



CYMUNEDAU CARBON ISEL A
THRAWSNEWID POWYS



POWYS TRANSITION
& LOW CARBON COMMUNITIES

POWYS TRANSITION WINTER SCHOOL

Prospectus 2015/2016

Transition LAUNCH 7/8 November 2015
Transition THRIVE 9/10 January 2016
Real World Economics 6/7 February 2016
Permaculture for Transition 5/6 March 2016

at the Media Resource Centre,
Llandrindod Wells, Powys
£24 per w/e for Powys residents
£115 per w/e for others
ADVANCE BOOKING ESSENTIAL



**ARIENNIR GAN Y LOTERI
LOTTERY FUNDED**

organisers

The Powys Transition Winter School is run by the Powys Transition & Low Carbon Communities network (PTLCC), www.powystransition.org.uk, with trainers and training courses provided by the Transition Network. www.transitionnetwork.org.uk PTLCC is financially supported by the BIG Lottery through the PAVO One Powys Connecting Voices programme.

venue

Media Resource Centre (MRC), www.mrc-wales.net

Oxford Road, Llandrindod Wells, Powys LD1 6AH

All course will take place in the Media Resource Centre in Llandrindod Wells. The MRC is a privately owned and funded training & conference centre in Llandrindod with easy access from all parts of Wales and the Midlands, providing a professional yet relaxing environment for learning. It has a large car park, with further public parking facilities and the Llandrindod train station & bus stops within easy walking distance.

catering

Buffet lunches and hot drinks with biscuits are included in the course fees. Catering is provided by the MRC staff in their professional kitchen and all food is freshly prepared for each group. Please state dietary needs on booking form & talk to the MRC staff on arrival; they will endeavour to provide food that you can not only eat but also enjoy.

accessibility

The entire premises are on the ground floor and wheel chair accessible. A hearing loop is provided in the training room. Please state accessibility needs on booking form.

fees & booking

The fee per weekend course is £24 for Powys residents and £115 for others. This includes booking fee, lunches & refreshments and all materials provided on the course, but not accommodation. Advance online booking is essential. Please visit Event Brite www.eventbrite.co.uk and type in Powys Transition Winter School. Fees are refundable if cancelled before closing date of ticket sales.

overnight accommodation

Llandrindod is a Victorian spa town with a wide range of hotels, guesthouses and B&Bs. The Tourist Information Centre can provide a list. Contact them by email: llandrindodtic@btconnect.com telephone: 01597 822600 or post: Old Town Hall, Temple Street, Llandrindod Wells, Powys, LD1 5DL

queries

Please email training@powystransition.org.uk

Transition LAUNCH (2 days)

Date: Saturday 7th / Sunday 8th November 2015

Trainers: Hal Gillmore & Ann Owen, Transition Network

Transition LAUNCH has been designed for people who are part of a new Transition Initiative or in a group that want to start one in their community and is packed with imaginative ways to delve into the practice of Transition showing you how to set up, run and grow a Transition Initiative. It makes an ideal introduction for people who are new to Transition and want to evaluate the model and practice to see if it is suitable for them. It is also useful for people who have recently become involved in Transition in their community and want to develop the essential skills and insights to help their Transition Initiative become a success.

On the course you will:

- understand the reasons why we need to do Transition,
- gain skills in communication and awareness raising,
- learn how to set up and run Open Space events,
- learn how to create and run a successful initiating group,
- have an experience of Transition,
- learn about the early stages of Transition,
- experience a personally deepening journey into the inner dimension of Transition,
- meet other people involved in Transition initiatives and share experiences, difficulties and successes.

Transition THRIVE (2 days)

Date: Saturday 9th / Sunday 10th January 2016

Trainers: Naresh Giangrande & Anne Owen, Transition Network

Already set up a Transition Initiative? Want help taking your Transition Initiative to the next level? This two day course will help you to THRIVE. We know it's not easy "Transitioning". It's one of the most rewarding things anyone can do in these changing times. We have developed an easy, practical Health Check tool to help you find the successes, gaps, and challenges in your Transition Initiative. We will be exploring what works and what doesn't for other Transition Initiatives. As always in Transition Trainings, we will be weaving together theory and practice, information and experiential learning, and flexibility within a structured approach.

The course is set out as a menu of possibilities that are dependent on the needs of each group, so the content changes for each course. Our intention is to make the time we spend as valuable and relevant to each participant, and to tailor the areas we cover to the actual needs of the group that come. The areas that are typically covered are:

- Reach out to the concerned but not yet involved
- Fund your initiative
- Create jobs and new enterprises in a local, green economy
- Develop effective communication strategies
- Find ways to maintain your personal resilience and recharge batteries

Real World Economics (2 days)

Date: Saturday 6th / Sunday 7th February 2016

Trainer: Inez Aponte, Transition Network

It's the end of 'business as usual'. The time has come to weave together a new social reality in alignment with our values, and to create an economic system that benefits us all – a system that breaks through the false dilemma of austerity and consumption.

