

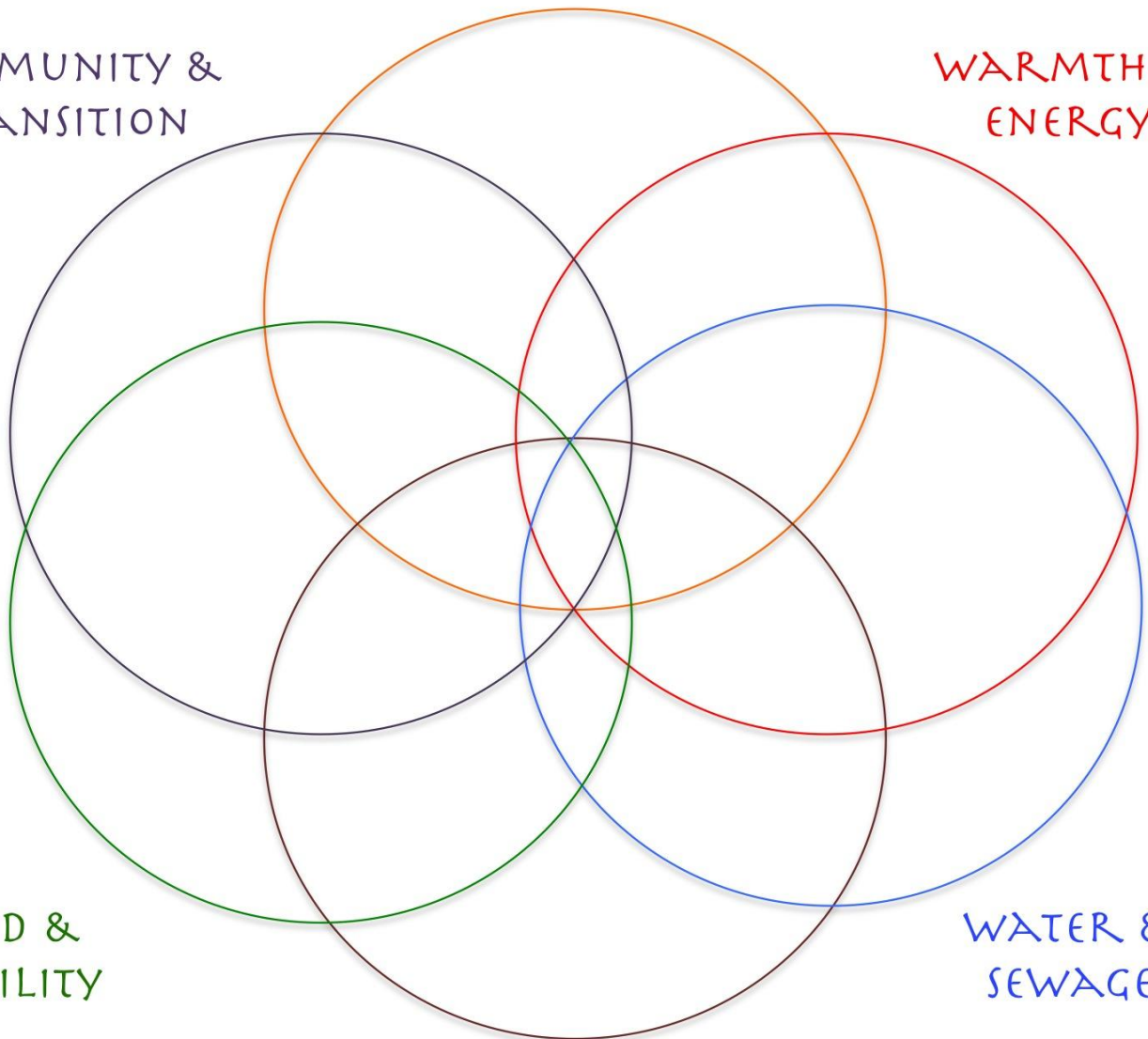
# TREADWELL

BEYOND THE SUSTAINABLE HOME

SOUL & SELF

COMMUNITY &  
TRANSITION

WARMTH &  
ENERGY



FOOD &  
FERTILITY

WATER &  
SEWAGE

WASTE &  
CONSUMPTION

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**Permaculture Design by**

**Michel Thill – 2013/14**

Diploma in Applied Permaculture

Design,

Design 6/10

Start date: Aug 2013

End date: Dec 2014

Using the design web as a process

# TREADWELL - BEYOND THE SUSTAINABLE HOME

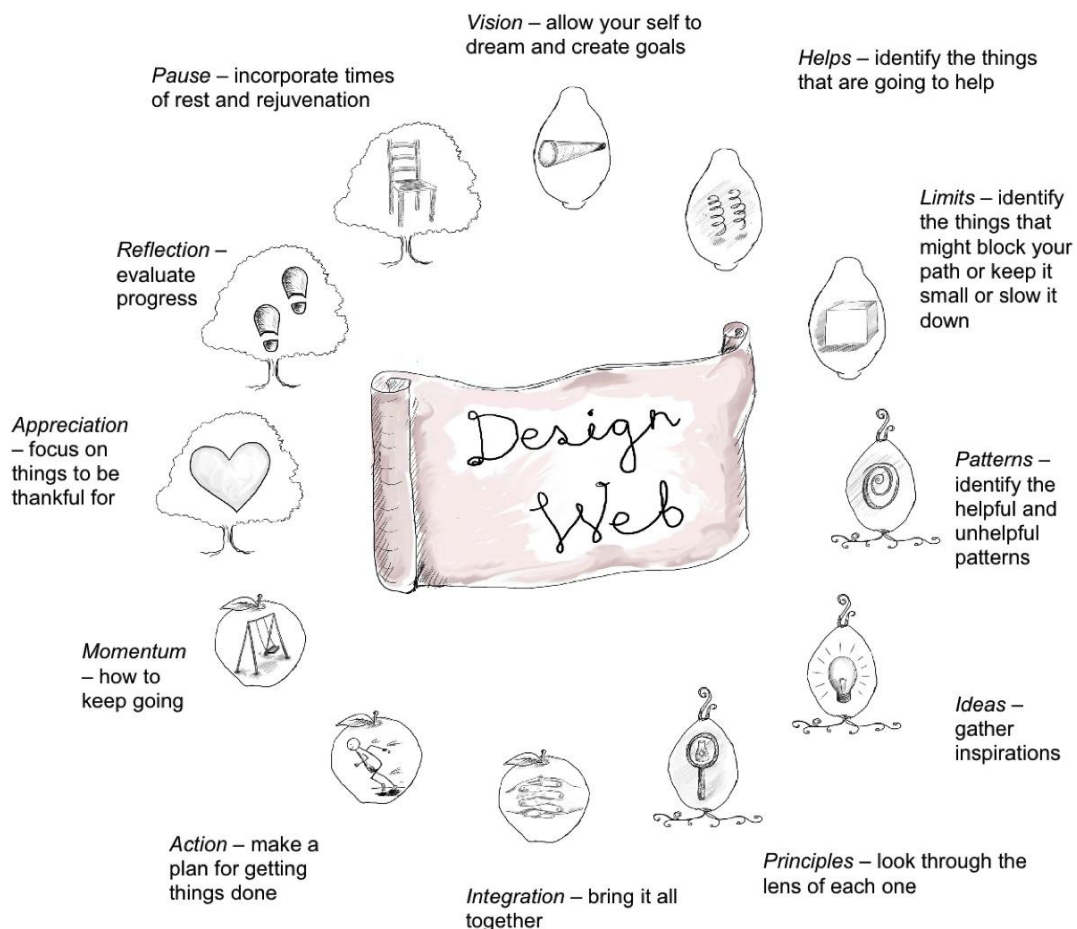
# BACKGROUND

After befriending with the opportunity of owning a house in London, the question arises: How can this home be of service to the people living in, the larger community and the area as a whole?

## Design Process

I am using Looby's Design Web for this process.. While the write up looks quite linear, the process wasn't. Some of my 'helps', very much a gathering information on what could have been helps, ended up being quite irrelevant to the design.

This design should serve as an initial pattern with ideas and analysis for further work on the house.



# VISION

## **Observation**

I have always been eager to explore whether I'd be able to transfer lessons learnt from life in ecovillages and from sustainable building practices to existing settlements and low-cost retrofitting of homes. This is the opportunity!

## **Vision**

Create a home that is more than just sustainable; An element in the larger system (the landscape or neighbourhood) that has a regenerative and restorative influence; Can we create a flourishing example for living according to our values in an urban environment?

