

# Permaculture Summer PROGRAMME



12 days during June & July in Hulme

- Improve spaces around you
- Be self-reliant
- Access healthy local food
- Save energy
- Reduce greenhouse gasses

[www.afsl.org.uk](http://www.afsl.org.uk)

£20 - £40 according to income  
email Julia - [erlichda@hotmail.com](mailto:erlichda@hotmail.com)  
phone - 07940 350 448



Funded by Community Chest





**This is the internationally recognised 72 Hour Permaculture Design Course, which is accredited by the UK Permaculture Association.**

Based at Hulme Hall, Rolls Crescent next to the Garden Centre.

**The course will equip participants with core permaculture design skills, and will include a practical design project on a local space in the area.**

- **Outdoor activities** - growing food and wildlife studies
- **Visits** - Glebelands organic market garden, Sale, plus a weekend away to Growing With Grace organic market garden and Middlewood Permaculture Trust in Lancashire
- **Sessions** on trees, soil and compost, water, renewable energy, low impact building, eco foot-printing, food enterprise, box schemes, personal development, thinking and learning skills

Facilitated by Julia Frankel and Rob Squires, who are both local, experienced permaculture activists and teachers. Plus there will be a variety of guest speakers and teachers.

**12 days, for 6 hours, in June and July:**

Mon 12/06, Thu 15/06, Fri 16/06

Mon 19/06, Fri 23/06

Mon 26/06, Thu 29/06, Sat 01/07, Sun 02/07

Mon 03/07, Fri 07/07, Sat 08/07

For more information or to book yourself on the course, email Julia - [erlichda@hotmail.com](mailto:erlichda@hotmail.com) / phone 07940 350 448.

# What to Expect from the Course

Permaculture is not school! The emphasis within the Programme is on facilitation, and the course participants are the experts. The facilitators, Julia Frankel and Rob Squires, will provide a structured learning framework, and will concentrate on drawing out the local knowledge of the participants. There will be a good mix of theory and practise throughout. The focus of the course is permaculture *design*, and the core curriculum will be based around permaculture design skills and techniques, and a practical design project. Around this is hung a spectrum of additional key knowledge modules, with a focus on issues concerning local food and renewable energy. There is also a focus on personal development, thinking and learning skills, and pathways within the international permaculture network. The course includes an extent of practical work, including growing food 'hands on' at Glebelands and Growing With Grace, plus there will a practical permaculture project, working together on a local community garden. There will be a variety of interesting guest speakers throughout.

## **Practical Design Project**

Because the focus of the course is permaculture design, the core curriculum will be based around a practical design project. The project will be based on Birley Fields, which is an expanse of open space within Hulme, just over the road from the Hulme Centre. Participants will be taught permaculture design skills and techniques, and will work together in small groups, over a number of sessions, to develop a 'broad brush' permaculture design for the open space. The design will be presented to a local community group called Friends of Birley Fields, who for the purposes of this exercise, will be considered the 'client'.

## **Commitment and Accreditation**

We appreciate that people have busy lives and it may be difficult for participants to make all of the twelve days. We do however expect people to commit to as much of the course as possible. It is unfair on other participants if people drop in and out as they please. The course is accredited by the UK Permaculture Association, and a strong commitment is expected in order to receive a certificate. Those that might need to miss a day or two of the Programme, can make up their time through private study, or volunteering to keep the show on the road.

## **Physical Activity, People Care and Health**

There is an element of physical activity throughout the Programme, and in particular on the trips. However, nobody has to do anything, and nobody will be expected to work beyond their physical means, or to do anything which might upset their health. The Middle Wood Eco Centre is very rural, and quite rugged, being an upland hill farm – so expect a bit of an outdoor adventure here! Taking into consideration British weather, it is advised that participants equip themselves with practical outdoor clothing, for the course, including waterproofs, and sturdy foot ware.

## **Accessibility for Parents**

We have organised the course to start at 9.30, to be accessible for parents. Most of the core curriculum is in the morning sessions, whilst the practical sessions are scheduled for the afternoon. This means that parents that might need to leave early, can do so, without missing vital information, or effecting their accreditation too much. Also, parents might want to consider collecting their children, and involving them in the practical outdoor activities, and the weekend away.

## **Food and Venue**

Lunch is not provided during the course, although light refreshments will be during the morning and afternoon breaks. Participants may want to consider bringing their own lunch, or food to share. There is a kitchen area in Hulme Hall where the course will take place. Alternatively we recommend the HARP community café at the Zion Health Centre, where a square meal can be bought for £1.30 for those on a low income, or Kim By The Sea, which is an excellent café over the road, at the Homes For Change co-operative building.

