

SUSTAINING DUNBAR

ACTION PLAN

Revised March 2015



Community Planning Partnership

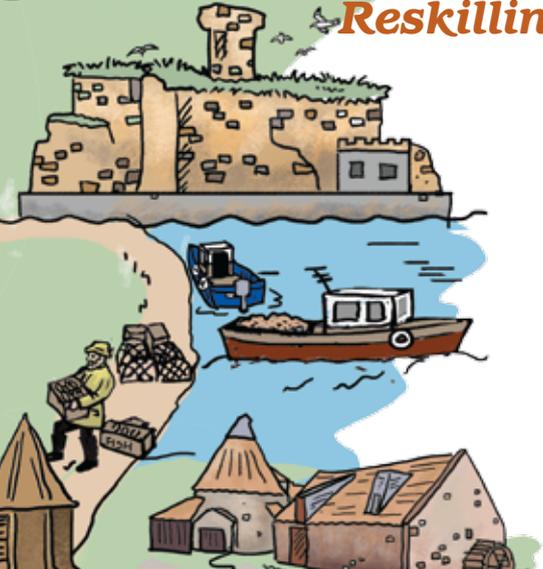
Business



Schools



Reskilling



Community Groups



Community Councils





Dunbar 2025 –Local Resilience Action Pla

This is a DRAFT vision for 2025 and an action plan for getting us there. The action plan builds on local survey findings in which over 1500 residents in the Dunbar and East Linton ward area have been interviewed. These surveys have highlighted a strong desire to be able to source more locally produced food, live in more comfortable and energy efficient homes in neighbourhoods which are safe and attractive to walk and cycle around, for increased opportunities for local employment ... and much more. The surveys have also highlighted the many barriers which currently prevent us all from doing many of these things..

What is this all about? We live in interesting times!

- To meet Scottish Government carbon reduction commitments, each of us must reduce our consumption of fossil fuels by about 5% per year, every year for the foreseeable future.
- As production of conventional oil declines, we can expect the oil price to become increasingly volatile and for supplies to be subject to disruption. Major changes to the workings of the global economy will be inevitable.
- We can also expect an increasing number of extreme weather events due to the raised level of energy in the atmosphere as average global temperatures increase.

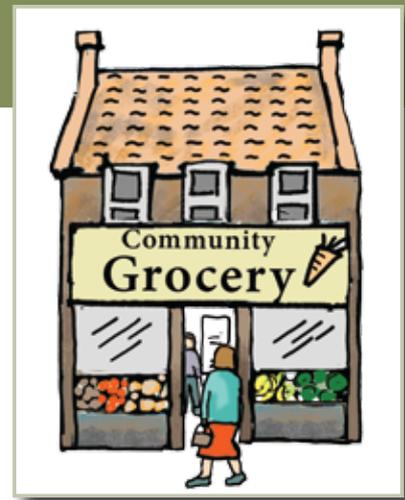


Given these challenges, what will this locality look like in 2025? How can we build a vibrant low-carbon economy for the Dunbar area which is resilient enough to cope with the challenges that we will face?

The Action Plans will show how we might start creating a more localised, vibrant and resilient local economy which can not only help us to cope with the major challenges which lie ahead but which, we believe, can create significant opportunities – for meaningful work, to develop new skills, to strengthen community networks and working to enhance the local environment. Please take a look. What do you agree with? What do you disagree with? What have we missed out? Please send us your comments and ideas - our contact details are on the back page. Thank-you!

Food vision

How will we feed ourselves in 2025? What changes will we have made to local agriculture and food processing and distribution to ensure a local food supply which uses 50% less fossil fuels and is resilient enough to make sure that we don't go hungry after flash floods or a long drought or after an oil price spike disrupts supermarket delivery systems?



In 2025, we want to ensure that anyone can access land to grow some of their own food. There will be a change towards smaller scale mixed farming which is primarily concerned with supplying food to local markets. Local procurement policies and farmers' markets along with local processing facilities such as a slaughterhouse, a flour mill and dairy will be in place. There will be a diversity of food growing enterprises including Community

Supported Agriculture schemes, market gardens and community orchards. Soil fertility will be increasing with an expansion of organic methods and the local recycling of nutrients from animal wastes, crop residues and local food waste. Farms will be becoming self-sufficient in terms of energy with machinery powered by renewable energy and through use of animal traction. Local fisheries will be sustainable and providing for local needs.

Some Food Challenges (and notes towards solutions)

1. The majority of people are keen to purchase locally produced food but face a number of barriers. There is very limited quantity or variety of local food available in local shops and none in local supermarkets where most people do their shopping. Lack of precise labeling means it is often hard to know if food is actually local or not. Some local food is available in High Street shops, at Knowes Farm shop and through the Phantassie box scheme but it is perceived as being more expensive than food in supermarkets and veggie boxes can include a lot of imported produce. Many people do not have the transport or time to travel to Knowes Farm or they find that Crunchy Carrot and other local food shops are not open at times that suit them. There is no local produce market in the Dunbar area and there is a perception that rules and regulations make it difficult to set one up.