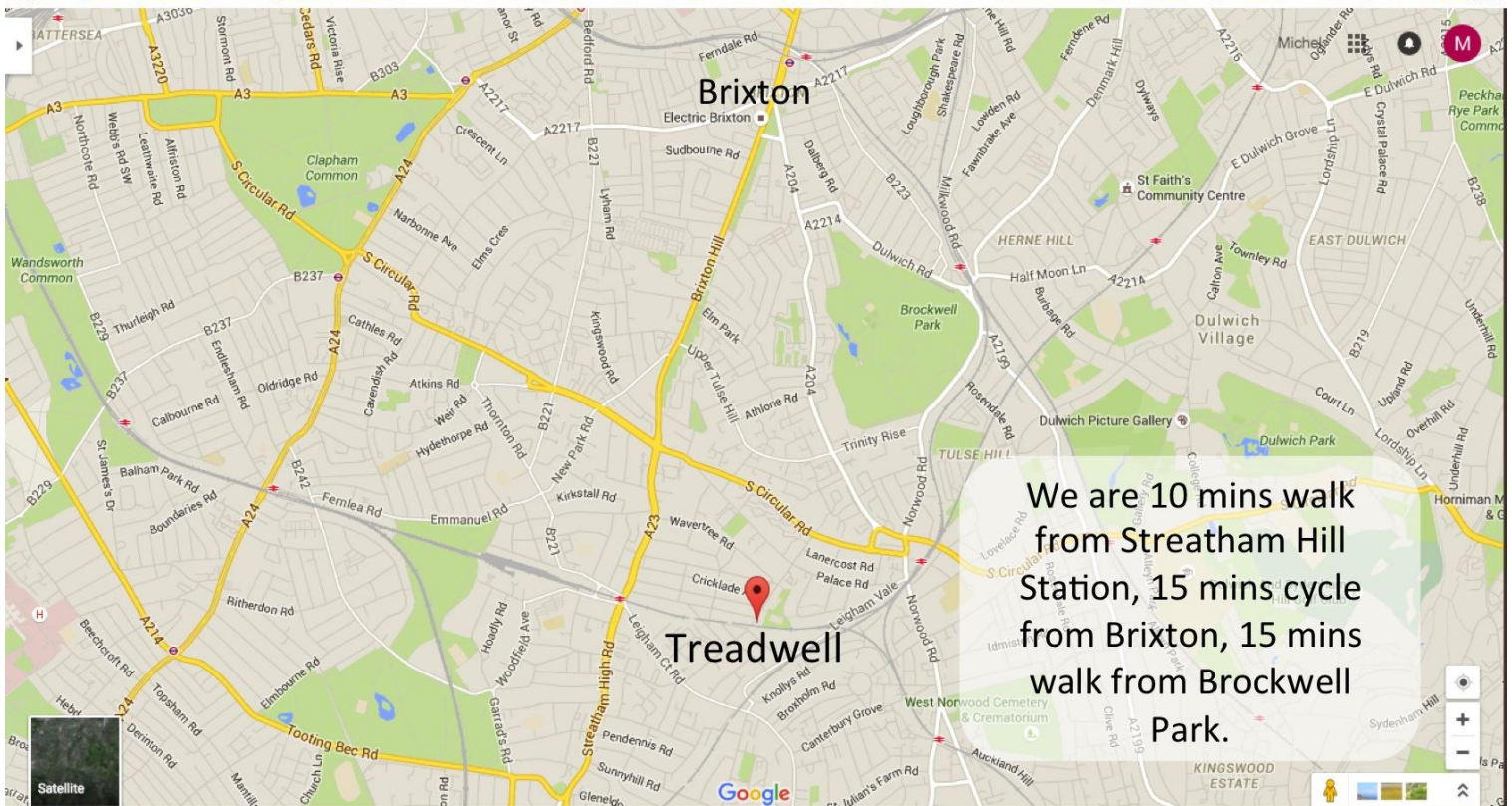
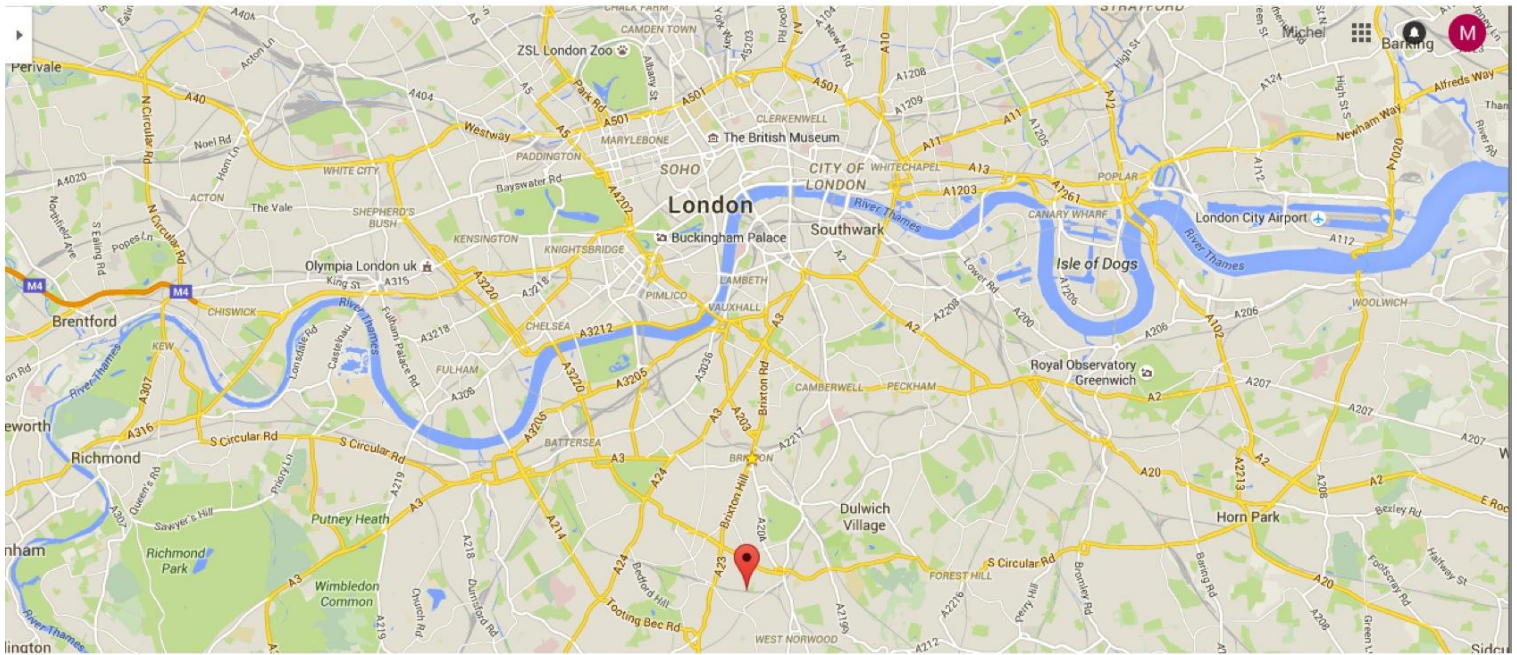
## **Design Goal**

The goal for this specific design is to give a framework for this vision to come into being. The elements I might be looking for are possibly functions for other designs – they might also give me the areas of emphasis for the other designs. I like to call the *Elements of Design*.

This design has the purpose of giving me clarity on what it is that I would like to achieve.

# TREADWELL - BEYOND THE SUSTAINABLE HOME HELPS

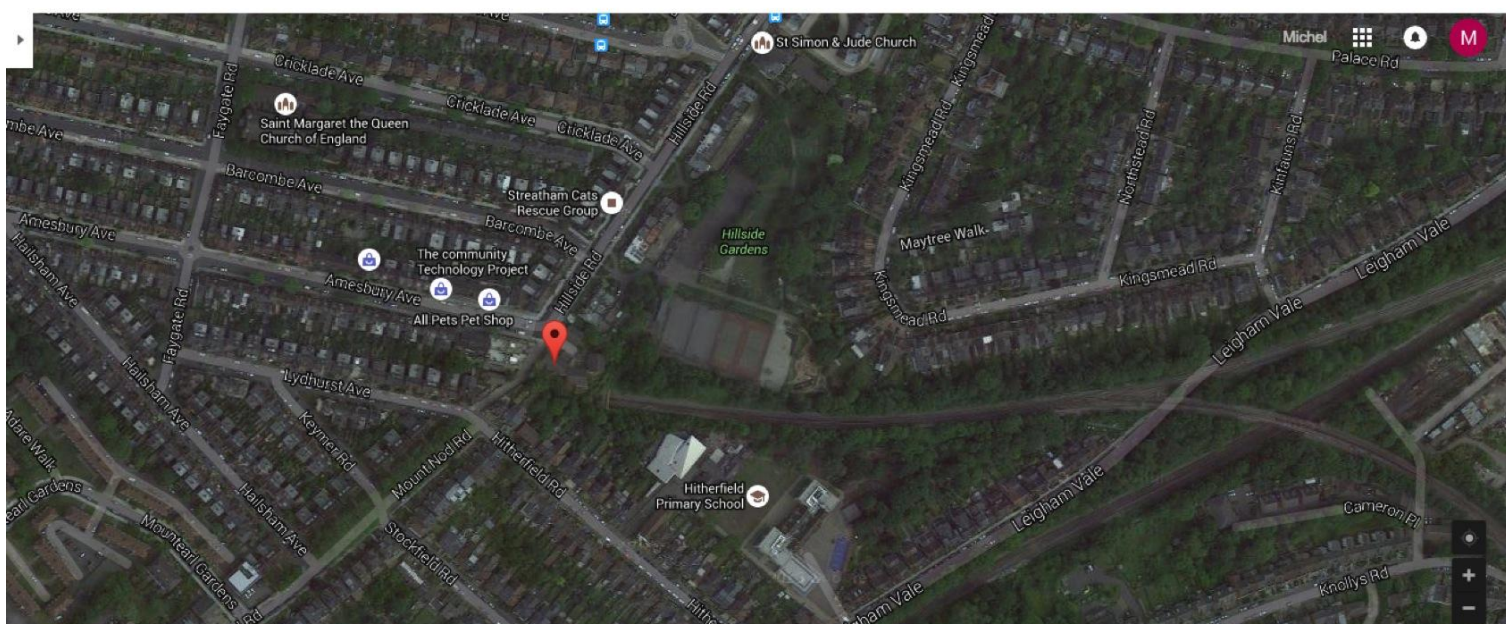
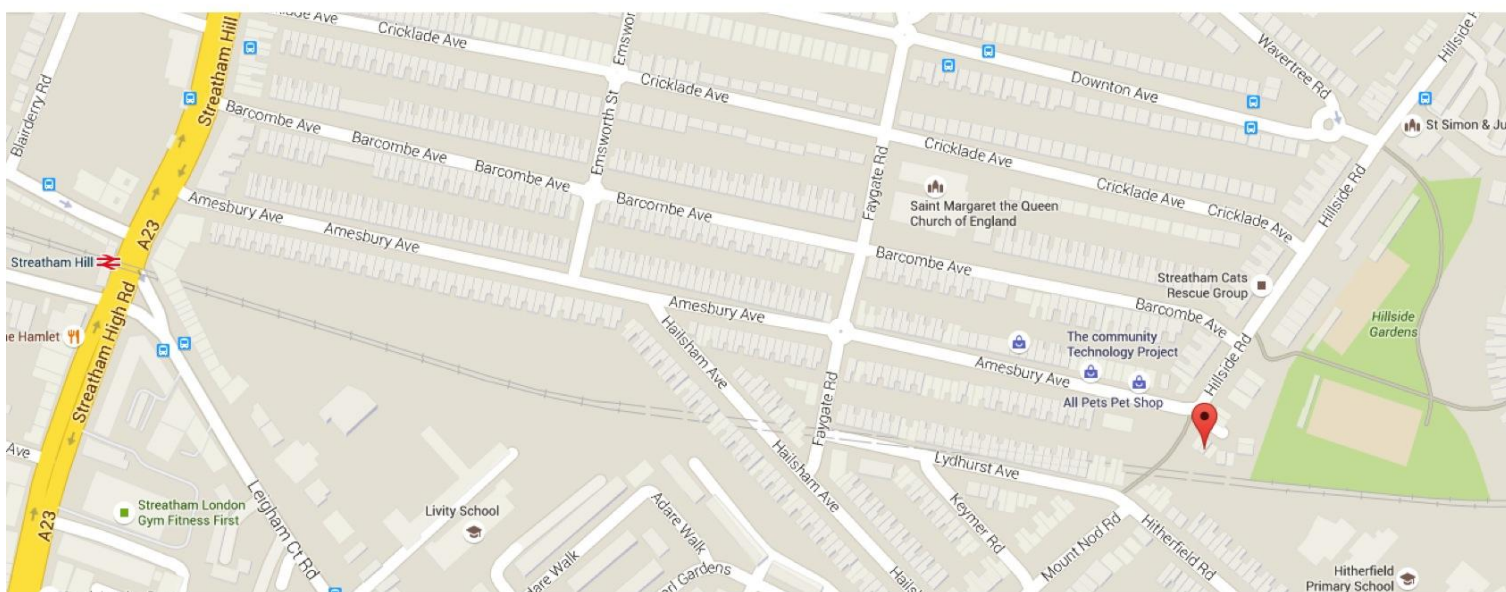
Where are we?