The venue for the course is Hulme Hall, which is part the Claremont Resource Centre, run by Manchester City Council social services. The Centre is used as a day centre by the Afro-Caribbean Care Group during the week, and participants are asked to respect the needs and concerns of older people in particular, using the Centre. The Centre has its own gardens, and there are plenty of outdoor spaces to enjoy the summer weather. It is also located next to Hulme Community Garden Centre. Smoking, drinking alcohol, and dogs are prohibited on all parts of the Claremont premises, as is standard City Council policy. Hulme Hall is fully accessible for people with disabilities.

## **Fees and Expenses**

The course is funded by a Community Chest grant, in order to keep costs low. There is however a fee of £20 - £40, mainly to cover the costs of the trips. It is up to you how much you wish to pay, according to the level of your income. If £20 is prohibitively expensive, then we are happy to negotiate a deal. We can also cover reasonable travel expenses, for people commuting to Hulme from other areas.

## **Community**

There is a strong emphasis on community and people care throughout the Programme. We encourage participants to engage with local people where possible, to get ideas for the practical design project. In addition, there are some exciting related social events going on during the period, which we encourage participants to join in with. These include the Exodus World Music Festival in Hulme Park, People's Kitchen, and a Bioregional Quiz Night, a Summer Equinox bonfire at Glebelands, and the Picnic in the Park event at Platt Field Park. The Programme will finish with a mini community event, and we will invite participants to present the designs that they have generated during the practical design exercise, to invited community delegates. In addition participants will receive their certificates at this event. We will end the programme with a good old knees up!

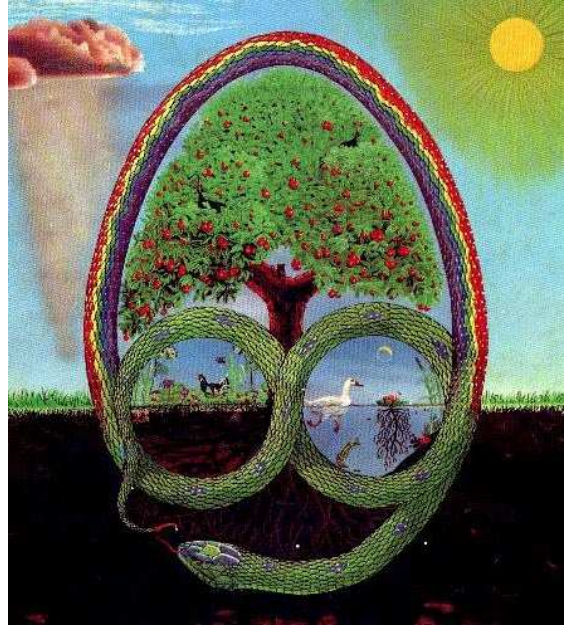
## Schedule

Session	1	2	3	4	5	6
Date	Monday 12-Jun	Thur 15-Jun	Friday 16-Jun	Mon 19-Jun	Friday 23-Jun	Mon 26-Jun
<b>9.30 – 11.15</b>	Introductions - to each other and the course  Permaculture Ethics	The Permaculture design process  Design methods – an overview	Permaculture design theory:  Introduction to systems	Permaculture design theory:  Sectors and Zones  Drawing Skills	Visit to Glebelands organic market garden, Sale:  - growing the food - running the business	Feedback: Glebelands and general  Permaculture Design Project - group work
<b>11.30 – 1.00</b>	Permaculture Principles	Holistic goal setting exercise	Eco-footprinting	Permaculture Design Project - group work	Running a food co-operative (Unicorn Grocery)	Permaculture Design Project - group work
<b>1.00 – 2.00</b>	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<b>2.00 – 4.30 (with break)</b>	Field Observation and Analysis exercises	Soil sampling exercises in the field  Weeds as soil indicators	Thinking and Learning Permaculture	Permaculture Design Project - group work	Practical horticulture work  Visit wildflower meadow in Trafford on return to Hulme	Practical project: Planning and Design

7	8	9	10	11	12
Thur 29-Jun	Sat 01-Jul	Sun 02-Jul	Mon 03-Jul	Fri 07-Jul	Sat 08-Jul
Energy	Growing With Grace organic market garden (Lancashire)	Middle Wood - Trees and patterns in nature	Feedback on weekend  Nutrition	Design Project – group work	- Personal development and PC Design  - Next steps in Permaculture
Composting theory and practical	G-W-G - Running the business - Composting - Box schemes - Practical work	- Trees and patterns in nature	Water	Design Project - completion	Course feedback  Design Presentation  Certificates
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Practical project work	Middle Wood Eco Trust (Lancashire)  Ecological building  Spend night in camping barn	Open Space  Return to Manchester	Practical project work	Practical project work	Community Celebration!!!