We need to find ways of reconnecting growers and consumers. There is already a substantial demand and desire for locally produced food among consumers but farmers are not generally set up to grow food for a local market. It will not be easy for existing farmers and growers to change their business model and to wean themselves off dependence on cheap oil, cheap credit and a few large customers. The development of a local food procurement policy by East Lothian

Council could assist in driving this change along with the establishment of regular local food markets, the development of a labeling scheme for local produce and the piloting of alternative models such as 'community supported agriculture', community gardens and orchards. Local shops may also need to look at developing their business model to provide late night opening and a more flexible delivery service.

2. Many people would like to be able to grow more of their own food but are frustrated by lack of time, lack of knowledge and by lack of access to land. Land at Winterfield Park could be used for allotments or community growing but local residents have objected. Otherwise the Council has no land which is suitable. The 45 new private allotments at Thistly Cross were taken up immediately but more than 80 people remain on the local allotments waiting list. A community garden has been created at Belhaven Hospital but with only short-term security of tenure. Local landowners are generally unwilling to sell land unless it is for housing and are reluctant to lease it because of complications of agricultural tenancy agreements. When agricultural land does come on the market, the price is very high. Most land adjacent to Dunbar has been zoned for housing or industrial use in the local plan.

There is a need for a full audit of land which could be made available for allotments, community gardens/orchards and for Dunbar Allotments Association and East Lothian council to make a coordinated approach to landowners. A long-term future for community growing and a therapeutic garden at Belhaven Hospital needs to be agreed with the NHS. A task group should explore if there is scope for meeting local resident's concerns while including allotments in future plans for developing Winterfield Park. There is a need to understand landowners' reluctance to sell or lease land for small-scale food growing and to develop ideas for how issues can be overcome. There may be scope for a local community land trust to take land into community ownership. The local Development



Plan may need to allow for alternative land use models. There is a need to create more opportunities for education and skills training both through informal sharing networks and through more formal courses and volunteer opportunities for education and skills training both through informal sharing networks and through more formal courses and volunteer opportunities.

3. The prevailing ethos, subsidies and high overheads from land and machinery purchase, all pull farmers towards large scale, specialised production for supermarkets and grain merchants. Use of labour is minimised and income maximised in order to service debts. What is grown, and how, is dictated by supermarkets and merchants. Lack of local processing facilities and lack of time make it difficult for farmers to supply small quantities locally. Organic methods yield less and carry extra certification costs without commanding a price premium. Local fishermen are similarly dictated to by merchants. Costs of whitefish quotas are prohibitive for small operators and while the shellfish fishery is currently doing well, all catches are sold through the local merchant and exported, mostly to Spain.

Transforming the current agricultural and food supply system will take time and will need to happen alongside the development and piloting of new and alternative, community based, more labour intensive food growing projects. The development of local markets, processing

