



Resurgence Summer Camp 2024

*Celebration of connection,
community and change*

12 July at 2.30pm – 14 July at 3.00pm

PROGRAMME

SPEAKERS

Satish Kumar: Love first!

We need to bring love into our daily lives before anything else. Love first, then democracy. Love first, then science. Love first, then Truth. It is only through love of Nature, love of humanity and love of oneself that we can be united and help each other and care for our precious planet Earth. Environmental and social movements as well as business and politics need to be underpinned by the practice of love. Love of Nature, love of people and love of oneself are all connected.

Satish Kumar is editor emeritus of *Resurgence & Ecologist*. A former monk and a long-term peace and environment activist, he has been quietly setting the global agenda for change for over 50 years. Inspired in his early twenties by the example of the British peace activist Bertrand Russell, Satish embarked on an 8,000-mile peace pilgrimage. Carrying no money, he walked from India to America via Moscow, London and Paris to deliver a humble packet of 'peace tea' to the leaders of the world's then four nuclear powers.

In 1973 Satish settled in the UK, becoming the editor of *Resurgence* magazine. He has been the guiding spirit behind a number of internationally respected ecological and educational ventures. He co-founded Schumacher College in South Devon, where he is a visiting fellow. His autobiography *No Destination*, first published by Green Books in 1978, has sold over 50,000 copies.

www.resurgence.org/satish-kumar

Daphne Lambert: Reflections on a healthy foodscape

A healthy foodscape aligns with Nature and cares for the myriad of relationships involved in bringing health-giving food to the table. From the diversity of soil micro-organisms to our own bodies' microbes, and from the traditional wisdoms of growing, harvesting and seed saving to the art of preserving food and the joy of sharing, these interwoven relationships are a rich mosaic of traditions and cultures sitting at the heart of a healthy foodscape.

Through the lens of three Greencuisine Trust projects, this talk reflects on diverse people's understanding of 'healthy', their knowledge of the stories behind the food they eat, and their thoughts on a healthy foodscape.

Daphne Lambert is an eco-nutritionist, chef and author who has cooked, studied, taught and written about food all her adult life. For over 30 years she was the chef and a co-owner of the first organic restaurant and eco-hotel on the Welsh–Herefordshire border. In 2010 she founded Greencuisine Trust. Through inspiring projects, courses, events and consultancy the Trust highlights the connections between food and health.

www.greencuisinetrust.org

Gail Bradbrook: The leadership able to bring about a 'just transition'

This talk will address how we can join our global family to unplug the death machine.

Having participated in a Pan Afrikan-led delegation to the Alliance of Sahel states, Gail will talk about the decolonial struggles there and the relevance to climate movements in the global north. Follow-up discussions will centre on what is in the way of north-to-south solidarity and what we can do about that.

Gail Bradbrook has been researching, planning and training for mass civil disobedience since 2010 and is a co-founder of the social movement Extinction Rebellion (XR), which has spread internationally since its launch in October 2018. There are now more than a thousand XR groups in 75 countries. Gail has been arrested several times for acts of civil disobedience, and for these actions she has been found guilty and shouldered various punishments.

Gail trained in molecular biophysics, and her talk on the science of the ecological crisis, the psychology of active participation, and the need for civil disobedience has gone viral and has inspired many people to join XR. The daughter of a coal miner, she is from Yorkshire and is the mother of two boys. She was named by GQ magazine as one of the top 50 influencers in the UK, and honoured in a Woman's Hour Power list for her part in instigating a rebellion against the British government. She is currently working on a major new global programme of work called XR Being the Change.

www.xrismn.earth/bcan

Guy Hayward: Pilgrimage – letting the land speak and heal

Guy is director of the British Pilgrimage Trust, which he co-founded in 2014 to promote the practice of 'bring your own beliefs' pilgrimage in Britain. He has been leading guided pilgrimages since 2016 and has been interviewed about modern pilgrimage for Netflix, BBC Two's *Pilgrimage* series and Channel 4's *Britain's Ancient Tracks*, contributes to Radio 4 and writes for the national media.

Guy Hayward completed a PhD at Cambridge on how singing forms community, co-founded the Choral Evensong Trust with Rupert Sheldrake to promote Britain's sacred choral tradition, and is half of the comedy-singing double act Bounder & Cad.

www.guyhayward.com

Heather Pearson in conversation with Susan Clark: Walking 'The Feminine Path' into the Earth's wisdom

From poetry to philosophy, Heather is a writer weaving words of hope for a better world. Adopting a spiritual and eco-feminist lens, she encourages you to walk 'The Feminine Path', a journey to restore a soulful and wise connection to the Earth. She will also share her poetry, a gentle yet powerful proclamation of our roots in Nature.

