

Environment, Wellbeing and Community Activism Week

	Monday 16 th August	Tuesday 17 th August	Wednesday 18 th August	Thursday 19 th August	Friday 20 th August
Morning	Arrive	Practical session 1 Compost (Jonny) Seed planting in newspaper pots	Practical session 2 Pond dipping Coppice willow/hazel to make Quad look at species on ground – bioblitz	Practical session 3 Foraging and outdoor cooking Seabeet, samphire, Alexander root Harvesting, eggs, potatoes	Practical session 4 Create a project Herb spiral Transforming the rubble.
Afternoon	Arrive and introductions / ice breaker	Energy and power – wind, sun, woodchips – how Othona is self-sufficient (Kevin or Richard)	Labyrinths and Mindfulness – Penny Davis Sand on beach. Mow a labyrinth. Rope labyrinth	Mission Possible: Community planning – Matt	Depart
Evening	Introduction to Permaculture concepts – Graham Burnett	Asset based approach and transition towns – Kamil Pachalko	Action Learning Set approach – Matt	Beach combing Party! Around the fire on the beach	Depart

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