# Permaculture in a Nutshell

The term 'Permaculture' has been around since the 1980's, and basically means "permanence in culture". In the UK there is a strong and active network of permaculture activists, who have been developing solutions for sustainable living since the 80's, well before the concept of sustainability became mainstream. The UK network is part of a growing international community of permaculture activists, in over 40 countries around the World.



## Permaculture Ethics

Permaculture is built upon three **ethics**, which guide development and practise. These are:

- Care of the earth
- Care of (all) people
- Fair shares (or sharing our surplus)

## Permaculture Design

The process of **design** is central to permaculture practise, and is applied to develop **systems** for **self-reliance**. Well designed permaculture systems are life supporting, and range from relatively simple house and garden applications, to complex neighbourhood scale developments, located in urban, peri-urban and rural contexts. A comprehensive permaculture design will incorporate a range of essential human activities, including for example:

- Food production, and water harvesting and purification
- Renewable energy systems
- Housing and low impact developments
- Appropriate technology, and IT
- Social, legal, and economic structures
- 

## The Permaculture Network

In UK permaculture community is comprised of many individuals and bodies:

- A diverse network of practitioners including for example: full time permaculture designers and teachers, individuals, community workers, social and community activists, artists, engineers, writers, educationalists, health

workers, professionals such as architects, planners and policy makers, academics, futurists, farmers and market gardeners, woodland managers, social entrepreneurs, and small businesses

- The UK Permaculture Association, which provides advice, support and co-ordination for the network, in this country as well as abroad
- A deep knowledge pool of publications, including the Permaculture Magazine, many books and articles in professional and academic journals
- Teachers and trainers, who provide a range of services including:
  - Permaculture Introduction courses
  - Permaculture Design courses
  - Specialist training
  - Permaculture Diploma

For more information about permaculture in the UK, visit:

- The Permaculture Association: [www.permaculture.org.uk](http://www.permaculture.org.uk)
- The Permaculture Magazine: [www.permaculture.co.uk](http://www.permaculture.co.uk)



# Glebelands Market Garden

**Glebelands Market Garden is one of the finest examples of local, peri-urban, organic food production in the country. Based in Sale, to the west of Manchester, in the flood plain of the River Mersey, it provides three acres of fertile and traditionally productive land.**



In the early 1900s the site was run as a market garden, producing vegetables. In the 60s it was taken over by the council as a playing field, which flooded, and later became a special needs project. By 2000 the site was lying unused, and since Unicorn Grocery, an organic supermarket in the Chorlton area of Manchester was looking for a way to source local food, Lesley Bryson and Adam York took on the land and returned it to its market garden status. They established a worker's co-operative, applied for Soil Association certification, and gained full organic status during 2004.

- Although commercially, local food production is still rare in the UK, Adam York says, *“Rising oil prices mean it will be a model we shall all be returning to.”*
- In 2004 Glebelands participated in the Bentley Bulk Healthy Local Food project, and provided training and work experience for people from inner city Manchester, in growing organic food.
- The project is committed to community and co-operative values, and welcomes school visits during its open days.

The market garden concentrates on leafy and salad crops, which are provided fresh to Unicorn Grocery and other local businesses on the same day. What they lose in smaller scale production is made up in higher value crops. They use techniques such as composting, crop rotation and green manure to maintain soil fertility and plant health. The growing season is extended through the use of horticultural fleece, mesh covers, a glass house, polytunnels and drip irrigation lines. The environmental cost of synthetic materials is currently considerably less than transport from Spain and other origins. The project's tractor (called David Brown!) is also critical to production!

Adam and Lesley are quick to point out that while visitors often have a romantic vision of 'working the land', the profit margins are small, and it is 'hard graft'. The project has not received any funding support, and its success to date is testimony to the vision, dedication and commitment to organic values of its key worker's. Over the years they have received a large amount of voluntary support from local people, and international WWOOFers (World Wide Opportunities on Organic Farms), who have come from as far away as the US and Japan, and work the land in return for experience, food, accommodation and cultural exchange. In addition to Lesley, who works full time, the project now employs part time workers.

Typical crops include: up to 15 types of salad leaf; kale; purple sprouting broccoli; french, runner and broad beans; courgettes; squash; basil; spinach beet; cavolo nero and cucumber. Although the main UK season focuses on June-October they specialise in producing salad leaf right through the colder, darker months. They have seen an improvement in the ecological life around their three acres - butterflies, dragonflies, beetles, hedgehogs, birds, etc. - and continue to show how this richer life can coexist with commercial food production and surrounding suburbia.