Heather Pearson is a writer and poet based in Brighton. Following her poetry collection *Woman of Nature*, she is working on her first non-fiction book, *The Feminine Path: Returning Home to the Wisdom of the Earth*.

www.sprigsofheather.com

MUSIC AND STORYTELLING

Music by Kiki Gilmore

Kiki is a singer-songwriter known for her moving and soulful folk music. Shared straight from the heart, her poetic songs impart her deep reverence for the human experience and the natural world to which we all belong.

Crafting her songs with honesty and feeling, this powerful wordsmith offers something truly raw and memorable. With her authentic yet ethereal voice, Kiki Gilmore calls us to reclaim a life lived in harmony with the Earth that sustains us, stirring our collective remembering of ourselves as Nature.

Storytelling by Anthony Nanson: Stories for ‘interesting times’

We live in ‘interesting times’. We might prefer otherwise, but here we are. How can stories help? Let’s take a tour of some other times and places in search of stories that inspire hope – and not only hope, but also the thing that makes hope possible: kindness.

Anthony Nanson has told stories in many interesting places since he founded Bath Storytelling Circle in a skittles alley in 1999. His work as storyteller and writer is informed by a love of Nature, concern about the environmental crisis, and interest in the interplay between ecology and spirituality. His books include the award-winning *Storytelling and Ecology*, *Words of Re-enchantment* and *Gloucestershire Folk Tales*, the prehistoric time travel romance *Deep Time*, and (as co-editor) *Storytelling for a Greener World*. He is the publisher of the ecobardic small press Awen and has a PhD in ecological storytelling and storywriting.

www.anthonynanson.co.uk

Music by Seize The Day

Drawing on traditional roots from Britain and beyond, making music for our common future, Seize The Day are an English acoustic band in the radical folk tradition, but drawing on global musical roots. They write songs to celebrate, inspire and support the liberation of life. Whatever needs to change or be defended in this world, Seize The Day sing to make you laugh about it, cry about it, dance about it – maybe even inspire you to believe that you can DO something about it!

Seize The Day came out of Britain’s road protest movement in 1996, when Theo and Shannon began playing together at the site of the Newbury bypass. They play at major British festivals and a host of smaller ones. You’re just as likely to meet them at your nearest frontline protest, whether it’s against fracking, nuclear weapons or fossil fuels. Seize The Day have toured American towns and cities and Indian farming villages, and have visited Ireland, Palestine and the big WTO protests in Prague and Seattle. Nowadays they don’t like to fly because of the CO₂ emissions of air travel.

www.seizetheday.org | tinyurl.com/youtube-seize-the-day

MEDITATION AND MOVEMENT

Earth celebration with Hilary Norton and Kiki Gilmore

Join in a co-created Lammas celebration of Earth’s bounty and beauty. Contributions of summer readings, songs, dances, recipes and gardening tips will be most welcome to nurture each other and the Earth.

The Earth celebration will be facilitated by Hilary Norton with songs woven in throughout by Kiki Gilmore, known for her moving and soulful folk music. Kiki’s poetic songs impart her deep love for music and Nature, calling us to reclaim a life lived in harmony with the Earth and stirring our collective remembering of ourselves as Nature.

Hilary Norton has played a key role in GreenSpirit since the mid-1990s. As well as serving on Council, she runs a local GreenSpirit group in Stratford and organises the annual GreenSpirit walking holiday/retreat and ‘Wild Week’ in Snowdonia. She sings in, and helps to run, a local community choir.

Slow yoga and walking meditation with Colette Stein

Colette will be running two sessions during the camp:

- ◇ Gentle wake-up stretch – slow yoga and breathing to ease us into the day. We will practise by the reservoir if the weather is fine.
- ◇ Walking meditation – tuning in to the elements. A walking meditation to the upper reservoir, a peaceful space to breathe and be absorbed by Nature.

Colette Stein is a senior yoga teacher with Yoga Alliance Professionals. This accreditation demonstrates excellent standards as set by Yoga Alliance Professionals. She has 17 years' experience teaching yoga under the tutelage of Sheila Baker. The yoga Colette teaches is inspired by Sheila and introduces the teachings of Thich Nhat Hanh. Colette has taught yoga at corporations and run regular workshops and retreats, and encourages meditation as part of everyday life.

www.yogawithcolette.wordpress.com

Yoga with Joanna Al-Zuhairi

Joanna Al-Zuhairi trained as a mental health nurse, yoga teacher (British Wheel of Yoga) and homeopath. She has organised stress management, mindfulness and mental health workshops. Her main interests are spirituality, Elemental Beings, especially in relation to gardening, and supersensible perception.

WORKSHOPS

Ancient and modern practices for cultivating inner joy, with Sam Jones

Sam Jones is a trained chi gung facilitator, breathwork practitioner, certified hypnotherapist and therapeutic coach. She teaches tools for nervous system regulation. She currently works for the Optimum Health Clinic in London, supporting people on their recovery journeys from burnout, anxiety and trauma.

Natural pigment making, with Yasmin Dahnoun

Join Yasmin for an immersive and hands-on natural pigment-making workshop, where you'll learn the art of grinding rocks into fine powder to create a unique Earth watercolour palette. This simple and meditative practice not only nurtures creativity but also promotes ecological ways of creating Earth-inspired artwork.

