- Park and Ride – the proposed Ide park and ride is up for discussion at the council on **20th October**
- Children's bus fares – ridiculously expensive: can we persuade Stagecoach to get more parents on their buses by making fares affordable?
- Planning issues - consultations are taking place on issues big and small, from the Exe estuary cycle trail to the grand plan for Exeter up to 2026.

Visit <http://groups.google.co.uk/group/transition-exeter-transport-group> to read the conversations and take part in actions.

We are also working on a display to use at the Green Fair and other autumn events – the aim is to describe our vision for transport in Exeter in 2030 and ask for responses and comments from Exeter residents.

To find out more & join the group visit <http://google.co.uk/group/transition-exeter-transport-group>

Around the TE Groups (continued...)

Energy – Green Homes Tour

The Green Homes Tour is a tour to real homes in Exeter where owners have installed resource-saving solutions, such as PV, solar, wind turbines etc. It is an opportunity to find out about the pros and cons of different technologies and to get an independent opinion on the relative merits of these installations. The tour will take place on Sunday **19th September** from 2pm. There will be a walking tour of 10 people and a driven tour of 10 people (in cars driven by Steph and Lynn). Both tours will end up at a pub, for post-tour discussions. We may arrange further tours if these get over-subscribed. So please let us know if you would like to sign up. Please email before **1st September** to gill.b@transitionexeter.org.uk to book your place. Please specify whether you would like to walk (will be up to 3 miles) or get a lift from a central location. For more info keep an eye on our weblink: <http://www.transitionexeter.org.uk/activities/energy/green-homes-tour.html>

Inner Transitions

- NVC

The independent Non-Violent Communication (NVC) Practice Group continues to thrive and currently meets at the Global Centre every third Thursday and in August this means **Thursday 19th 7-9pm**. We have now decided to open our meeting to those of you who have read Marshall Rosenberg's book on NVC or attended training courses. This fits with the group's need to keep learning. If you have this background experience and would like to come along you are welcome to join us. In this coming session we hope to spend half an hour looking at a thought provoking NVC training DVD and then working with issues that arise. We also welcome a visiting NVC practitioner from Australia and look forward to sharing experiences.

As usual group members can bring conflictual issues and disputes from everyday life, and these may be of a personal, social or political nature. The approach is non-judgmental and involves an empathic understanding and connection with ourselves in relation to other(s). Explorations take place within a group context of mutual respect and confidentiality. There is a real sense that this approach may reduce conflict and can bring a greater sense of peace and harmony. We hope it will contribute to non-violence in Exeter.

If you are new to NVC and want to learn more, contact Gail on su7027@eclipse.co.uk. We plan to set up a second beginners group in the near future. There is a fee of £2.50 per session per night for current members.

- Intuition Group

Following on from the 5-step programme for sourcing intuition shared at Darren's workshop in March 2010, a group has met twice to use this and other intuitive approaches, to explore individual and common social and eco issues. In the last session which took place on July 17th we worked for half the time on an intuitive sound exercise and everyone agreed that the sense of self knowledge and group connection and creativity communicated, was inspirational. (We will be repeating this in an evening Inner Transition (Hearts and Souls) session in the autumn.

We then moved on to work on an eco - communication issue, but found we needed to clarify our aims and refine and agree our shared sense of productive group processes. We are still a beginning group and this important task is now central to current work in progress. Dates and times of future meetings will follow on from collective decisions made. So please watch this space! We hope to add this intuitive process with its potential for new energy, creativity, and paradigm change into the melting pot of Exeter city life and also offer support to all transition town activists in other parts of Devon.

- Inner Transitions - Future Plans

We are currently working on an interesting programme of once monthly evening events for the autumn where we will be comparing heartfelt empathic self expression to the kinds of sales messages about ourselves and our needs, frequently communicated in our consumerist society.

Other Transition News

Permaculture course

Introduction to Permaculture course led by *Sarah Pugh* over two days **14-15 August** at the Workers' Educational Association, Exeter. Inspiration, information and ideas for a sustainable future including workshops, talks, walks, slide shows and practical demonstrations exploring the principles and practice of permaculture. A simple and holistic approach to designing gardens and communities to reduce our carbon footprint and create productive, abundant systems. For anyone wanting to make a difference. Costs are £60 (£45 for concessions) for the whole weekend.