This course is one of the products of the Well & Good Project and is designed for community activists and organisers, policy makers, development workers, advocates for the 'new economy' and anyone interested in sparking community-led change. We explore a new approach to creating local economic change based on real life needs, increasing wellbeing, and taking effective action led by community groups.

The course includes practical tools to engage your community, thought provoking presentations, group discussions and fun interactive exercises that will equip you to be an effective change-maker in your community.

Permaculture for Transition (2 days)

Date: Saturday 5th / Sunday 6th March 2016

Trainers: Marina O'Connell & Ros Bedlow, Transition Network

Have you ever wondered what Permaculture has to do with Transition? This weekend should help to define that relationship and how to use permaculture in your transition work. This weekend will be both practical, taking the design principles of permaculture and helping you to see how to apply those to projects and enterprises, as well as taking a look at the theory of permaculture.

Permaculture is a creative, ethical approach for designing any process so that it flows with rather than against nature. Traditionally applied to land-based projects, modern permaculture embraces all the community driven projects undertaken by the Transition Towns movement. By designing our actions to encompass the ethics of Earth Care, People Care and Fair Shares, we can make our work in Transition more effective and harvest a greater yield of energy and participation from our communities.

This course covers

- What is Permaculture?
- Applying the Permaculture Principles and Ethics to Transition.
- Using Permaculture "Zones" and "Sectors".
- Inner Transition and Permaculture "Zone 00".
- Permaculture Design Tools applied to Community Projects.
- Practical Design project: design your own event or social enterprise.
- How to Improve communication
- People Care in your local Initiative

meet the trainers

Inez Aponte was a member of Transition Bristol for a year and a half until moving to Totnes in September 2009. She is a facilitator, trainer and consultant in the Human Scale Development Approach, working with individuals and communities seeking to improve their quality of life in balance with the Earth's ecology. With an arts and performance background she has been developing participatory learning processes since 1998 and has worked with organizations such as WWF, The British Council and The Soil Association. She is an accredited Trainer for the Transition Network, co-founded the Well & Good Project and works for Totnes-based Futurebound on their Leadership for Resiliency programme. She is also a member of the New Economics Organisers Network (NEON). At Transition conferences you will find her teaching harmony singing to innocent passers-by. She is currently on a mission to get the nation to slow down and bake bread with her latest project 'Loaves of Love'.



Ros Bedlow co-founded Transition Leytonstone in 2009 and continues to work towards helping to create a sustainable local community, along permaculture lines. She is interested in how permaculture principles can be applied to our lives as households and communities. She has a background in teaching, initially modern languages, but since the late 1980s when she was teaching environmental studies at a university in Japan she has been interested in permaculture, has taught courses on humans and nature, and facilitated visioning exercises for community groups.



She completed a Permaculture Design Certificate in 2011, and has been teaching Introduction to Permaculture courses since 2012. She is studying for a Diploma in Applied Permaculture Design. She now lives in a dilapidated Victorian house, which she has been renovating as her own eco-project. She has a tangled garden full of fruit and herbs, and also an allotment.

Naresh Giagrande is a co-founder of Transition Town Totnes, the first Transition Town and of Transition Training, and 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 over hundreds of participants in 9 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. Before the Transition Town Initiative took over his life he lived and worked in an eco community, was Managing Director of a landscape company, and a gaffer in the film industry. He has also taught meditation, has a degree in chemistry from the University of Pennsylvania, and is father to two lovely daughters.



Hal Gillmore is from a farming family in South Devon where he now lives with his young family. He is involved in Transition Town Totnes' outreach activities and also works for Landscape at Dartington Schumacher College, regenerating the landscape through sustainable, land-based business and enterprise. Equally comfortable in a classroom, office or wilderness, Hal's professional experience includes tourism, training, business development and leading expeditions in Britain and overseas.



Marina O'Connell has a BSc in Horticulture (Bath), Masters degree in Environment and Society (Essex), and is a qualified FE/ HE trainer. She has a diploma in permaculture design and a certificate in Process orientated Psychology. She worked for 10 years at Dartington Hall setting up the Organic Market garden near Foxhole, and then went on to be a FE and HE lecturer at Otley College in Suffolk running a wide range of courses on sustainability before setting up the Apricot centre at her home in Manningtree, Essex, a 4 acres organic demonstration permaculture site and market garden growing fruit, flowers salads and preserves that are sold into the Growing Communities farmers market in Stoke Newington Hackney. The Apricot centre delivers training in sustainability; permaculture, process work and Transition training in particular. She is the mother of two fantastic daughters.



Ann Owen originates from Belgium, but lives with her husband and two children in Mid Wales. She is a steering group member of Transition Bro Ddyfi Trawsnewid and a member of their food group. A qualified adult education teacher, she has facilitated workshops and ran courses for over ten years. She has delivered the Training for Transition in five countries, given talks and co-hosted many events for her local initiative. She has an ongoing interest in community organization and social justice. A keen gardener, when not busy with Transition related activities, she can be found in her polytunnel growing odd coloured vegetables for a local market co-operative. Before Transition came into her life, she was a craft worker and teacher, traveller and dreamer.

