

Session 7 : Next Steps

In this session we will look at what we might do next.

Wikipedia gives a good summary of the Transition Town movement [\[7.1\]](#) but basically, it started in 2004 when people applied permaculture principles [\[7.2\]](#) to the problem of Peak Oil [\[7.3\]](#) - how would communities survive if everything running on cheap fossil fuels - food, transport, housing, and business - became expensive or scarce? The lucky outcome was the realisation that when local communities created a common vision of an energy independent future, it started to happen. What they discovered was that each level of society - individual, street, neighbourhood, local business, local government - did what they could to be part of, and support, that common vision.

The range of issues has expanded as we experience the environmental impacts of climate warming, and the social, civil, & economic instabilities created by globalisation - but the solutions that come from creating, and then working towards, a common vision still work.

Environmental scientists talk about “Tipping Points” - those changes, like ocean temperatures, or atmosphere CO2 levels, that trigger a cascade of related events and permanent changes. But there are also “Behavioural Spill-Overs” - those small changes in personal actions and attitudes that trigger further action in both the same category - eg: turning off the tap when brushing your teeth can trigger rebuilding your garden with wicking beds - and in related areas - eg: pre-sorting your household waste can trigger a deeper connection to solar energy and efficiency. However, these spill-over actions are particularly strong triggers when they are seen or shared by others.

That is the point of these sessions. You have explored, with others, a small part of the progress towards a reimagined and rebuilt world - a more caring & connected culture - one reconnected with nature - a reclaimed economy - and reimagined work, and you created your own turning points

Turning, Tipping & Spill-Over Points

Reflecting on the earlier sessions - what were your “spill-overs” - your turning points?

What action did you take and then realise it had triggered more extensive actions.

	Personal - Family	Friends - Neighbours
Energy		
Food		
Water		
Transport		
Waste		

Resilient Communities

The National Strategy for Disaster Resilience (NEMC, 2009) includes the following four, core features in its description of a resilient community:

1. functioning well while under stress - members are connected to one another and work together in ways that enable it to function in the face of stress and trauma.
2. successful adaptation - a positive response to changes in the physical, social or economic environment - shifts attention to capacity in the context of change rather than focusing solely, and unproductively, on a community's vulnerabilities.
3. self reliance and self-sufficient - not reliant on long supply chains, or external finance,
4. social capacity - high levels of trust, cooperation, and strong interpersonal relationships

This gives us a framework to develop actions and activities - **An Activism Plan**

1. practice working together - small projects like a community garden, or larger projects like a sustainability festival - focus on learning to listen and engage, on delegation and sharing.
2. work on developing skills overall - draw in the already skilled as teachers; organise knowledge-sharing opportunities - talks, films, web resources.
3. build micro-networks and mesh communications - localise as many steps in systems as possible, make transparent the connections using technology and knowledge networks.
4. be human together - integrate diversity, flatten hierarchies, listen and engage.

How Active Do We Get?

There are lots of ways and places where you can make a difference & where you can get active.

But if you are to be sustainable, you need to balance your personal capital and surplus.

Your work situation, physical life stage, family commitments, and mental health dictates your surplus - the amount of time, energy, and money you can spare, and the amount of stress you can absorb. This surplus will vary enormously as your situation changes, and as you become activism experienced. It is fine to temporarily use up some personal capital on a key or urgent project, but give yourself time and space to rebuild. Activism burn-out is a real thing.

Capital - Surplus	Your Examples
Integrated Activism - demonstrating your activism by activities and behaviours at work, in the home, out shopping, your choice of clothes & transport - low surplus activities	
Support Activism - giving time to volunteer in organised group activities - community gardens, fund raising events, working bees, social media networking - mid surplus activities	
Engaged Activism - committed, scheduled time to volunteer in organised activities - repair cafes, litter campaigns, permablitz, food banks, rehabilitation events, film & information nights - high surplus activities	
Planned Activism - committed time as both organiser and volunteer in group activities - sustainability events, repair cafe & library of things team, protests & demonstrations - high surplus & eating into capital activities	

What Are Your Skills - What Might You Contribute

Tick any you have done,
at any level of expertise:
beginner, amateur, expert

Clothing

- ☐ Knit
- ☐ Spin / Card
- ☐ Dye
- ☐ Sew / Crochet
- ☐ Embroider / Quilt
- ☐ Felting
- ☐ Warp a Loom
- ☐ Weave

Gardening

- ☐ Weed / Turn Soil
- ☐ Prune Trees & Bushes
- ☐ Graft Fruit Trees
- ☐ Plant Trees
- ☐ Build a Veg Garden
- ☐ Compost / Mulch
- ☐ Save Seeds
- ☐ Maintain Greenhouse
- ☐ Build a Herb Garden
- ☐ Use Medicinal Herbs
- ☐ Pick Berries
- ☐ Grow Mushrooms
- ☐ Make Wicking Beds
- ☐ Watering Skills
- ☐ Permaculture Designer