There are limited spaces and early booking is strongly advised. For more information email *Chris* at ciwhite@hotmail.co.uk

The Westcountry Storytelling Festival 2010

The **27-29 August** Bank Holiday Weekend at Embercombe near Exeter, Devon

Come for an end of summer holiday treat at Embercombe where some of the biggest names in the storytelling world will enthral you with stories to envision, inspire and create change in our lives and the world around us.

Rob Hopkins of the Transition movement will be speaking on Sunday and *Steph Bradley* will be calling in as the penultimate stop on her tour of Britain collecting and telling Transition Tales.

This is a vibrant, family-friendly local eco-festival set in Embercombe's glorious 50 acres of woods, meadows, lake and gardens, with views over Dartmoor and Haldon Forest.

There will be scrumptious organic food including pizzas from the fiery furnace of the outdoor clay bread ovens; a BBQ, a salad bar; teas; cakes; ice cream; waffles and hot potatoes!

<http://www.weststoryfest.co.uk/> 01647 252983 or e-mail info@embercombe.co.uk

Coming Alive in Times of Transition

A workshop of deepening into our sense of purpose and connection with life, led by *Sophy Banks* and *Suzanne Dennis*, with practices from The Work that Reconnects, Ecopsychology, Constellations, poetry, movement and time in nature, to create a profound space for nourishing and restoring our whole selves.

27-30th August at Sharpham House, cost £165, plus food and accommodation.
Details on www.sharphamtrust.org or call Suzanne on 07769 925 558

Local news, events and stuff

What kind of Exeter do you want to live in in 2026?

Deadline: **24th September**

The City Council has just started consultation on its Core Strategy, which is a key document in the Local Development Framework. It provides a broad strategy for the development of the City up to 2026, so includes transport and much more. On that timescale it definitely needs a Transition vision! View at the council website, <http://www.exeter.gov.uk/corestrategy>, or at local libraries.

Local news, events and stuff (continued...)

Sponsored Walks

7,14,21 and 28th of August

Western Morning News is celebrating its 150th anniversary by organising a series of sponsored walks to raise money for their Grassroots Challenge Anniversary Fund in partnership with Devon Community Foundation and Cornwall Community Foundation who support community and voluntary groups working across the region to help local people who are disabled, vulnerable and disadvantaged.

For more information email walks@westernmorningnews.co.uk or telephone 01752 765557

LandTime

17th - 23rd August

LandTime is a modern version of an ancient practice, an opportunity to take inspirational deep time out living close to the Land, to learn and practice skills, to gain insight and to move through transitions with support of experienced others. There will be a chance to learn practical skills, not just towards healthy relationship to the Land, but also to ourselves and each other. Skills practiced might include shelter, green wood-working, working with fire and other elements, council, and solo time on the land.

On our journey we will be supported and nourished from the time-honoured wells of myth, story and rites of passage. Cost: Varies according to income, £30 deposit. Resources for bursaries may be available if needed. To have an initial conversation, book or for further information, contact:

Jeremy Thres 01647 221444 ojl1@btconnect.com

Gentleman Of The Road: Amateur community theatre production

Sunday 12th September,

Two hour play, based on highwaymen who operated in Devon. Location: Double Locks Hotel, on the canal in Exeter. Entry is free (though donations in the buckets will be appreciated). Any proceeds from the show will go back into the group, to fund participation and inclusion for the disadvantaged as well as to improve vital equipment. The play begins at 7:30pm

<http://southdevonplayers.weebly.com/booking--tickets.html>

Further afield...

World Wide Opportunites for Organic Farmers

- **Landmatters**, near Allaleigh, near Totnes. This community is part of the Permaculture Association Land Demonstration Network and a great place to learn more about permaculture. There will be a volunteer work week **16-22th August**. Camping is required with people bringing their own tents. There is a volunteer dining and kitchen yurt space available with solar power too.

- **Otter Valley Harvest Hub**, near Feniton, near Honiton. A weekend event, **Sunday 29th August**, and Bank Hol Mon 30th. Sunday will be helping in the walled garden where there is an emphasis on permaculture in garden group activities. In the evening Sunday there will be the opportunity for a permaculture related film and discussion. The Monday is an open day for the project and help is welcome for this too. People can arrive Saturday evening and stay over or come just for the day. There is limited space available with rooms, otherwise camping in garden is possible.

Email: Oliver Handscomb for further information and booking darn_nemo@hotmail.com

<http://www.woof.org.uk/>