

TRANSITION TOWN BRIDPORT

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www.transitiontownbridport.co.uk

Transition Town Bridport - a project working to bring together the people of Bridport to plan a life beyond dependence on oil, to reduce the carbon footprint of the town and to make it resilient to change.



Illustration Sarah Wilberforce

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From the Editor:

Time to start caring about sharing?

There is quite a bit of interest now in what is called the 'sharing economy': the idea that access to services rather than ownership of goods is the sustainable way forward. For example: [Just Park](#), a website that allows people to rent parking space on other people's unused driveways (and I am still looking for a space near Crewkerne Station!), [repair cafes](#), and fabrication spaces ([Fab Labs](#)) where people can get access to tools, advice and materials to repair and make things they need. There are car-sharing and lift-sharing websites, and of course Uber, the 'taxi' service accessed by smart phone, and Airbnb, a way of people renting out space in their homes (although this often seems now more like a conventional holiday rental scheme). It's an interesting time of transition to new ways of accessing goods and services and maximising the use of unused capacity (spare rooms, driveways) which promises to reduce our resource and materials use and minimise waste, while at the same time offering possibilities for people to meet and work together – offering economic and social benefits, as well as environmental benefits, as we put less pressure on overloaded or depleting natural systems. Of course the well-known local exchange trading schemes (e.g. NETS in Bridport) are long-standing examples of this movement, as are garden share schemes, (see Totnes's [here](#)), [time banks](#), [Streetbank](#) and projects designed to make the best use of discarded food (Plan B in Bridport for example, and for a high-end venture see [here](#)). Perhaps this is all about renouncing individual greed and relentless acquisition of 'stuff', and 'turning to each other,' as Meg Wheatley puts it, for solutions to our problems.

It's worth checking out the considerable bank of information published by the [Ellen MacArthur Foundation](#) which is dedicated to the promotion of the Circular Economy: their website provides many examples, explanations and illustrations of the sharing economy in practice.

We can celebrate the fact that TTB is enthusiastically taking part in this movement with a new initiative around sharing skills, advice and materials featured in more detail below. There is such a great bank of knowledge out there around 'greener' ways of managing our very complex lives, and it's just great that people are willing to share what they know. Let's see how it grows! CW

Sharing Skills and Ideas

When we opened 11 houses around Bridport for the Eco-Homes weekend, many of the 350 visitors were seeking inspiration on living more sustainably. Other visitors were already committed to an idea and sought further advice. They came with precise questions about the practicalities of retrofits or new-builds. Which insulation has the least embedded energy? Are solar PVs really worthwhile? What can I do with a house in a conservation area? Can I get a renewable heating incentive for a solar thermal panel? How much do pellet boilers cost to run? How can I store the energy from my solar panels?

Many of the feedback forms we received expressed frustration that the visitors could not see more houses as they were only open one day of the year. Next year we will try to spread them over a couple of weekends so that you can get round more of them.

In the meanwhile, it is clear there are a lot of people wanting to talk to householders for practical advice on retrofits, new-builds and greener living. This is where the new

sharing scheme comes in. The people listed below have taken steps to live more sustainably, and are happy to share their knowledge. Many of them have opened their houses to visitors in the Open EcoHomes events.

Rab and Mary	Building with recycled materials, paints, solar thermal, productive garden.
Malcolm	Rainwater recovery, solar PV, Immersun, permaculture design for living, low energy solutions, home insulation
Anne	Eating well on a tight budget, being happy with basics, using Freecycle, LETS, charity shops etc, using fewer 'products', reducing energy and water use
Dave	Minimize waste, solar thermal, water use reduction, keeping chickens
Arnold	Water recovery, DIY solutions, low voltage system and pumps, inexpensive solutions.
Ray	48V DC systems (DC48), Battery storage, Renewable Heat Incentive (RHI). Economics of investing in PV panels and wood pellet boilers.
Pat	Living off-grid, permaculture, market gardening, wormeries and composting
Alex and Julie	Building a new ecohome out of low-impact building materials, planning regulations. Living off-grid, PV panels with batteries, using only recovered water, u-v sterilisation; waste digester with reed-bed.
Steve	Straw bale building, pellet boilers, Renewable Heat Incentive, solar hot water
Chit	Draught proofing, insulation (professional), water recovery. Building a new house and dealing with planners and builders
Jyoti	Off-grid living, organic farming, planning laws; waste digester with reed beds.
Jim	Solar thermal (professional), draughtproofing, finding a reliable builder or plumber, recycling.
Sam	LED and CFL lighting, monitoring electricity use.
Sarah	Planting and propagating, thermal curtains.
Robert	Solar PV, rainwater harvesting and general experience with lowering energy consumption of buildings over the last forty years.
Bob	Manager of Lean Energy, specialising in reducing losses in sports and leisure centres.(professional). Advice on saving energy, or swapping energy suppliers. New Solar system producing heating from PV.
Kit	Planting a wood and coppicing. Small woodland management, timber extraction and processing; Craft woodland products; Quality wood fuel
John B	Straw bale building, clay plaster, using sustainable materials, airtightness, insulation. Efficient masonry stove.
John D	Where to buy or find materials, Preserving and insulating old windows with external polycarbonate cladding.
Celia	Clay plaster, designing for enablement: finding solutions for people with limitations.

