

Eastern Permaculture Gathering – Workshop Programme

Friday opening workshop: 16.00: Marquee

It would be lovely if as many as possible can join in as we get to know each other and Ringsfield Hall. Do join late if you have only just arrived or you have been wrestling with your tent! Rough timings are:

16.00: Opening circle. Welcome and announcements; meet the team and introduction to workshops with Dano and Bob

16.20: 30 years and loving permaculture. What is permaculture and why we love it, with Dano

16.40: Our collective permaculture journeys. Just started or been involved for longer than the 30 years of the Permaculture Association? Marina leads us to discover where we came from and how we got here.

17.00: Quantum flirting and sit-spot observation – tuning into Ringsfield, and nature with Marina and Bob

What draws us to an object, a space, a smell or a taste? Spend some time exploring our connection to nature and immersing ourselves in the beauty of Ringsfield Hall, both in quiet and group contemplation.

After all this, **explore** this lovely site with Eloise. The **bar** will be open at 6 and **dinner** served from 7 – 8, with **entertainment** in the marquee after dinner.

Sunday afternoon closing workshop: 14.30 pm: Marquee

Celebrating the gathering, the future of permaculture in the East and making a birthday card for the Permaculture Association.

Saturday and Sunday Workshops

1 hour ish... The sessions are all approximately an hour in length, but we have left plenty of time between workshops so we don't need to cut short interesting discussions to get people moving between sessions, and leave plenty of time for tea and cake!

Times change... Please listen out for timetable changes at the opening circles, and check the info board for latest information.

Coming together... Highlighted in grey are great opportunities for the entire gathering to get together and celebrate!

Open Space... Space has been made available for unplanned workshops. See reception if you want to host one, and check-out the info board to see the latest.

Biodynamic Farming and Permaculture: Spencer Christy

A session introducing biodynamic farming and exploring its links to permaculture.

Biologic Design's work since 1993: Jay Abrahams

A talk through Low-Entropy Systems Design and Implementation: using bioengineering techniques to create, by very specific earthworks and planting, constructed wetland systems i.e. living systems, for wastewater purification, resource production and biodiversity enhancement.

Building Sustainable Lives Project at Orchard Barn in rural Suffolk Part 1: Sarah Partridge

A talk and slideshow describing a project working with economically inactive people in Suffolk giving them the opportunity to get hands-on with a live project, restoring a 17th Century Traditional Suffolk Barn and conserving surrounding natural habitat.

Part 2 - Practical wattle and daub: Sarah Partridge

A follow-on from part 1, Sarah will lead participants in wattle and daub techniques, sourcing materials from around the site and making sculptures to take away. Get the kids involved, but beware this will be mucky!

Note you do not need to attend Part 1 to come along to Part 2.

Ecopsychology: Mark O'Connell

Permaculture and Process orientated Psychology share remarkably similar methodologies and values - one applied to design systems and the other to personal psychology. In this workshop there will be the space to explore some Process Work techniques and skills such as quantum flirting and valuing the disturbance, and how they can be used to facilitate the creative process, facilitate courses, co-create with the site, and other weird things!

Natural Cleaners: Natalia Guerra

Identifying naturally occurring elements that are good at cleaning things and a demonstration of making a simple detergent

Mandala Making: David Boyce

The circle is the seed and the fruit, the cycle and the whole. Explore the beauty of circles and their significance in permaculture as together we make a mandala garden of fruit plants, herbs and other edible perennials.

Orchard Management: Ben Lambert

Reacting to changing climate and economy in a Commercial Orchard. Strategies to reduce chemicals & prevent pests & disease

Permaculture Association Trustees Meeting: Trustees

The Permaculture Association Trustees are here to help us celebrate. They will meet-up throughout Saturday to discuss Association matters, and invite you to join them. More info in the Opening Circles.

Regen ag: Hannah Thorogood

Regen Ag is a farm scale implementation of permaculture principles, that focusses on building the soil with innovative livestock management. An introduction to Regenerative Agriculture, and how it has been applied to the Inkpot Centre in Lincolnshire.

Sacred Economics – insights from a Charles Eisenstein retreat: Steve Marsden

A short summary of Charles Eisenstein's Schumacher course "Ecology, Scarcity and the Gift Economy", followed by an open discussion of Charles's healing approach to economics.

Scything: Claire White

Join Claire to learn or practice scything at Buttercup Meadow.

Sustainable Beekeeping: Chris Southall

Bee-friendly bee keeping in difficult times (for bees). How to help your bees survive and thrive (with notes on bumble bees).

The Sustainable Grains Project: Deano Martin

A talk on the some of the different approaches to growing grains on a small scale, including an introduction to The Permaculture Association's new Research Project. The talk will also include some elements of soil fertility.

Using permaculture at a retreat centre for survivors of torture: Ben Margolis

The Grange is a new project based in West Norfolk which hosts survivors of torture and other severe trauma on therapeutic retreats. As a LAND learner site we are also exploring permaculture both for our land but also in how we run the project. This workshop will look at some of the ways we have used permaculture to design the project and we will discuss ways to apply permaculture to people and businesses

Why should I care about Permaculture Ethics?: James Taylor

What are the permaculture ethics? Where are they from? Who are they for?
How might I apply them? And why on Earth should I care about them?

Yoga: Sarah

Start your day with gentle, relaxing Hatha yoga with Sarah. Mats provided wear comfortable loose clothing and bring water. If its warm, these sessions will be in the Marquee, otherwise the Games Room.

You start with food: Mario Molinari

A food, water and energy education is the answer to food security.

Open Space Option: Extending the Growing Season: Chris Southall

Dealing with our unpredictable seasons and maximising the quantity of food we can grow

Open Space Option: Permaculture Question Time

Informal questions about anything relating to permaculture – panel required!