We are 10 mins walk  
from Streatham Hill  
Station, 15 mins cycle  
from Brixton, 15 mins  
walk from Brockwell  
Park.

# TREADWELL - BEYOND THE SUSTAINABLE HOME HELPS

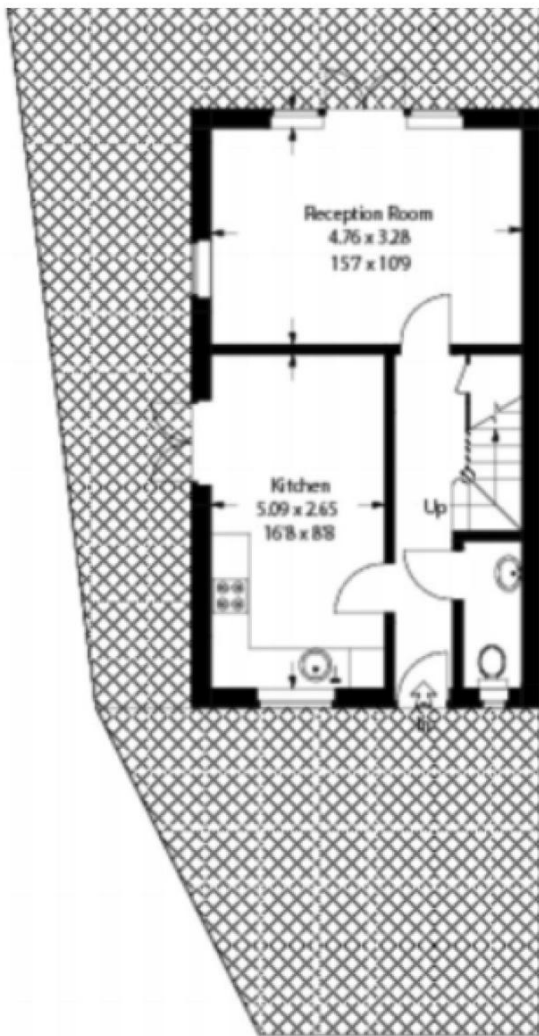
Where are we?



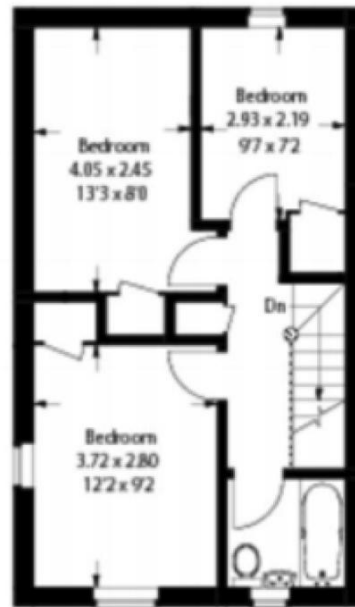
Right up on the hill, just on top of the rail track, far enough to not get too much noise; positive is wildlife and greenery – Hillside Gardens Park 2 mins walk away.

# TREADWELL - BEYOND THE SUSTAINABLE HOME HELPS

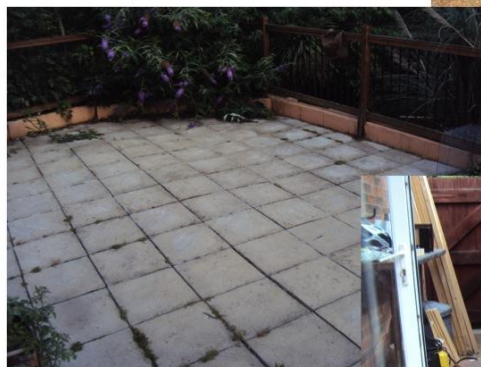
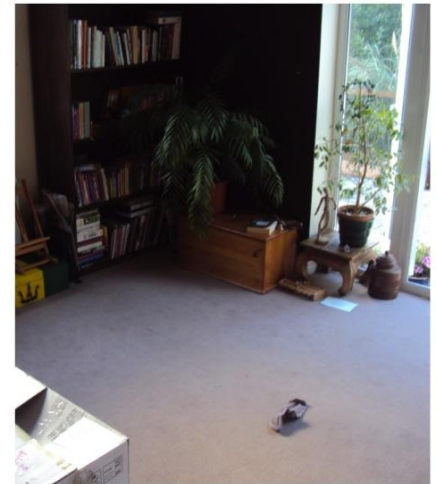
## Floor Plan & Pictures (might come in useful??)



Ground Floor



First Floor

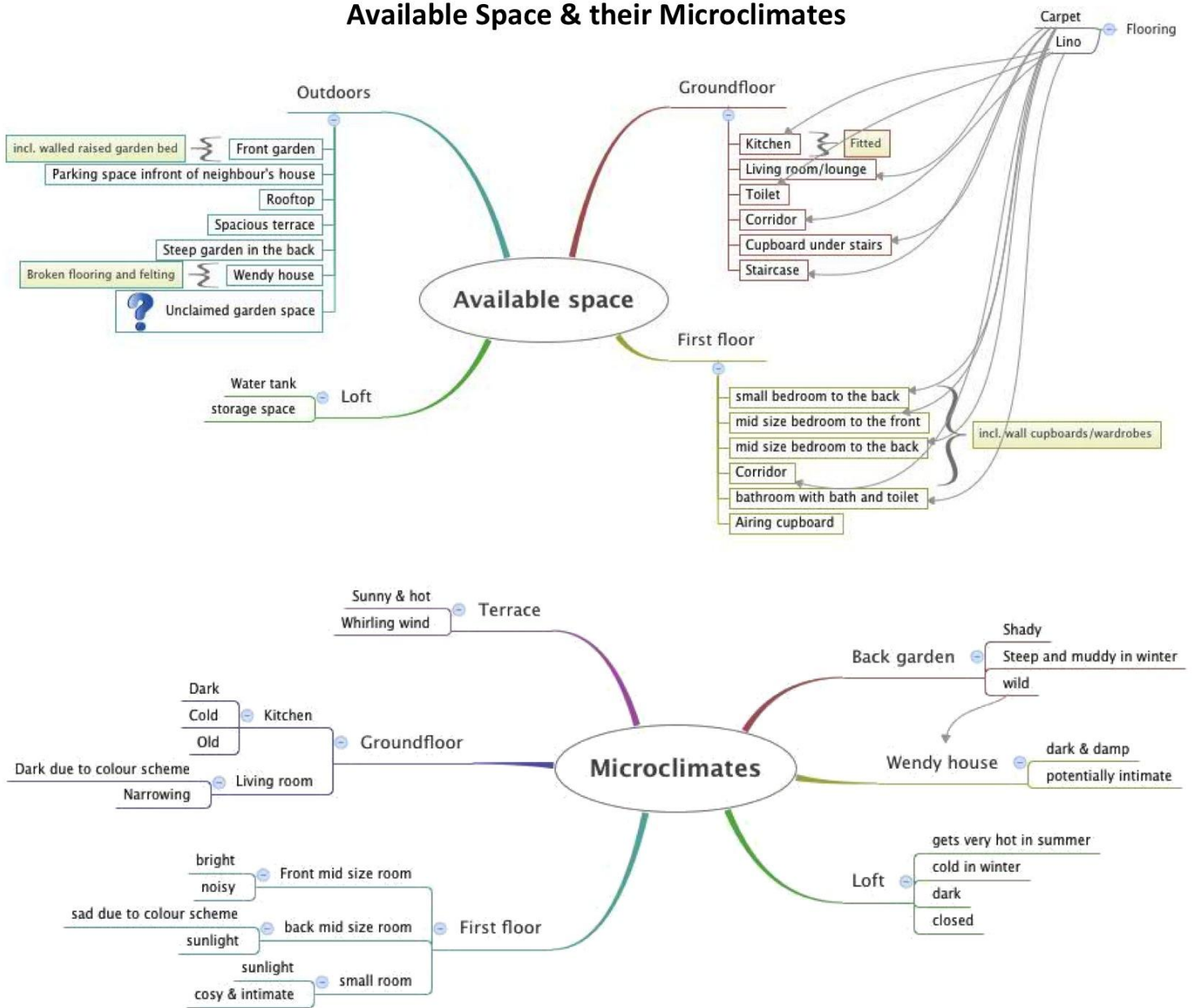


Top picture is living room;  
Bottom three pictures are  
side and back of the house

# TREADWELL - BEYOND THE SUSTAINABLE HOME HELPS

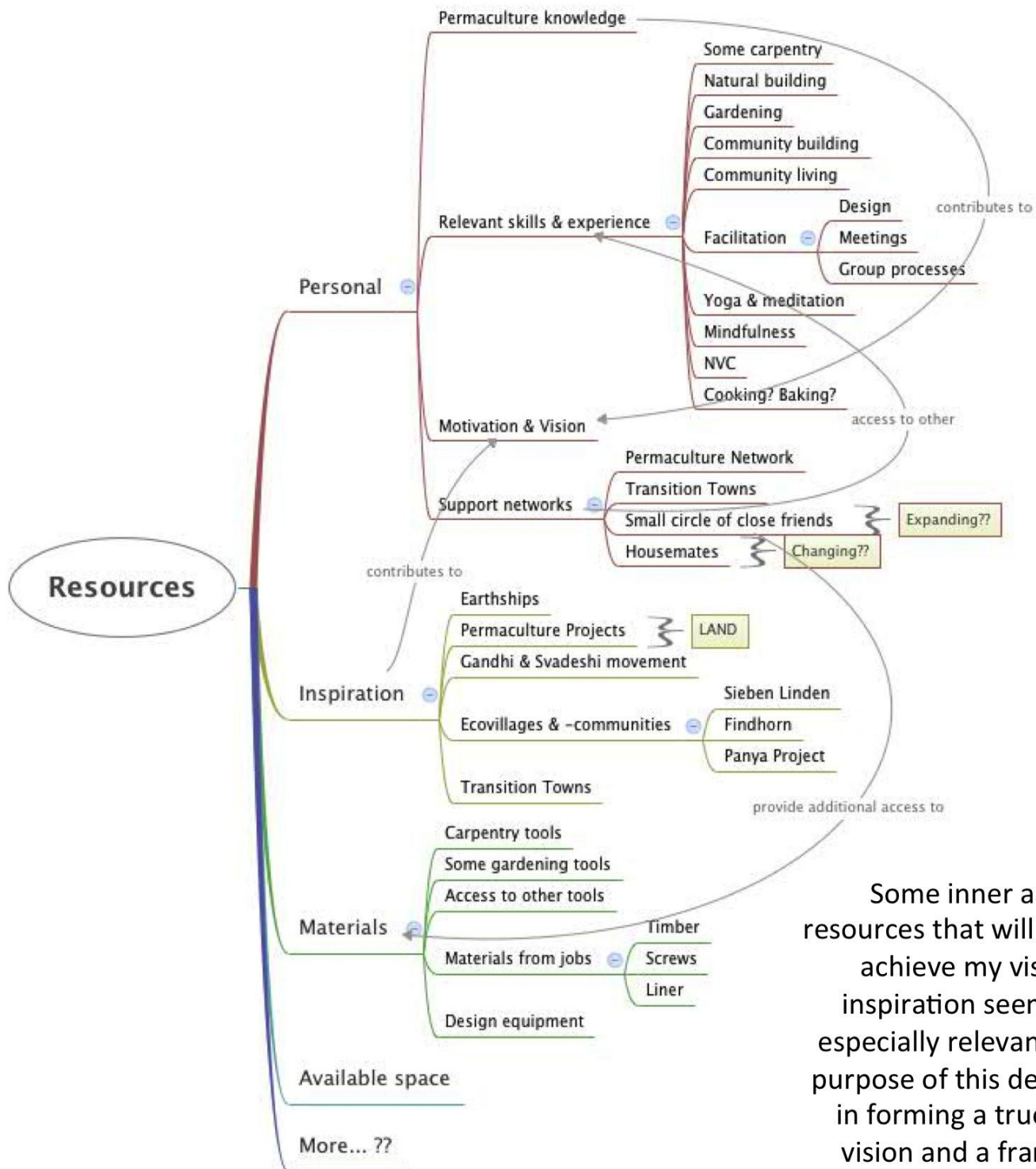
I am looking at what I have that could help me to achieve the vision. I am hoping that is one stepping stone on defining Elements of Design.

