

What's the problem?

The impact of burning fossil fuels (oil, coal and gas) on our climate has become obvious. Our streets are choked with cars. We are fed, clothed and warmed not by the produce of the land around us but by food, goods and fuel transported hundreds and thousands of miles, a system which is entirely dependent on supplies of cheap oil.

The Age of Cheap Oil appears to have come to its inevitable end. With oil so deeply embedded in our ways of living, from transportation and food production to consumer products, the end of cheap oil will soon have a severe impact on the lifestyles of most of us.

Why Transition Skills Workshops?

A change to a way of life that can be sustained for generations to come is essential, as is the urgent need to reduce our carbon emissions. The transition from our current wasteful, polluting and energy intensive way of life, to one that consumes less energy and uses resources in a sustainable way is vital.

'Transition workshops' are aimed at re-skilling the community for the transition to a low carbon economy which is not dependant on oil. We need to re-learn the skills of our grandparents.

"The uncertainty of our times is no reason to be certain about hopelessness."

- Vandana Shiva

About Transition South Lakes

Transition South Lakes is an organisation that aims to inspire, encourage, network, support and train the community in exploring the transition from oil dependency to one which looks locally for our energy and food needs.

We are a community group composed of volunteers who believe the need for change is urgent and that these profound changes can't happen overnight. We still have sufficient time – but only if we start now.

We make no claim to have all the answers, but by building on the wisdom of the past and accessing the pool of ingenuity, skills and determination in our communities, we believe the solutions will emerge.

By thinking and acting together, we believe we can make the transition to a way of living that consumes substantially less carbon energy and, in doing so, enhance our community creating a happier, more fulfilling and abundant place to live.

How to book a place

Places are limited so we recommend booking as early as possible.

Tel: 01539 722691 or

Email: sl.transition@googlemail.com

Venue Details

Venues for each course vary please see course description for details.

- United Reformed Church, Kendal Lecture Hall, 102 Highgate, Kendal LA9 4HE. Ring 01539 727812 for how to get there.

TRANSITION SKILLS WORKSHOPS

**Autumn/
Winter
2009 -10**

A monthly series of workshops aimed at re-skilling the community

Helping South Lakes to rebuild local resilience and reduce carbon emissions

Can you imagine life beyond oil?

"...what is remarkable is the failure of politicians to start planning in any way for this inevitable transition, or even to start preparing their electorates for its inevitability"

- Jonathan Porritt.

Autumn 2009 Courses

Saturday 26th September 11am – 3pm

Jam Making from the Hedgerow **FREE!**

- Come along on this walk to Cunswick Scar and learn about how to make use of the fruits of the hedgerow. Returning to Dog Kennel Wood we will then use what we have collected to make jam/cordial and also collect the native seeds for BTCV to plant.

Venue: Meet at Dog Kennel Wood Community Tree Nursery, Queens Rd, Kendal at 1030am

Tuesday 13th October 7.30pm – 9pm

Wood Fuel Stacking, efficient burning & sourcing by Gareth Thomas **£3**

- Learn about how to make best use of your wood burning stove. As the days get colder reduce your bills by efficient burning.

Venue: United Reformed Church, Kendal

Saturday 24th October 11am – 3pm

Abundance – Wild Harvest **FREE!**

- Come along with us as we hunt down the wild apple trees growing in and around Kendal and harvest them for our own use and for the Apple Day the following weekend. Bring picking devices!

Venue: Meet 11am in front of Kendal library on your bicycle or on foot

Autumn 2009 Courses

Saturday 31st October 11pm – 3pm

Abundance – Apple Day **FREE!**

- Come along and learn how to turn local, wild apples into fresh apple juice. We will be juicing on the spot! Free tastings provided. Bring your own apples or use ours. Local apple experts will also be on hand to help identify what variety your apples are.

Venue: The Birdcage, Kendal

Tuesday 10th November 7pm – 9pm

Making Your Own Bath Bombs **£10**

- Learn how to make your own bath bombs from organic soap expert Helen Bebbington of Hubble Bubble Organics.

Venue: United Reformed Church, Kendal

Tuesday 8th December 7pm – 9pm

How to do a Home Action Plan and Audit by Gareth Thomas **£3**

- Learn how to monitor the power, water and waste usage in your own home and then make an action plan to reduce your bills and reduce the impact on the environment.

Venue: United Reformed Church, Kendal

Every Tuesday 8pm – late

Knitting Club **FREE!**

- Opportunity to have a go knitting, crocheting and possibly even rag rugging with Kendal knitting club

Venue: Burgundy's Wine Bar, Kendal

Winter 2010 Courses

Tuesday 12th January 7pm – 9pm

Wild Food by Sonny Khan **£3**

-making high protein tofu and curd purely from edible wild leaves

Venue: United Reformed Church, Kendal

Tuesday 9th February 7pm – 9pm

Rocket Stove Making by Ro Thomas **£5**

- Make your own Rocket Stove! They are a highly efficient way of cooking, allowing you to boil a big pan of water or stew with only a few twigs.

Venue: United Reformed Church, Kendal

Tuesday 9th March 7pm – 9pm

Tetra Pak Creations by Ro & Ruth **£3**

- Learn the basics of tetrapak weaving and other clever ideas of what to do with leftover juice cartons. Bring as many empty, clean tetrapaks as possible.

Venue: United Reformed Church, Kendal

Tuesday 11th May 7pm – 9pm

Making a Bike Trailer by everyone! **£3**

- Learn how to make a bike trailer from mainly recycled materials. A practical workshop which should result in a working trailer, so come on your bike and you can give it a spin!

Venue: United Reformed Church, Kendal