

What	Who	Outcome/ activity	resources	timing
Introduction	leader	Welcome who are we and what are we offering in the session.	Flip chart with outline of session	2 minutes
Brain storm of world situation	Large group	Why are we here, what are the problems that need addressing <i>notes 1</i>	Flip chart or whiteboard and pens changes sheet	5 minutes
Intro to permaculture	leader	Understand the framework of the sessions – permaculture in the context of food	Flip chart with bullet points Hand out on permaculture	8 minutes
Postcards	individual	from your future vision for perfect food situation – draw a picture or write a postcard from the future to yourself now	Postcards, pencils and felt tips	10 minutes
Choices – Average week shop	Small groups	Ethical decision making What choices do you make and what would you like to make <i>notes 2</i>	Permaculture ethics sheet laminated sheet	25 minutes
Barriers	Leader	Cash – What could someone do to overcome this as a barrier, how does this fit into the ethical framework <i>notes 3</i>	Flipchart or whiteboard and pens	15 minutes
Input output game	Small groups	Understanding connections in a system <i>notes 5</i>	input output sheet	25 minutes
Principles	Whole group	Drawing out principles of good design <i>notes 6</i>	Handout on principles Flip chart or whiteboard and pens and laminated sheets of principles	10 minutes
Where to next	Whole group	What is happening locally – shared notices	Flip chart or whiteboard and pens	10 minutes
Next achievable step	individual	Write 1 action that you will take in the next few weeks to make your food vision happen	Postcards, pens and pencils	5 minutes

closing	leader	Thank you and go well		2 minutes
Evaluation	Individual	Target on the way out	Target sheet and coloured post its	5 minutes

Notes:

1. Group think:

It is important in a change process to understand the reason why you want to make a change – this session provides an opportunity for people in the group to look at what is wrong in the world.

In summing up acknowledge the emotional impact of change – it's natural to feel uncomfortable and emotional, that's part of the process, what we can do is put in place structures that can help us get through the change – like talking to people who think the same as us, or actually taking a small step towards the process of change. Positive action of moving towards your vision helps with this, regular commitment to change

Joanna Macy and Chris Johnston hand outs for information

2. Ethical decision making:

Do not tell them the ethics permaculture uses until they have examined their own ethics through the game

This is an interactive game – the groups are given the pictures and a grid of choices. Ask them to look at each picture and talk about the choice they make for that item. Draw ethics of permaculture circles on the board and ask groups to call out their ethical decisions – fill in on the board with what's called out.

Emphasis that people are making a start and that having a clear ethical basis for decision making offers a compass to help with choices. It is a step by step process that involves looking at a whole overall movement towards sustainability, rather than each choice being perfect. Being aware and observing choices and barriers is an important part.

3. Barriers

It is best to have practised this form of creative problem solving before leading a group through it – I have used it with my children.

A quick call out of possible barriers to perfect food worlds and choices.

Look more closely at money (it will come up from the group) as a barrier: Put money at the centre of a mind map on the board

a. What could someone do to overcome this as a barrier? 5 minutes wild thinking, anything written down

How do these solutions fit into the ethical framework? 4 minutes, ask the group which they wouldn't do and why

Which look like the best ones to undertake? 4 minutes, ask the group what they think are the best options and why

1 minute each on intro and close up

4. What is permaculture design and how can it be used to develop solutions that bring vision and reality closer together. A brief overview

5.

The input output game Andy Gold ring details in the Permaculture Teachers Guide.

Good design of a system starts with understanding the elements in a system and how they interact. Systems that you have more control of and closer understanding of are more able to be brought into line with your ethics: own garden, local producers, Transition Towns, Coop membership. Cartoon now, later and owned, govt. graph

6. Mind map created by the group drawing out principles of design from the input/output game. Refer to principles posters.

Resources:

- Laminated ethics, principles poster
- Input/output sheets
- Target sheet
- Post it notes
- blank postcards
- felt tips, pens, pencils, flip chart and whiteboard pens
- flip chart paper and white board
- PAB what is permaculture sheets
- Shopping basket game – pictures of food shopping and a basket per group
- Information sheets:
 - Food related organisations and ideas – book and website list
 - What is organic, fair-trade, local, mainstream production
 - Change related information – book and website list
 - Carbon counting and top ten tips around food