**For more information contact Lesley Bryson, 24 Athol Road, Manchester, M16 8QN  
Email: [glebelands@ntlworld.com](mailto:glebelands@ntlworld.com)**



**Growing With Grace is a Soil Association registered organic co-op, based on a two-acre site, located at Clapham on the edge of the Yorkshire Dales National Park. Launched in 2001 by a group of six Quakers, it is a co-operative, social enterprise, founded on Quaker principles. Of the original six members, three now remain, plus the Co-op employs approximately 17 other part time staff.**



In 2002 Growing With Grace won the Soil Association Local Food Initiative award for setting up their innovative 'Post Office Network', which delivers home-grown fruit and vegetables for collection at local village Post Offices. In 2005 they won the Organic Grower of the Year award from the Organic Growers' Association?

The main activities of the Co-op include:

- Market gardening
- Farm shop
- Delivery service
- Markets
- Composting
- Education

**Market Gardening:** The site has 2 acres of organic soil, all of which is under glass, and there are five glasshouses, which provide a range of different environments and produce. At the tail end of the season, they are still able to produce a wide range of produce, including for example: salad leaves, rocket, spring greens, beans, kale, chard, broccoli, onions, carrots, beetroot, cabbage and mushrooms. Their 'Mediterranean House' provides foods like aubergine, tomatoes, peppers, garlic, squashes and pumpkins. Some of the more exotic plants grown on site include oriental mustard, asparagus, some fig trees, vines, and a selection of medicinal herbs.

**Farm shop:** The store sells purely organic produce, including home-grown produce, plus produce from three other local farms. Also they sell a mix of local and imported produce from two organic suppliers who are based in the region. They supply a complete grocery range including whole foods, organic tinned and pre-packed dry goods, eggs, dairy and soya products.

**Delivery service:** Distributing a range of vegetable, salad and fruit bags, varying in price from £5.50 to £12.00. They currently deliver around 250 bags / week, in Craven, North Lancashire and East Lancashire. A 'multi-drop' distribution system is operated, whereby a number of bags are delivered to each distribution point. Distribution points include village shops, post offices, and customers homes.

**Markets:** The Co-op works three farmers markets in Settle, Skipton and Grassington, one day per month each. In addition they have recently begun working Settle market one day a week.

**Composting:** A waste disposal contract exists with Craven District Council, who deliver green waste, such as grass clippings and waste from residential brown bins. This is shredded and composted and the end product is used on site to maintain the soil fertility.

**Education:** Local school children grew their own wheat on the site, which they harvested, milled and baked into bread. They have provided apples for a school Apple Day, and accept visits.

**For more info contact Carolyn Hall, 015242 51723, or visit <http://www.growingwithgrace.co.uk>**

# Middle Wood Ecological Trust

**Middle Wood is an environmental centre and community in North Lancashire, UK. It is based in a beautiful valley following the River Roeburn. The area contains a small organic hill farm, with species rich meadows, moorland, and an extensive area of native woodland.**



Ecological buildings, low impact dwellings, alternative energy systems, and woodland crafts provide the basis for human and environmentally friendly facilities. The Middle Wood community and Middle Wood Charitable Trust use these resources as a focus for sustainable development and through education help to create a future with a future. Permaculture principles and ethics act as the background for this project.

The Roeburndale camping barn is situated in a secluded meadow on the banks of the River Roeburn, and surrounded by native woodlands. It is a mile walk through the woods and over a swing bridge. It is ideal for walkers, friends get together, study groups, or simply as a quiet retreat. There are two floors each about 30 m<sup>2</sup> and a balcony over looking the river. The upstairs has bunk beds for 16 people. Some double and some single beds. Down stairs there are table and chairs, gas cooker and wood burning stove. Plenty of eating utensils are provided. There are simple washing and compost toilet facilities. Outside there is a field and a small fire place.

The extensive woodlands include Roeburndale Woods grade 1 Site of Special Scientific Interest and many smaller Biological Heritage sites. Historically they were managed as coppice with standards and used for charcoal, turnery, swill oak baskets, Lancashire clogs from alder, besom birch brushes, fence posts and riven oak beams. They are rich in unusual wild flowers, ferns, and fungi. They contain many native species of trees including the rare small leaved lime. The woods are used for teaching National Vegetation Classification and also make an excellent place to observe and learn from nature. The intricate patterns and interactions of plants and animals act as the background for teaching Permaculture.



**Middle Wood, Roeburndale West, Lancaster, LA2 9LL, UK**  
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**[contact@middlewood.org.uk](mailto:contact@middlewood.org.uk)**