## Available Space & their Microclimates





# TREADWELL - BEYOND THE SUSTAINABLE HOME HELPS



Some inner and outer resources that will help me achieve my vision. The inspiration seems to me especially relevant for the purpose of this design and in forming a true deeper vision and a framework.

# HELPS

Some other helps are events that I have started organising as well as some connections to local groups, places and people.

## **Events**

Introduction to Permaculture Courses  
Urban Permaculture Design Course with Guest Teachers that I have been organising with Hedvig

## **Local Community**

### *Local Parks:*

Hillside Gardens Park (2 mins walk away)  
Brockwell Park and Brockwell Park Greenhouses (15 mins walk away)  
Streatham Common and the Community Garden (20 mins walk away)

### *Local Markets:*

Herne Hill Farmers Market  
West Norwood Feast

### *Local Community Groups:*

Friends of Hillside Gardens Park  
The Open Works (BZZ Garage, Open Orchard)  
Streatham Action  
Community Centres

# TREADWELL - BEYOND THE SUSTAINABLE HOME HELPS



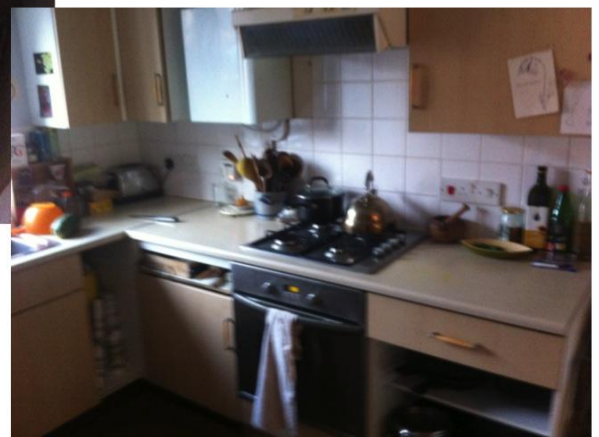
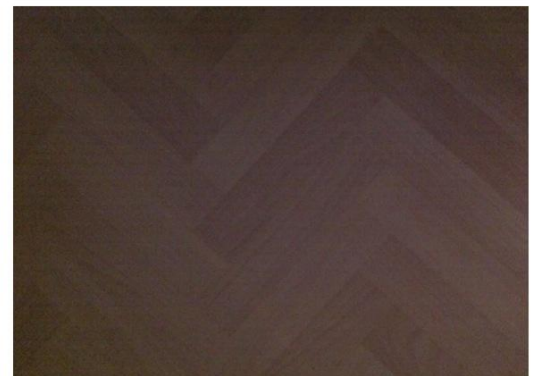
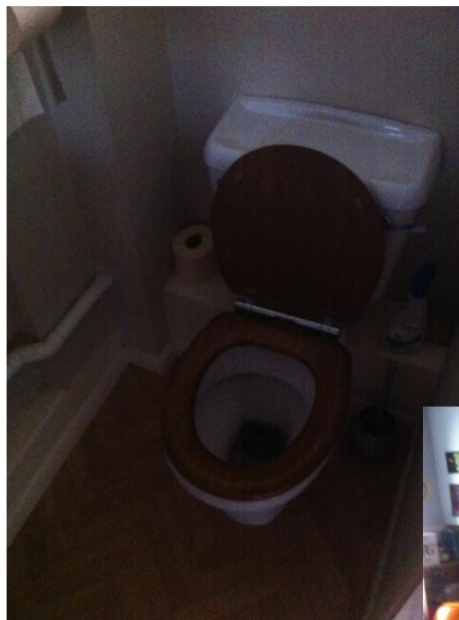
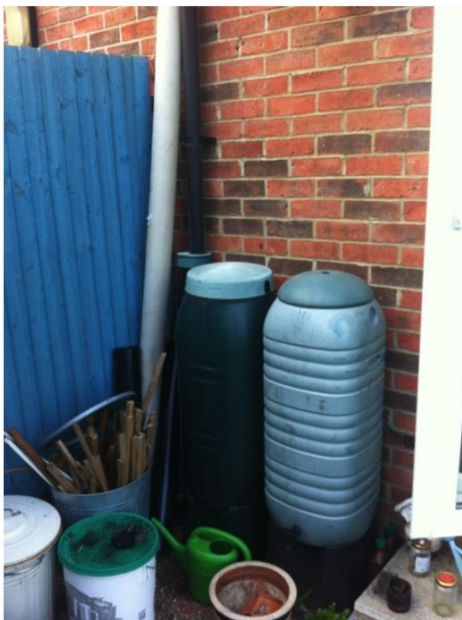
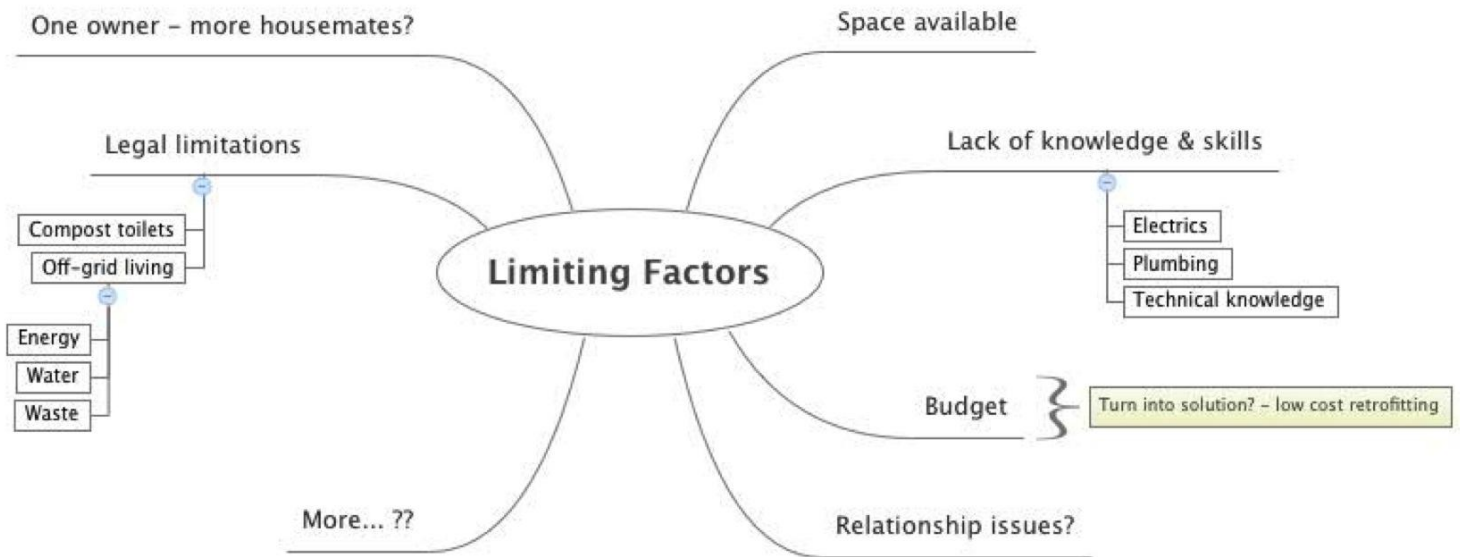
Permaculture and Ecovillage Design inspires me for their holistic approach, not looking at one aspect of life in isolation, but bringing all together into a more complete whole.

This is what I would like to re-create at home – a home that serves all aspects of life.



# TREADWELL - BEYOND THE SUSTAINABLE HOME

# LIMITS



A lot of the resources are also limiting factors. Therefore the point of view will be especially important.

# TREADWELL - BEYOND THE SUSTAINABLE HOME LIMITS

Is self-sufficiency a myth? And if it isn't, is it socially desirable?

How much can I do? Can I produce enough energy for my home and the neighbour's? Can I do the same with food?

I won't start making my own shoes that's for sure...

