

Permaculture Design Checklist - Design 8 Community Health Clubs

Design framework	ACTION LEARNING CYCLE
PERMACULTURE PRINCIPLES	
Observe and interact	This design has been brewing for many years and finally coming to fruition. I have had the ability to tweak, reflect and get to where I am slowly.
Catch and store energy	I have files of all my learnings by topic waiting to be turned into course materials. I am finally able to make a business out of my ideas.
Obtain a yield	I will be getting paid and supporting myself in a way that feels fantastic. I have already learnt lots being on the school for Social entrepreneurs course.
Apply self-regulation and accept feedback	I am aware of my need to reflect. I realise that if time management becomes an issue I can find it hard to cope. Personal relations with people and funders needs me to be in aware of my limitations. The separation between herbalist me and herbaculture me is being self observed and also I am aware of the organising of events and how annoying I can find that. I need to build in testimonials and ask for ways to improve form all those I deal with.
Use and value renewable resources and services	Plants and nature renew. People can always improve their wellbeing even if healthy. Connecting people with nature for wellbeing recharges me as well.
Produce no waste	I aim to leave every course group or piece of land in a better state. Composting people's baggage. Ask for help from past participants.
Design from patterns to details	In a way what I am proposing to do is broad philosophy of self care and car of others. Finding how that fits to each person is the key.
Integrate rather than segregate	Id love to partner up businesses and communities for a lasting relationship and mix up participants on courses. The gardening and health aspects of each course brings together the wellbeing in a more holistic way.
Use small and slow solutions	It has taken many year to get to here. Choices like what legal structure do have to be hurried.

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Use and value diversity	I am keen to work with different experts and bring in talent to assist on courses. nature foragers, physical trainers, doctors etc. I must not be afraid of people coming from all walks of life and revel in it, asking for experience and knowledge to be shared.
Use edges and value the marginal	Funding can take me to places that may not be used to self development and there is more learning to do here. Just as business folk can be quite hemmed in in their lives too. In all this I commit to my own self development as the edge can be a place of danger and I do not what to leave myself or participants in danger.
Creatively use and respond to change	The ideas I have will develop and I will hopefully have others joining the organisation so there will be a letting go process at some point. Being open to this allows fantastic ideas I could never have to emerge.
PERMACULTURE ETHICS	
Earth Care	A key aspect of this is a connection with nature and hopefully a particular piece of land. The development of a love of the land.
People Care	This is all about an individuals self care and also the connection that people can make whilst bring in a group process.
Fair shares	Care is being taken to give options for reduced rates and funding can assist this even more until I have a surplus ready to use. I need to ensure that as many of those in need get to even hear about the courses. I had an idea for a Norwich based ex patient interested in learning about herbalism to get a free place by delivering fliers to the area around the community garden.