If you would like some advice on living sustainably, please [email us](#) with your query and contact details. Please write 'sharing skills' and the name of the person you want to contact in the subject heading. We will pass it on to the relevant person who will contact you.

If you want general advice or ideas, there are several useful websites on [our website](#). I particularly recommend the [YouGen](#) site.

Sam

Please note that any advice is given in good faith, and neither Transition Town Bridport nor the adviser accept any liability for any damages resulting from their advice under this scheme. TTB is not endorsing any commercial interests beyond the personal experience of our sharers.

Learning, growing, cooking, and eating at St Mary's and the Children's Centre, Bridport

Children at a Bridport primary school and young parents of pre-school kids are getting close to nature in a project teaching them all about good food and where it comes from.

The HOME in Bridport organization, in partnership with Transition Town Bridport, is redeveloping gardens at St Mary's in Skilling Hill Road as part of a programme of learning, growing, cooking and eating for the 174 pupils. This connects the field to the fork, covering some aspects of the national curriculum, as well as a practical input into healthy eating.

The Home and Transition Town Bridport team and their partners in the school project are delighted at the joy and pleasure the developing garden has brought to the children, their parents and the school's staff. The uptake of school dinners has increased enormously in the autumn term since tasty fresh food picked from the garden has been introduced. The children like the fact that they can choose their own nibbles in the salad bar, and the increase for the school dinner option has been excellent.

The project continues to develop, with a number of events taking place, including a community lunch for 80 people, the building of a cobb oven and children's activities such as scarecrow making and an introduction to the Forest Schools, whose philosophy is to encourage and inspire individuals of any age through an innovative, long term, educational approach to outdoor play and learning in a woodland environment.

Transition Town Bridport, with funds from Awards for All, are running a series of cooking skills classes for members of the Young Parent group at the Children's Centre, next to the school, while their pre-school children are cared for in the crèche. The families and leaders then share a lunch together.

As part of this project, the Young Parent group and their children went on a visit to Magdalen Farm, where they did breadmaking and craft activities, and the children visited the pigs and chickens, all part of seeing and understanding how food is grown and produced.

Cookery classes in the school, for parents and children, are planned for the New Year. This brings parents into the school community and develops trust. The school cook now makes soup for the staff so nothing goes to waste, and there have been many comments on how tasty everything is. We are planning a big celebration in the Spring when everything is growing fast again.

Introducing Emily

Emily has built the cob oven at St Mary's with the help of John Butler (Straw Bale House man). The whole thing was made from very little money, with the help of different people who offered skills, e.g. Dave Philpott who made pizza paddles from scrap. She has organised the two Family Pizza Evenings and resourced all the equipment and ingredients. Emily has trained two teachers at the school so that they can have pizza events independently, and she has set up safety procedures using a Risk Assessment. Emily is also liaising with Claire Legg, teacher in charge of Forest Schools in St. Mary's. Pizza evenings now have to wait until the spring, when there is light in the evenings!



News from CLS (provided by Emily Bullock)

Waste Less Spend Better - at Bucky Doo Square and Town Hall.

On 22nd October, CLS in Dorset hosted an event where visitors were invited to find out how they could Waste Less in order to Spend Better. In the Square the wonderful community soup ladies: Rose, Sally and Jude gave out free soup, made from food that would otherwise have been wasted, to over 100 people, and Richard Toft was on hand with his energy bike. Dorset Flexicars also signed up people who wanted to start a car club in Dorset. Upstairs in the hall, expert advisors were on hand, along with TTB to help people understand how to save money by using energy efficiently, water wisely, travelling smartly, wasting less and using food well. We also had a driving simulator to let people have a go at driving efficiently, the Bridport Bag Ladies making wonderful things from old carriers and Maisie helping us convert old T-shirts into shopping bags. Finally visitors were invited to "tot up their savings" using an online quiz, showing average predicted savings of over £400 per person. [More information and a great video of the event here.](#)

Transition Together

Do you keep meaning to work out who is the best energy supplier, have a draughtproofing device for your letter box you keep meaning to fit, and some rather thin curtains you are intending to change. And then there is the pile of items like batteries and printer cartridges you can't remember how to recycle.... If so Transition Together may be what you need, its a practical manual relevant to Dorset, that you can work through with friends, neighbours or colleagues - with chapters on energy, water, waste, transport and food. Those who have taken part have saved around £400 on bills. The manuals are available free of charge, and we are hoping to get some groups going in and around Bridport. [More information here.](#)

Top Tips for November

Please send your ideas for the following, with photos and quotes if you can and I'll share them to inspire others.