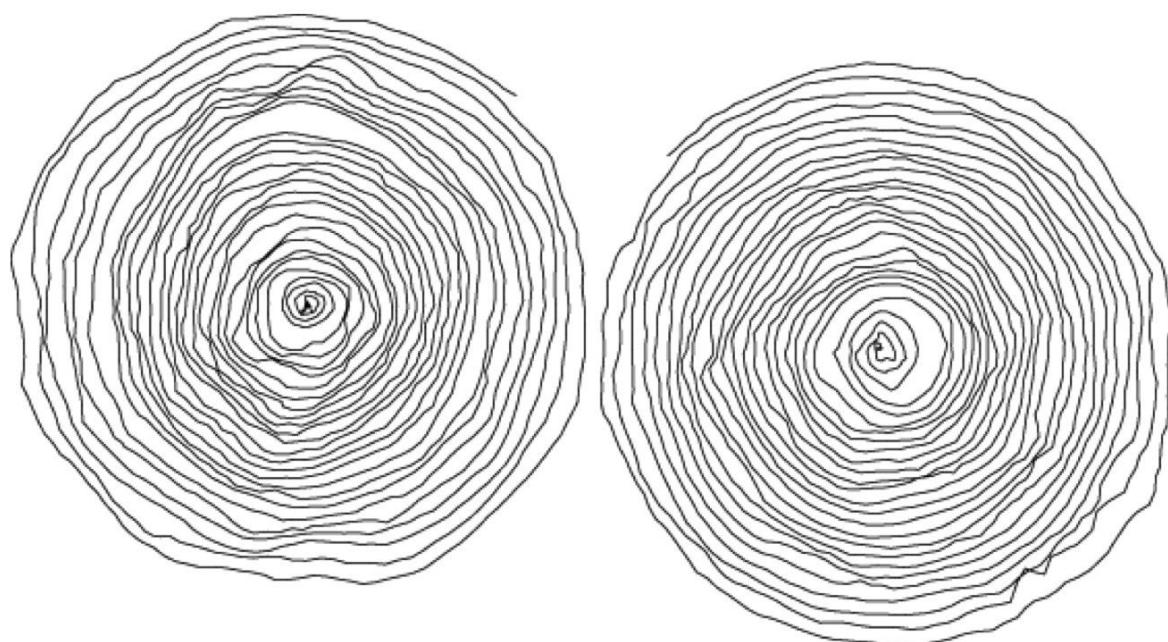
What are things that everyone can do a little more of? How can we city-dwellers become producers and stop being solely consumers?

These are all questions that come up when exploring the question of LIMITS.



# PATTERN

- A common pattern that I experience is people being city-tired and at the same time they find it hard to go somewhere else. Me too, I often feel like London is hopeless, yet I choose to live here. I would like to counteract that idea of London being a 'bad place', I would like to see village life within London, popping round to a neighbour, meeting people on the streets. I would like to enjoy quiet days working in the garden, connecting to what sustains me, the essentials in life, my basic needs. Can Treadwell be that place?
- I think this pattern of city-tired often comes from over work or no meaning to work. Can our experiment cure both? We'll be looking after our fundamental human needs in an intelligent design way, thereby reducing the need to work and increasing the meaning the work we are doing – what is more meaningful than producing your own healthy food and inspiring and empowering others by doing so?

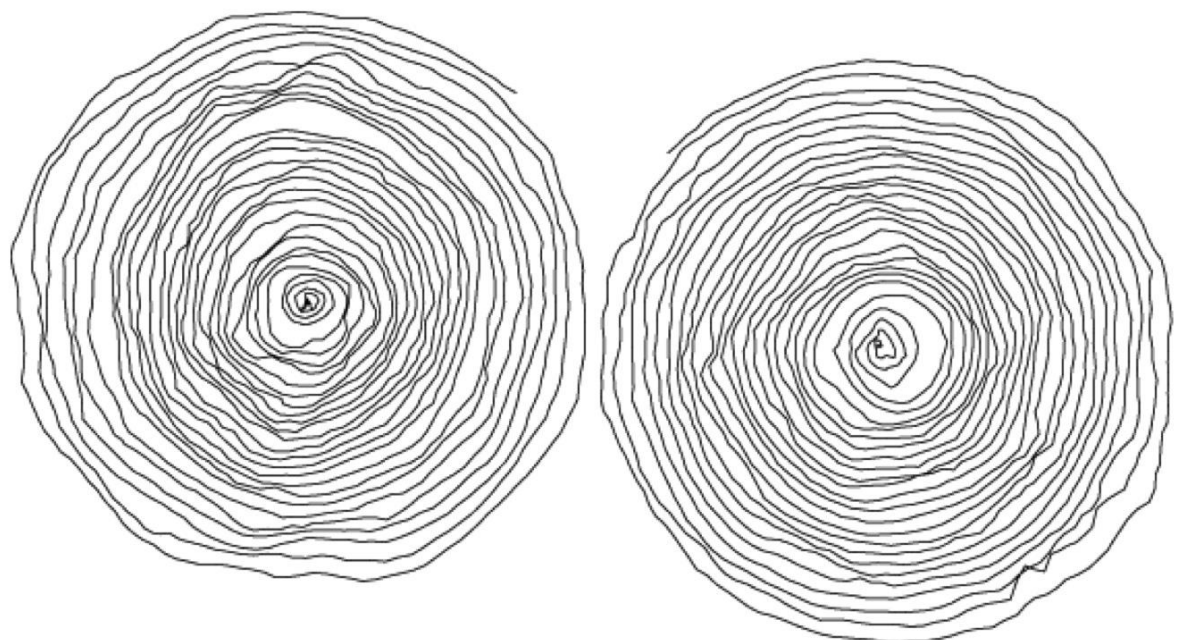


# PATTERN

- Tragedy of the Commons (= the theory that individuals will act independently and rationally in their short-term self-interest no matter whether it is not in the interest of the whole) is a pattern that one can see quite well in the city; the lack of responsibility for the whole, where people don't have a sense of ownership (and they are not to blame). Will that be an issue with people living with me? Can this be a place that will have character and will therefore be cared for by the community? Time will tell...
- Thinking of monetary value – is it restrictive. Maybe a lot of what I will be doing won't be bringing up the value of the house (f.ex. Putting in a compost toilet). It will however from up the cultural value, serve other purposes, be more sustainable, ethical, bold, radical.

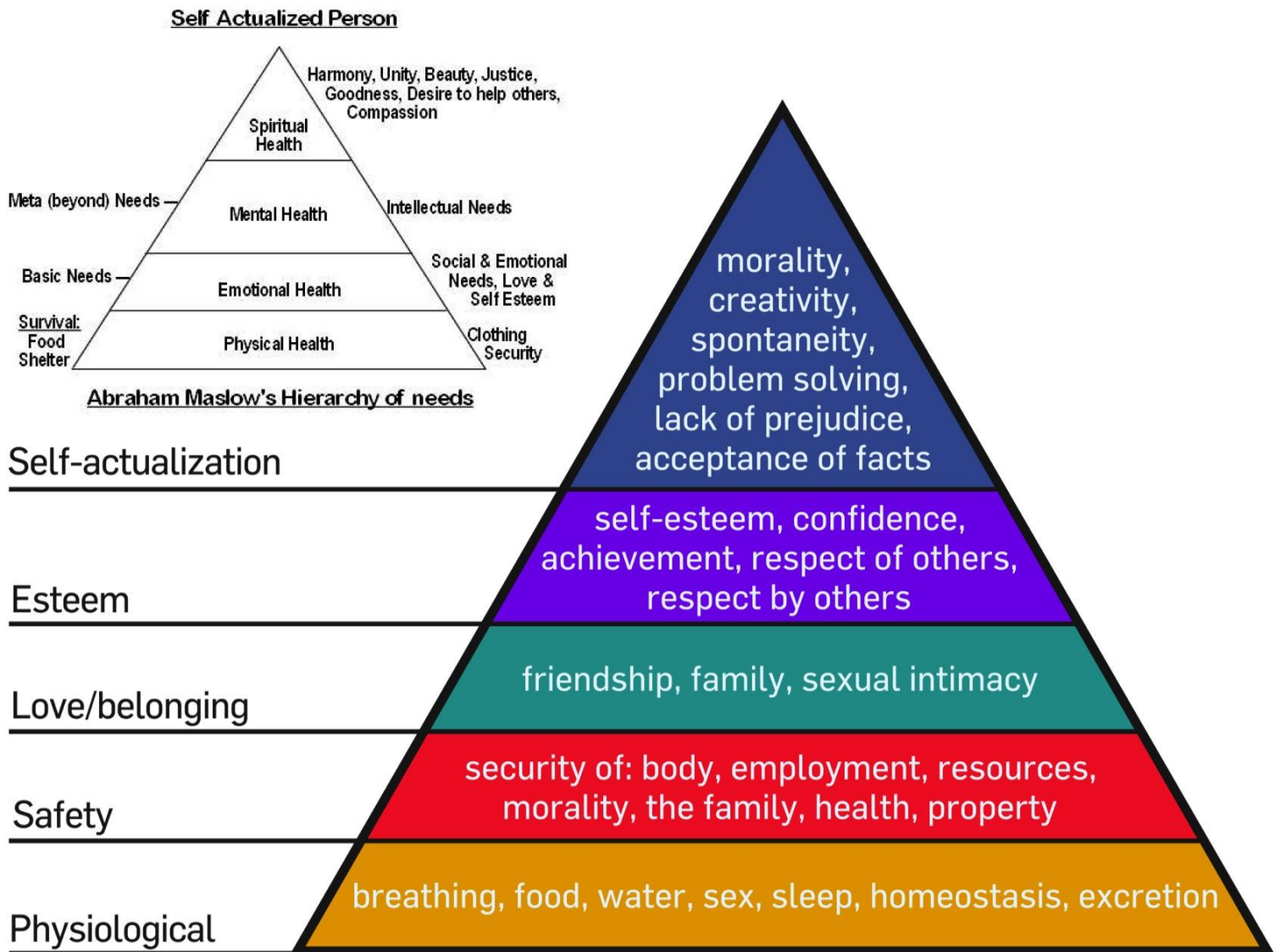
## REFLECTION :