Yasmin Dahnoun is a writer, public speaker and creative. Through her words, art, photography and podcasting, she aims to stimulate conversations about ways of living more reciprocally on the planet, and inspire a shift towards a more informed and connected way of being.

Reclaiming the conversation about life, death and dying, with Ruth Sidgwick

"Just as talking about sex doesn't make you pregnant, talking about death doesn't kill you." – Jon Underwood

You are invited to participate in the Resurgence Summer Camp death cafe. Since 2011, more than 15,000 death cafes have been held across 83 countries. The lovely Jon Underwood and Sue Barsky Reid developed the idea in the UK, "to increase awareness of death with a view to helping people make the most of their lives".

The Summer Camp death cafe will be a safe space in which to share questions, ideas and anxieties around death and dying – thoughts we may have been secretly harbouring but haven't had the chance to air before. It is an opportunity to express our fears, to listen to others' experiences, and to share discussion around the one certainty we all have in our lives – that they are finite! Whilst a death cafe is not a bereavement group, it can be a time to think and talk more freely about one of society's greatest taboos.

Ruth Sidgwick has been a funeral director with Bristol's progressive all-women team at Divine Ceremony since June 2023. Previously she worked as a funeral celebrant and comes from three decades working on inclusive arts practice ranging from community drama and dance development to social prescribing and arts, health and wellbeing programmes for NHS staff and patients.

www.divineceremony.co.uk

Stitching with Nature, with Katerina Knight

Join Katerina in the meditative act of slow stitching, working together with Nature to create a communal piece of art marking Resurgence Summer Camp 2024 – a tree of embroidered leaves. With a series of hand stitch techniques, and working with fallen, foraged leaves, each participant will

produce a personal embroidered leaf to hang together on the communal 'tree'. This drop-in workshop is suitable for all, from those who have never used a needle and thread to experienced stitchers.

Katerina Knight is an English textile artist based in Malvern, Worcestershire. Specialising in one-of-a-kind textile artefacts, she works with home-grown and locally foraged organic materials in combination with slow, intricate hand processes of stitch, needle lace and natural dye. Connecting ecology with craft, she invites dialogues of healing and spirituality to be shared through slow textile making.

Katerina trained at The Glasgow School of Art and the Royal College of Art London as a Burberry Design Scholar. She is a published writer, contributing to publications such as *Embroidery* magazine and *Selvedge* magazine, where she works as an editorial assistant. She is a lecturer on the BA Textile Design course at Hereford College of Arts.

www.katerinaknight.co.uk @_katerinaknight

Writing with Nature, with Susan Clark

A quietly intimate writing workshop that is a curated invitation to first connect with and then co-write with Nature, including the ancestors of this land. We will go out in silence and see who wants to speak to us before coming back to create a space for downloads (via a simple breath practice) and then write what is being offered/communicated through these sacred channels.

Deep listening is a skill we can best hone when we switch off the mind and settle down into the body, which is always ready for relationship with whatever is in the field – the seen and the felt. So after our walk we will be listening to the body, to discover what is being said and exchanged, what wants to be felt and written down. There will be time for sharing and feedback from the group for those who want to hear their words spoken aloud.

Susan Clark is the editor of *Resurgence & Ecologist* magazine. She has spent over a decade working in the charity and campaigning sectors and before that worked for multiple mainstream media titles in the UK as a writer, reporter, researcher, journalist and senior editor, both on- and offline. She is the author of some 30 non-fiction titles.

Please bring a pen and paper or a notebook.

'Giving voice' – a chance to explore, understand and develop song sound, utilising the classical Indian notation of Sa, Re, Ga, Ma, Pa, Dha, Ni, with William Tooby

William Tooby is a founding director of The Fold CIC. He is an eco-facilitator and a voice coach passionate about singing raga. Originally drawn to India to better understand music in the 1970s before becoming an organic farmer, he went on to sing a cappella with various groups before focusing on raga. He loves to facilitate others in finding their own unique and embodied voices. Please wear loose, comfortable clothes.

www.thefold.org.uk

Open space sessions

An opportunity to work together with whatever comes up from our weekend. You can choose to offer or to attend sessions, which can be on something you are passionate about, or perhaps a continuation of a talk or workshop that you would like to explore further. If you have something to share, come along and participate in an interactive session. If there's something you'd really like to know about, you can suggest a topic and see what emerges.

Open mic around the fire

The open mic around the fire returns this year. This is your chance to share a song, dance or perform, solo or with friends. Bring instruments, a poem, a song and join in the entertainment.

Illustration on front page by Linda Scott www.lindascott.me.uk

This event is a fundraiser for The Resurgence Trust, a company limited by guarantee registered in England and Wales (5821436) and a charity registered in England and Wales (1120414).

Venue: Green & Away, Bransford WR6 5JB | Tel: 01886 357089