Transport

- ☐ Bicycle / Skateboard
- ☐ Walk / Hike
- ☐ Car Service / Repair

Animal Husbandry

- ☐ Bees
- ☐ Chickens / Ducks
- ☐ Rabbits
- ☐ Worm Farm
- ☐ Catch & Clean Fish
- ☐ Milk a Cow/Goat
- ☐ Raise a Sheep / Goat
- ☐ Shear / Fleece
- ☐ Raise a Pig / Cow

Building

- ☐ Build / Renovate House
- ☐ Make Furniture
- ☐ Build Boats
- ☐ Build Music Instrument
- ☐ Wood Carving
- ☐ Hemp / Cob Building
- ☐ Ironwork / Welding
- ☐ Upholster / Leather

Energy Use

- ☐ Light Retrofit a House
- ☐ Install Compost Toilet
- ☐ Wastewater systems
- ☐ Install Insulation
- ☐ Harvest Rainwater
- ☐ Manage Electricity Use
- ☐ Use a Windmill
- ☐ Design Passive Solar

Food Preparation

- ☐ Cook Healthy Meals
- ☐ Bake
- ☐ Make Butter / Cheese
- ☐ Dry or Can Fruit & Veg
- ☐ Make Jam & Sauces
- ☐ Brew Beer
- ☐ Make Wine
- ☐ Make Yogurt
- ☐ Maintain Sourdough
- ☐ Smoke Meat, Fish
- ☐ Use Solar Oven
- ☐ Make Juice
- ☐ Make Sausage
- ☐ Preserve in Brine
- ☐ Forage for Wild Food
- ☐ Gather Mushrooms

Household

- ☐ Blow Glass
- ☐ Make Pottery
- ☐ Make Soap
- ☐ Make Cleaning Stuff
- ☐ Make Lotions, Salves
- ☐ Make Brooms / Whisks
- ☐ Make Baskets
- ☐ Make Rugs
- ☐ Make Candles
- ☐ Repair / Alter Clothing
- ☐ Darn Socks
- ☐ Mend / Make Shoes
- ☐ Repair / Sharpen Tools
- ☐ Repair Appliances
- ☐ Repair IT Electronics
- ☐ Repair Nets, Macrame
- ☐ Repair a Bike

Outdoors

- ☐ Chop / Split Wood
- ☐ Fell a Tree
- ☐ Make Rope
- ☐ Build a Fence
- ☐ Ride / Keep a Horse
- ☐ Dig a Ditch / Channel

Wellness

- ☐ Listening Partnership
- ☐ Give Massages
- ☐ Natural Medicines
- ☐ Do Foot Reflexology
- ☐ Nurse the Sick
- ☐ Administer 1st Aid
- ☐ Yoga / Fitness Training
- ☐ Energy Healing / Reiki
- ☐ Stress Management
- ☐ Administer CPR
- ☐ Pull a Tooth
- ☐ Assist at Childbirth

Play / Creative

- ☐ Computer Games
- ☐ Cards / Board Games
- ☐ Music / Singing
- ☐ Theater / Dance
- ☐ Poetry / Writing
- ☐ Art / Drawing
- ☐ Pottery / Sculpture
- ☐ Story-Telling
- ☐ Photography / Video
- ☐ Team Sports

Message

- ☐ Teach / Mentor
- ☐ Video / Social Media
- ☐ Raise Money / Grants
- ☐ Write / Journalism
- ☐ Lobby / Legal
- ☐ PR / Blogs
- ☐ Public Speaking

Family

- ☐ Care for Infants
- ☐ Raise Children / Teens
- ☐ Care for Elderly
- ☐ Care for Disabled
- ☐ Pet Animal / Bird Care
- ☐ Give Haircuts

More.....



Groups & Activities [TBA further insert links and pages here]

Extinction Rebellion Fridays for Future - Persistent Presence School Strike 4 Climate 350.org	Get-Up Avaaz.org	RenewEconomy Friends of The Earth
	Town Teams - Street Teams	Permaculture - Permablitz
Repair Cafe Australia	Street Library - Little Library	Boomerang Bags
Melbourne Free University - Brisbane Free University	Time Banking	Community Gardens Sustainable Gardens

Suggested Session Plan	
Catch Up - how has everyone's week been?	10 min
Review Spill-Over - what surprised you? had you already used the power of modeling behaviour?	30 min
Resilient Communities & Surplus - did this give you a framework for activism and help you find a sustainable activity balance?	20 min
Skills Audit - were you surprised by the range of skills in your group?	30 min
Groups & Activities - suggest other groups and activities?	20 min
Before you close Session 7, take time to reflect on how the session went, think of steps that might be taken in the next session, consider how the others are reacting and responding. Think Head, Hands, & Heart.	10 min

[Send your [Feedback](#) on the Handbook or Sessions]