**Some of the these pattern are spirals of erosion – can this design transform them into spirals of abundance?**



# TREADWELL - BEYOND THE SUSTAINABLE HOME IDEAS

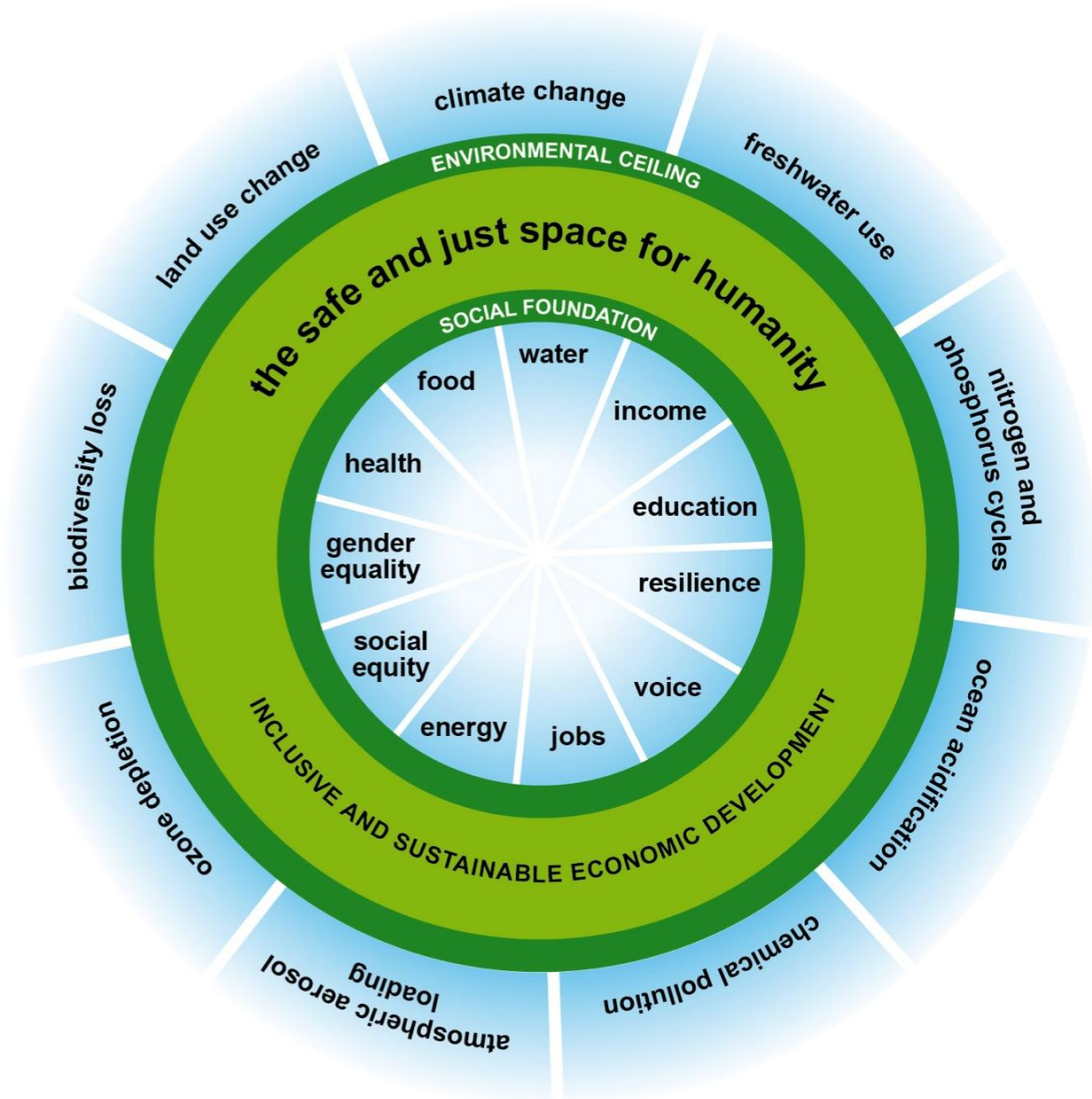
My idea is to create a holistic model for urban regenerative living. I like the idea of a flower building to some extent on the basic human needs (**peoplecare**). At the same time it needs to recognise our larger self, that the human being is part of a larger system that is the earth and depends on the wellbeing of the earth to thrive (**earthcare**). How can we live an urban life where we feed into these two (**fairshare**)?





# TREADWELL - BEYOND THE SUSTAINABLE HOME IDEAS

Particularly interesting in this research I found Oxfam's 'doughnut' for a safe space for humanity in between social foundations and the nine dimensions of the environmental ceiling. **How do our human needs fit into the planetary needs?** I also found factors that make our planet habitable, which relate to this: temperature, water, atmosphere, energy, nutrients.



# TREADWELL - BEYOND THE SUSTAINABLE HOME

# IDEAS

I have been inspired by Hedvig's approach to the PDC and organising the topics somehow around our human needs...

## **Food, Water, Air, Shelter, Love & Companionship, Time, Livelihood ...**

Having the PDC at Treadwell and having the guest teachers we had including Sue Bell and Duncan Law, I have been able to look at what will be important to retrofit a house will not neglecting the more personal dimensions and the more far reaching dimensions.

I like to use words such as

**Food**  
**Water**  
**Warmth**  
**Energy**  
**Companionship**  
**Community**  
**Purpose**  
**Self esteem**  
**Personal resilience**  
**Fertility**  
**Diversity**  
**Waste Reduction**  
**Consumption**  
**Sewage**  
**Purity**  
**Soul**

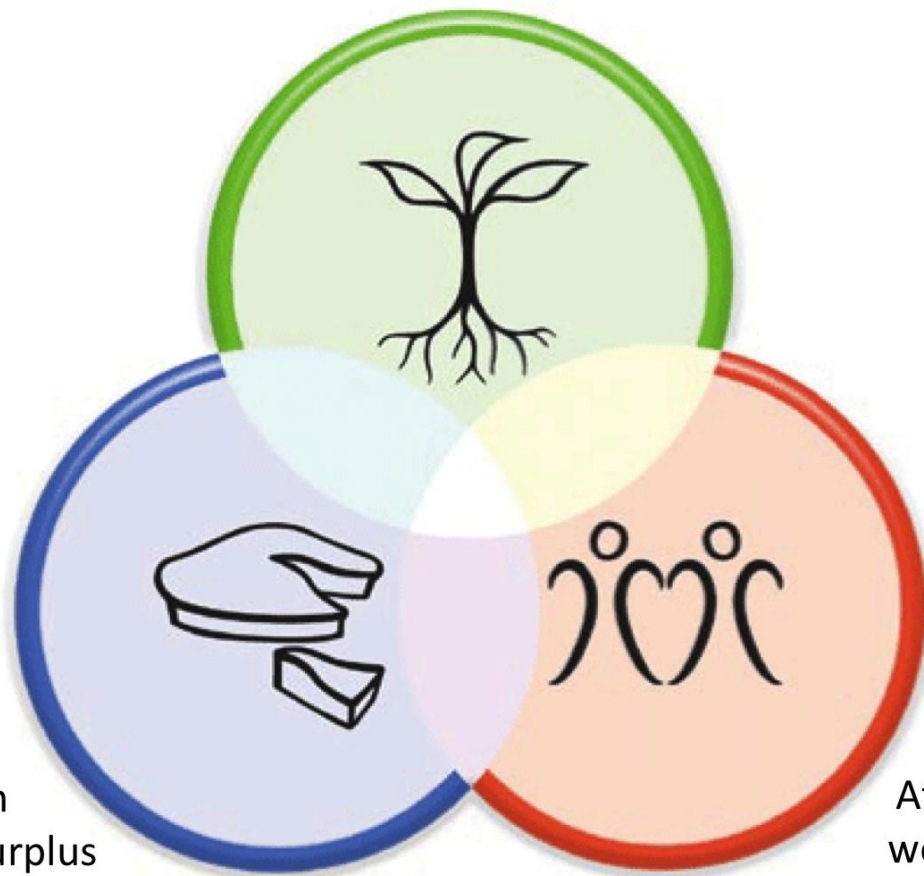
(or an awareness of something  
larger than our little selves)

**Belonging**  
**Home**

# PRINCIPLES

## Earthcare

This design is all about finding a balance with the planet in an environment that is heavily out of balance. I am considering the planetary needs to find a set of elements of design that would bring life in the city more into harmony with those needs.



## Fairshare

The space should be a demonstration that creates surplus on many levels while at the same time showing how limiting our consumption can improve our quality of life through more conscious consumption and sharing with planet and people.

## Peoplecare

At the same time we know that the city is not a very people friendly space. The design is also considering the people's needs and how to meet those and thereby empower the people who live in the house.

# TREADWELL - BEYOND THE SUSTAINABLE HOME

# PRINCIPLES



1. Observe & interact

**Observing** and learning, witnessing and not drawing conclusions, not attaching to results too early. Learn from what life brings me and **act** from there.



2. Catch & store energy

**Catching & storing energy** from courses, other people's knowledge, experience, researching it and learning again.



3. Obtain a yield

Use what I know to **obtain a yield**, draw from my own well.



4. Apply self-regulation & accept feedback

**Accept feedback** and be **open to change** my vision, ideal. Give things a life of their own and let them **self-regulate**. See what the planet needs **and integrate rather than segregate** our own needs with those of our planet.



5. Use & value renewable resources & services

Can we produce our own needs from **renewable resources**? (This will follow in the next designs.)



6. Produce no waste

Think about the limits of the planet and make it a responsibility to **produce no waste**.



7. Design from patterns to details

This design will give me **the patters**, more designs will follow **with the details**.



8. Integrate rather than segregate

**Integrate** other's insights. Be more than just yourself – be **diversity** – but also be yourself.



9. Use small & slow solutions

Use **small and slow solutions**, don't jump to results, take your time to make the right decisions.



10. Use & value diversity

**Value diversity**, have a holistic lens on, we can hold more dishes on our plate.



11. Use edges & value the marginal

Is the urban the **marginal** – give it a chance, value what has been created and make it better – fertile **edge**.



12. Creatively use & respond to change

The world is changing, I want to be dynamic enough to **respond to change**.

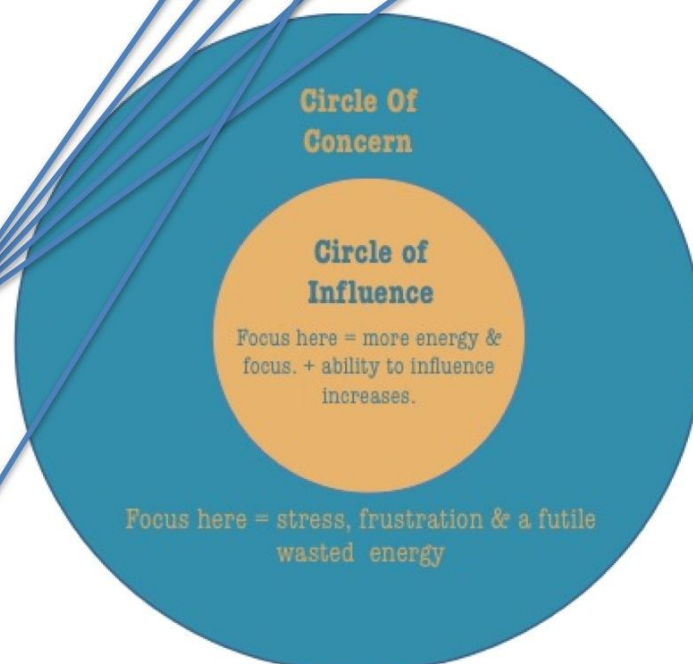
# INTEGRATION

## Basic human needs:

- Food
- Shelter
- Water
- Warmth
- Companionship
- Air
- Belonging
- Sleep
- Health
- Self-esteem
- Soul

