

Common Sense Solutions

Sunday 4th October, 2 pm *TALK*

- **Learning from the Past.**

Fiona Houston will speak about her experience of living in the Borders as if in the late 18th Century. Her Cottage Garden Diaries are full of practical advice and are a hard-earned guide to living on a few pounds a week and as far removed from modern technology as possible.

Sunday 25th October, 2 pm *TALK*

- **It's Growing All Around Us - part 1**

Food For Free – what can we eat that grows in, under and round the trees, in the woodlands, fields and hedgerows? Emma Chapman from Reforesting Scotland will take us round Wiston Lodge estate for a practical demonstration.

Sunday 22nd November, 2 pm *TALK*

- **It's Growing All Around Us - part 2**

Lessons from the Fife diet. Not only have Mike and Karen Small lived for a year on local and seasonal foodstuffs grown within 20 miles of their home. They have spread their idea from a small group to hundreds of people *and* reduced their family food bill to less than half and built a community of interest. As Mike says,

“it’s a celebration of local goodness, not an exercise in self-denial” South Lanarkshire was and has the potential to be a major producer of local foodstuffs. What can we learn? Can we follow this pattern?

Saturday 16th January 2010 *WEEKEND*

- **Building a Community of Interest**

Film evening, dinner.

Showing the *Age of Stupid*, Franny Armstrong’s film and Rebecca Hosking’s *Farming for a Future* two impressive calls for action followed by a simple Wiston Lodge dinner and get together.

Set up the planning group for a weekend in April

Thursday 11th February 2010 *TALK*
Evening: 6 pm for evening meal, 7.30 pm for talk.

- **Finding Solutions**

Alastair MacIntosh on Spiritual Activism
“When you take an interest in major world problems of our time, it's like pulling on a tangled ball of string. You can't unravel one loop until you've understood the interconnections with all the rest. As such, my work is extremely varied, but what joins it all up is a fundamental passion for that which gives life - in a community that is social, ecological and even spiritual.

Sunday 14th March 2010, 3 pm *TALK*

- **Finding Solutions**

Professor Susan Roaf – Practical steps to sustainable living; eco-house design, Adaptation of buildings, towns and cities for climate change. What do we need to do to future-proof our lifestyles for climate change? Is this possible in listed buildings and conservation areas?

April 2010

WEEKEND

- **Going forward**

A residential weekend putting together what we have learned. How we can go forward and share what we have learned. We will have started planning this weekend and other possible common sense solutions during the weekend held in January.

Tickets for the talks are £5 each,
or £20 for all five talks.
Weekends - price on application
Tickets available from Wiston Lodge
or Atkinson-Pryce Books