1. Reduce energy use - switch it off, turn it down
2. Cook from scratch
3. Reduce water use - put the plug in, fix the drip, have a short shower.

[More information here](#)



Bridport Community Orchard's Apple Day

The TTB stall ran our Human Fruit Machine. Three bags contained a bramley, russet and gala apple. One apple was drawn from each, and if they were the same, the winner received a prize. Apart from engaging with a large number of adults and children, and introducing many to Transition, we gained £28 for TTB funds!

Free Draught Busters Workshops

The cold snap is a reminder of how chilly our houses can be over winter and how much it costs to keep warm. Transition Town Bridport is offering help with a series of Draught Busting Workshops which teach people how to draught proof their windows and doors using professional draught proofing strips, and how to fit thermal lining in their curtains. These are available at the workshop at cost price - about half the shop price. The workshops also show other inexpensive ways of keeping warm including secondary glazing, radiator reflectors and draught excluders. All workshops were held at the Chapel in the Garden. There will be two more in February/ and March. The project is Lottery Funded through Communities Living Sustainability in Dorset.



Real World Economics Workshop

In September eighteen people, including two members of Transition Town, came together for a two day workshop, organised by STIR's Jonny Gordon-Farleigh, in Andy Leppard's studio at St Michael's estate. The sessions were led by Inez and Jay from *Well and Good*. The aim was to "explore a new approach to creating local economic change based on real life needs, increasing wellbeing, and taking effective action led by community groups. It includes practical tools to engage your community, thought provoking presentations, group discussions and fun interactive exercises that will equip you to be an effective change-maker in your community"

The work was based around the Human Scale Development framework of Chilean economist Manfred Max-Neef. He proposed nine human needs which must be satisfied in any sustainable development – subsistence, protection, affection, understanding, participation, leisure, creation, identity and freedom.

On the second day we divided into two groups, one to look at improving transport in Bridport, including car clubs, community buses and a better transport hub. The other group, led by Linda Hull from CLS, looked at applying for Bridport to be a Sustainable Food City, and worked out a plan on how we could achieve it.

As in many such workshops, it was the networking aspects among the participants which was central to its success. STIR is planning another twelve workshops next year on building the cooperative capacity of the community. This will go ahead if Jonny and Abby can raise enough money through crowd-funding. Follow [this link](#) for a video of their presentation and a chance to get involved (and contribute!). At the time of going to press they have reached 90% of their target.



FACEBOOK

This newsletter has a circulation of 400 people, while our page on Facebook has only 108. There are those who feel that Facebook is a frivolous waste of time, or a vanity project, - all cute kittens and selfies - or a pernicious encroachment of the corporate world and the CIA/NSB on our privacy.

Others use it to share articles and videos they have found which they wish other TTB followers would read. People add comments, or just 'like' a page, and this reinforces the feeling there is a community of people who share the same ideas.

Overleaf are a few of the articles which have appeared recently.

Please join us and share your ideas.

Sam

- [George Marshall's talk about his recent book "Don't even think about it - Why our brains are wired to avoid to ignore Climate Change"](#)
- [How to Make Old Homes Energy Efficient](#)
- [Podcast by John Butler on building a straw house](#)
- [10 Reasons Renewable Energy can save the planet](#)
- [Radical New Economic System will emerge from collapse of Capitalism](#)
- [Putting Jam in the Doughnut – resourcing the core of a transition initiative](#)

TTB AGM

At our AGM held on 20th November, Sam Wilberforce took over the chair from Dave Rickard, and Dave was thanked for his tireless work as chair. Finance and project reports were given by Sarah Wilberforce. Delicious refreshments were provided by Dave and Anne, and those present then decamped to the pub for Green Drinks.

Please note: there will be **no Green Drinks in December**. Next will be 16th January. Next newsletter will also appear in January.

GETTING INVOLVED

Contact <mailto:admin@transitiontownbridport.co.uk> and you will be added to our mailing list and/or put in touch with the group or activity you would like to join. If you are receiving this you are already on the mailing list, but if you'd rather not be, just [tell us](#).

Join: From the website, www.transitiontownbridport.co.uk you can [download a membership form](#) and sign up as a registered/voting member.

Come along to any event /workshop. Check out our 'What's On' section [here](#), on our website. We need your involvement, especially in the Food project.

If your local group wishes to collaborate with TTB on any project, or has ideas and energy for a new project, just let us know.

We are very keen to expand the pool of active people for the above projects and to get other strands going. Please [get in touch](#) if you would like to help.

We expect our next newsletter to be published in mid February. If you have any events of a local and eco-friendly nature that you would like us to advertise on our website or here, please contact us and we'll see what we can include.

NB We do not use our mailing list other than for our own regular mailings.