## Planetary needs:

- Land fertility
- Biodiversity
- Clean air
- Clean waterbodies
- Pollution free

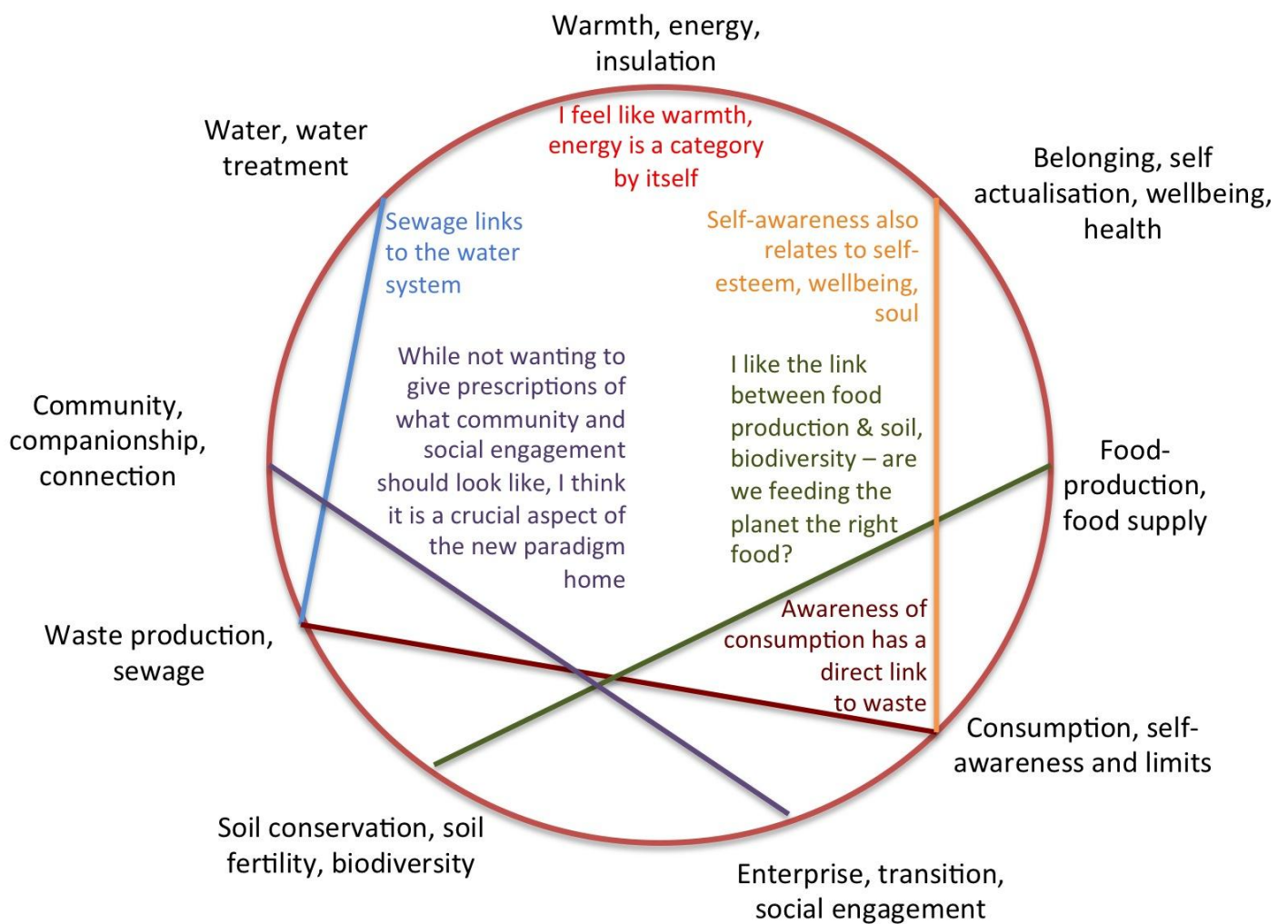


Here I choose what needs I think are most relevant and make a short, incomplete compilation of planetary needs. There certainly are more connections than illustrated here. Also a lot of it is out of one person's control. What can we do at Treadwell?

# TREADWELL - BEYOND THE SUSTAINABLE HOME

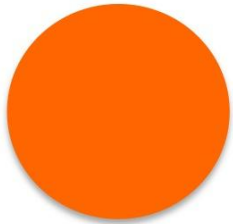
# INTEGRATION

Concluding from this, what would the important elements of design be? How could I group them? After some brainstorming I came up with the following list, which had another modification to become the 6 elements of design (more detail on the next page). These elements need consideration in light of all three ethics when designed for.



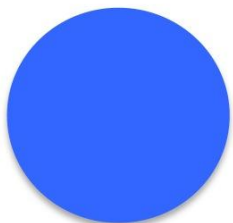
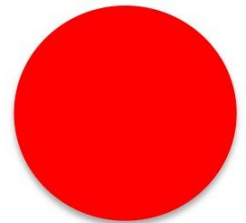
# INTEGRATION

The final 6 elements of design with 12 function for future designs:



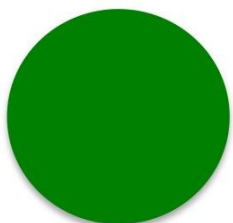
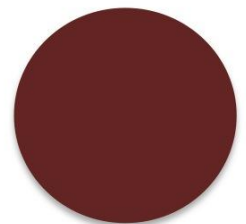
**SELF AWARENESS & ACTUALISATION** – (1) Crafting a sanctuary for personal empowerment, spiritual development, creativity & (2) meaningful relationships.

**WARMTH & ENERGY** – (3) Holding warmth in the house & (4) creating our own energy.



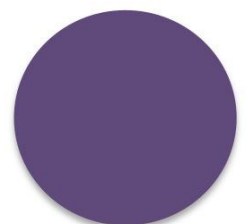
**WATER** – Creating a sustainable off-grid water system that (5) harvests and (6) treats water.

**WASTE & CONSCIOUS CONSUMPTION** – (7) Reducing our waste to practically nothing through (8) maintaining a responsible & conscious consumption.



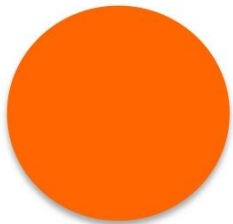
**FOOD, SOIL & BIODIVERSITY** – (9) Producing a surplus on food, while (10) creating a fertile & abundant living environment.

**COMMUNITY & SOCIAL ACTION** – (11) Engaging the local community, (12) being a catalysing inspiration for the transition to a life-sustaining culture.



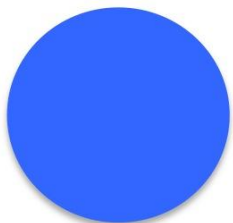
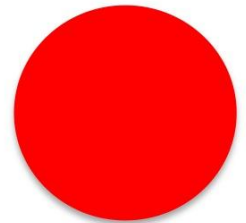
# INTEGRATION

Reformulation of 6 elements for design with short description/vision:



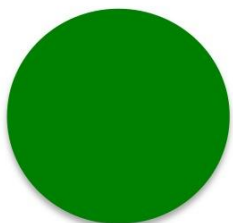
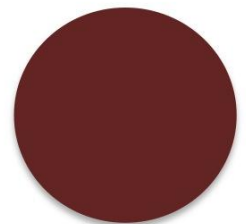
**SOUL & SELF** – Crafting a sanctuary for personal empowerment, spiritual development, creativity & meaningful relationships.

**WARMTH & ENERGY** – Holding warmth in the house through good insulation & using appropriate technology to create our own energy.



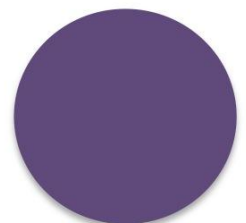
**WATER & SEWAGE** – Using 100% rainwater, re-using it for multiple purposes & cleaning it before feeding it back to the earth.

**WASTE & CONSUMPTION** – Reducing our waste to practically nothing, composting human waste & maintaining a responsible & conscious consumption.



**FOOD & FERTILITY** – Producing a lot of food, a surplus on some products & creating a fertile & abundant living environment.

**COMMUNITY & TRANSITION** – Engaging the local community, acting as a platform & inspiration for the transition to a life-sustaining culture.





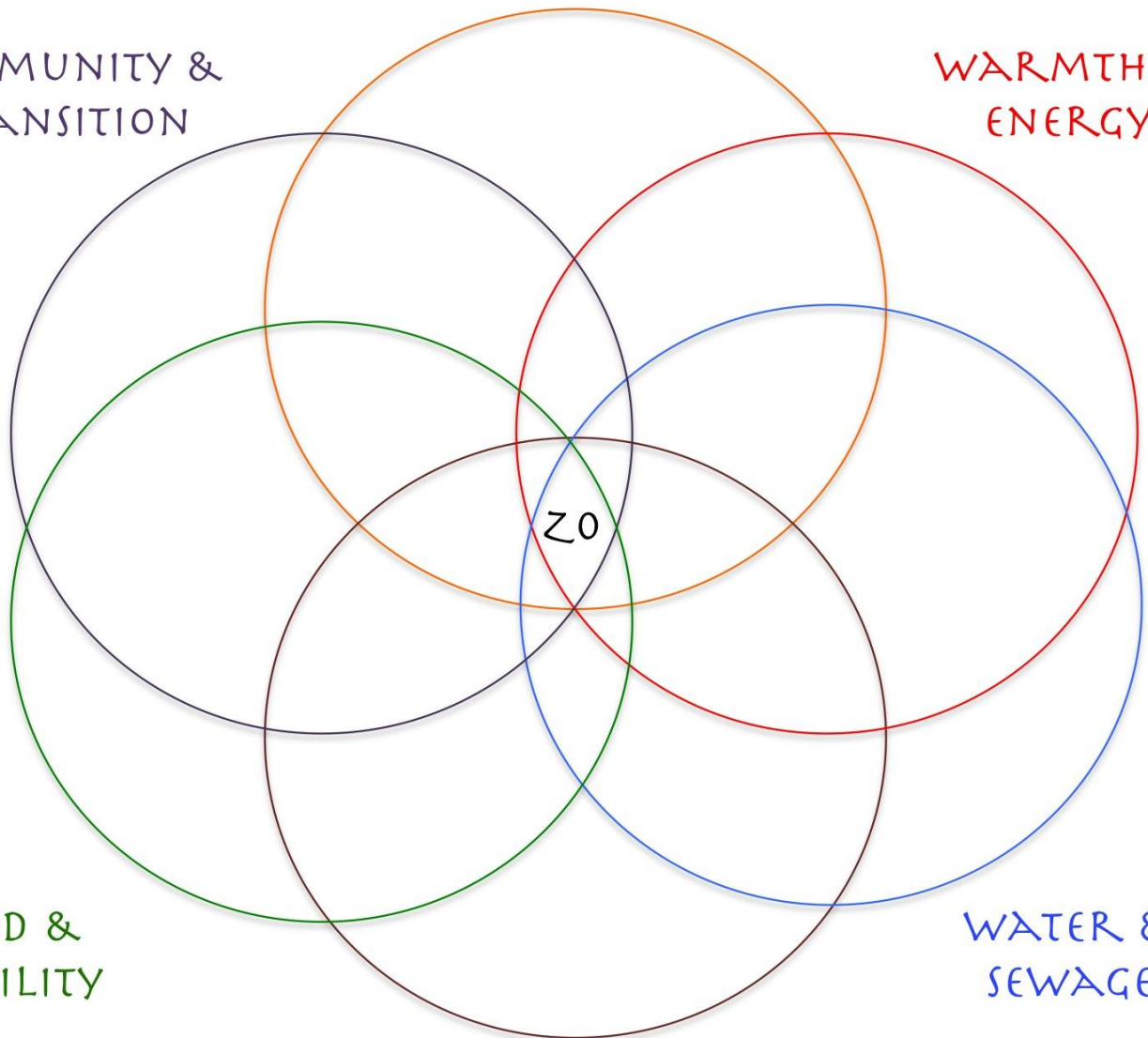
TREADWELL - BEYOND THE SUSTAINABLE HOME

# INTEGRATION

SOUL & SELF

COMMUNITY &  
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# TREADWELL - BEYOND THE SUSTAINABLE HOME

# ACTION

## What would action look like?

- Take learning from courses, which happened all throughout this design
- Connect to my local community, engage and take opportunities (see picture, giving community yoga sessions in our local park)
- Organise events at home that bring people in and have them take interest in this place – Work that Reconnects, Inner Transition, Storytelling along with the Permaculture courses
  - Create a different way of living together and learn from it
    - Start designing for food and water, then go to energy and consumption
- Make a more detailed community design, researching into what is there and seeing how that influences Treadwell and how Treadwell can influence local culture and transition
  - Start an enterprise that does community engagement and offers a service as well
    - Allow for other enterprising ideas in the home – be open, be a platform
- Remind myself and others of the vision and work with acceptance as well as intention
  - Write a paper *Zone 0 – Beyond The Sustainable Home*



# TREADWELL - BEYOND THE SUSTAINABLE HOME

# MOMENTUM

Something about this design just flowed with all that was happening at Treadwell – the vision made sense and the design elements came out of the whole process fluently even though I wasn't fully comfortable with the design web.

## About Action

I thought the allotment would be a good start for me to engage in our local park. From there I started a community orchard with 16 trees (planting in 2013/14 and 2014/15) , built public planters in the park (early 2014), started a gardening club (from 2014 and running), became vice-chair of the park (2014) got funding for allotment improvements (2015). Ecological principle of succession well demonstrated.



I started regular Work that Reconnect sessions at Treadwell in summer 2014 – they changed into Inner Transition Evenings in 2015 and other people offer sessions. One person suggested doing a storytelling session, which started to happen regularly until it grew too big and moved to our local church, where we were already organising Community Film Night. After starting the design for food growing on the terrace I started organising Permacultures and people got involved.



Treadwell has quickly become a place loved by many and is growing and changing...

# APPRECIATION

Lots of things I have tried at Treadwell that haven't fully worked out – such as a meditation group open to people from outside. Although we had about half a year where my housemate Dev, me and a neighbour and friend Mike meditated and practiced yoga together at least 5 days a week from 6 – 8 in the mornings. For yoga we were often joined by another neighbour and friend Sylvianne. This felt really special.

Despite some things not working out and also some ideas not tried, I really appreciate how special this journey has been for me and for others. I also really appreciate the close bonds that have formed between people involved and holding Treadwell in their hearts. This place would have never become what it has without them. Mainly: Dev, Amrita, Melody, Tish, Mike, Sylvianne and Gareth, plus many other.

I also really appreciate having this opportunity, which definitely is down to my parents helping with a deposit. I vowed to make this not about myself and, when life is financially easier for me than for many others, to not fall to laziness. This is a place for community, learning, love, and appreciation. We have dinners to celebrate seasons, telling stories and reading prayers, giving thanks and celebrating. And I am grateful for it all – and have been grateful all along the way.

I am learning how difficult and humbling it is to be a householder as well and if I ever go back to renting, I will take responsibility for whatever place it is that I am in, look after it, care for it as if it were my own, because that is what this planet deserves... Our care, our love, our responsibility. That care, maybe seemingly selfless care, will not only benefit the place and the people that are there but also myself, on deep level, my very soul... I am grateful for that learning and insight.

**appreciation**  
**əpri:ʃi'eɪʃ(ə)n,-sɪ-/**

# TREADWELL - BEYOND THE SUSTAINABLE HOME

# REFLECTION

As mentioned before, this design was never as linear as it look on this presentation. Pauses, as well as jumping back and forth, happened a lot. One reason why it shows like this on paper is because I wrote it up more than a year after the main part of it was actually done.

Lesson for next time: write as you go, in presentable form.

I look at the Zone 0 flower often and while sometimes thinking, maybe I could change some of the wording, I never do – it just feels right... Hopefully the word transition can be replaced by resilience or togetherness, one day when the word permaculture is not important anymore because it has become part of human consciousness to think in systems and holistic terms.

However, the flower didn't take that shape right away and while there are a lot of helps in this design that didn't find direct application, they made me think, they made me reflect, they made me make synergies that are maybe hard to show and thereby influenced the final result.

Great interior design, a healthy natural feel, here made through recycling pallets on the walls add immensely to Zone 00, Soul & Self! Also, this has inspired us to dream of

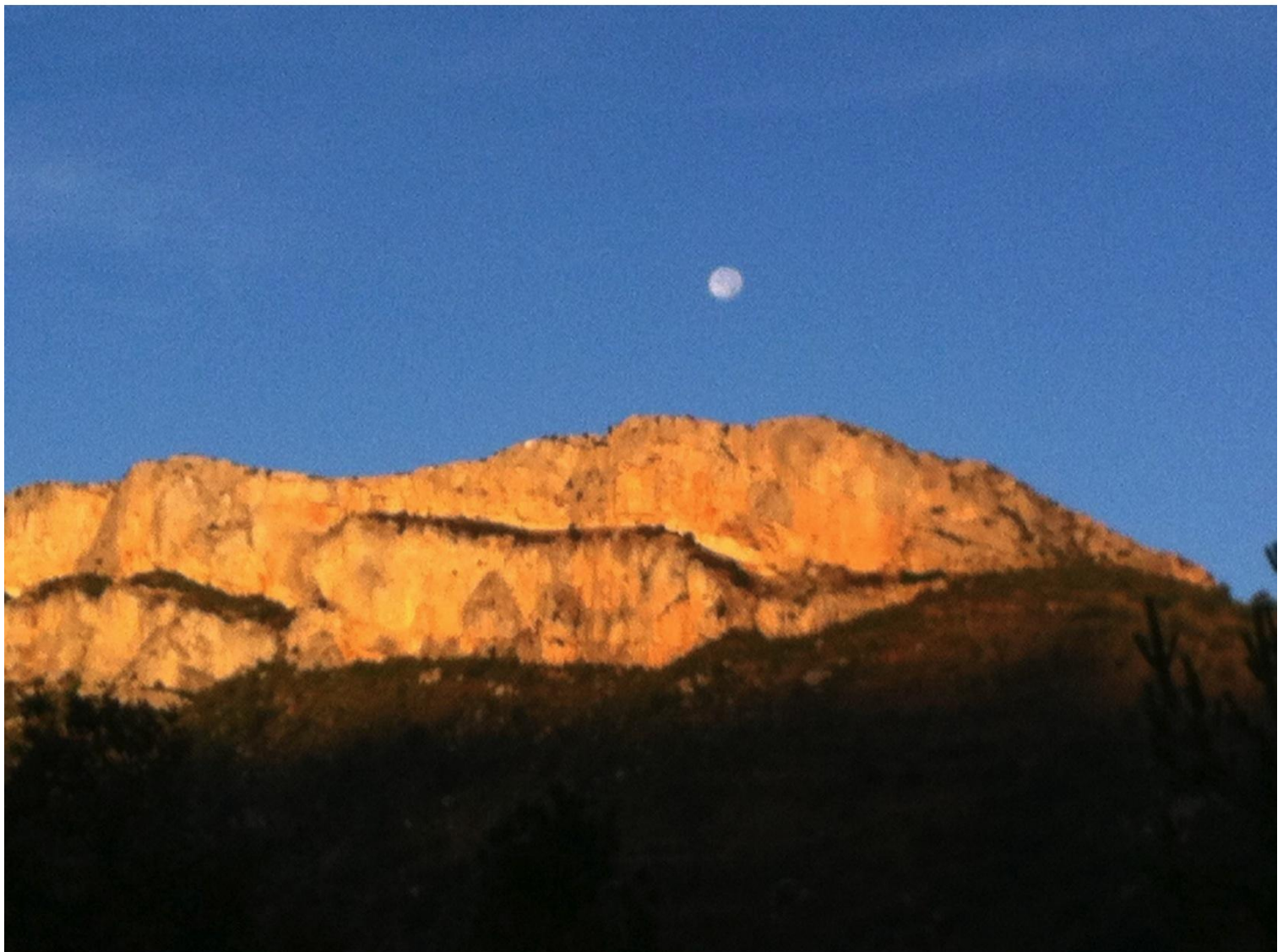


enterprising in that direction – healthy living environments in home and office...

TREADWELL - BEYOND THE SUSTAINABLE HOME

# PAUSE

While all of this happens, the mountains are calling and I go... I value the breaks, especially living in the city – a trip outside opens the heart and mind in so many ways and again and again has given me fresh insights and motivation to continue. No place is ever all there is...



# TREADWELL - BEYOND THE SUSTAINABLE HOME

# REVIEW

## **Process Review**

This design went on for a long time – the writing up late makes it difficult to reflect its complexity. I like the design web as very often I am jumping around between stages anyway. I do also notice how I fit in some of the other methodologies just because I am more used to SADIM. So the ‘helps’ of the design web has very much turned into a survey of the site as well. ‘Pauses’ are helpful and acknowledging that is important for designs that potentially need a larger effort. The ‘momentum’ has worked well for me. I try to consciously build more on what is working and ‘appreciate’ as well. The design involved more research than other previous ones.

## **Tool Review**

I have used similar tools than usual and I have used some without knowing whether they would have an effect on my design (such as the base map, which didn’t really have an effect). On thing that has helped this design a lot s ‘reflection’ and the free writing which maybe comes across a bit over the pages, with me writing paragraphs and asking questions that have come up (see self-sufficiency). Creating webs of connections has many times been a useful tool for me, also in this design.

## **Project Review**

I love the outcome of the project, the flower, and it inspires me to do further work and actually realise the project and maybe write a small booklet on Zone0 design for urban spaces. The project has been going well although challenging. I notice that ownership is something to think about if I want to make this a really collaborative project.

## **Professional Review**

Is it something I could oneday do professionally or even want to do, to design retrofit other epeople’s properties according to this flower? Possibly. First I will need to address all of the petals and create a portfolio.

## **Personal Review**

It’s been great doing this, as I said I love the outcome and believe it has potential. It feels like I am using this opportunity of owning a house in a Permaculture way and integrate Permaculture into my home and life while spreading the message.