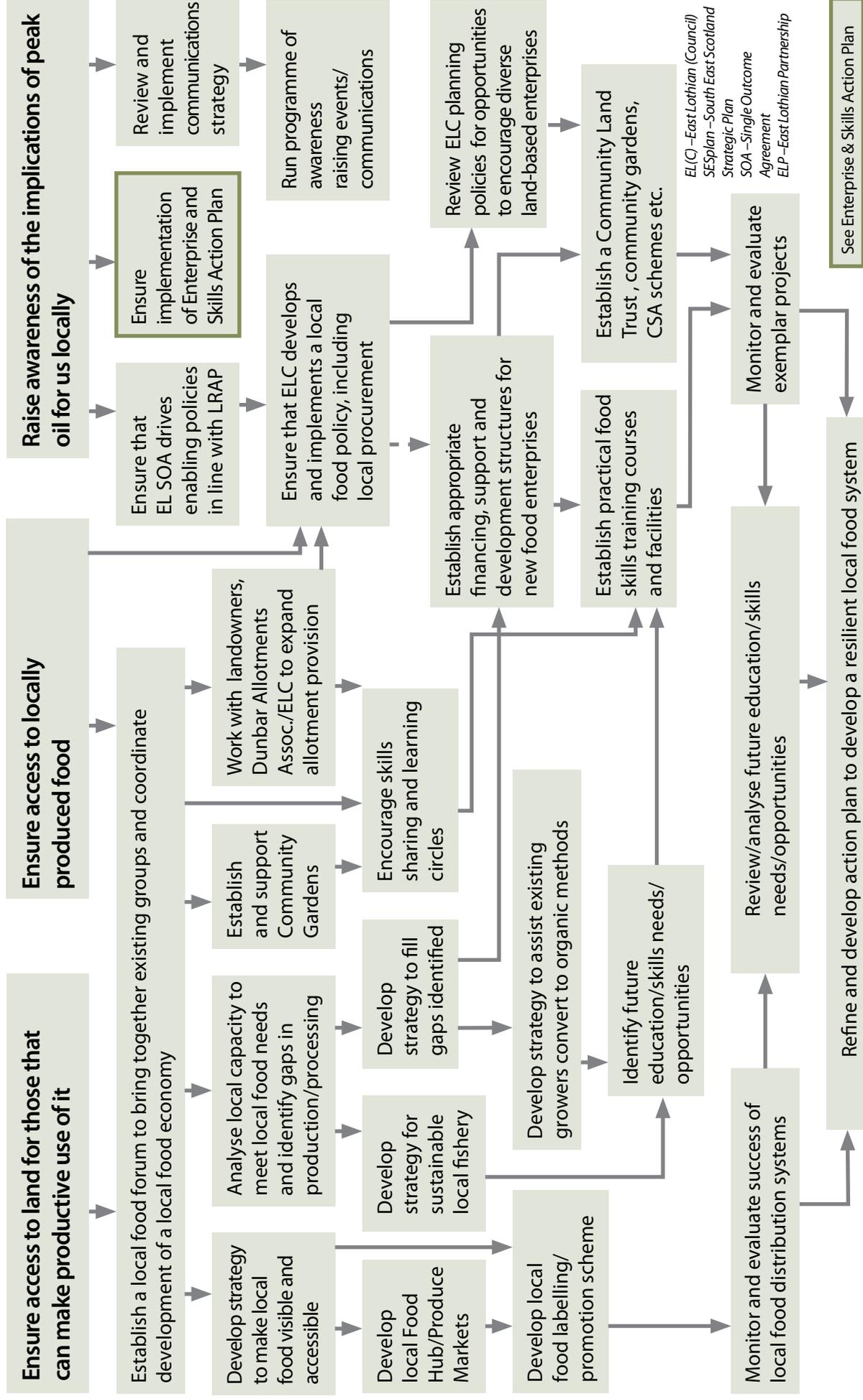
and distribution systems will need to happen hand in hand with this. Future subsidies need to be geared to encouraging smaller scale mixed farming. Further research is needed into the development of a locally controlled, sustainable, small-scale fishery.

4. Local farmers are not set up to produce local food and there is a disconnection between local needs and local production. There is now one small, local flour mill supplying locally grown organic wheat flour but almost all locally grown grain goes for malting, biscuit flour or animal feed. There is no slaughterhouse or local dairy while livestock and vegetable production is almost all on a large scale for supermarkets. Agriculture, fishing and the food distribution system in general is completely dependent on cheap oil. Biodiversity on most farms is low and declining and soil fertility is also in decline with soils becoming increasingly vulnerable to erosion. Our current food system is fragile, lacking the resilience we will need in future to cope with extreme weather events, oil price volatility or breakdown of the current globalised economic system.

There needs to be an analysis of local food needs, how much of this could be met from local sources, how much land this would require and what gaps it would leave. We need to understand what barriers there are to re-establishing local food processing facilities and find ways to overcome these. Farms will need to become more self-reliant in energy, either through biomass and wind energy and/or

by a move to more labour intensive methods. The cost and reduced availability of chemical fertilisers and pesticides will require a return to smaller scale mixed farming and the local recycling of nutrients. Land and soils need to be managed to increase biodiversity and organic matter so as to build fertility and resilience.

Food action plan

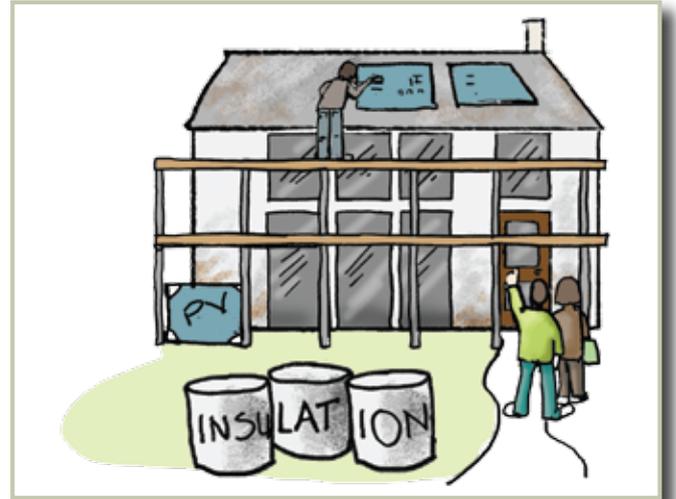


Energy vision

How will we make sure that the lights don't go out and that everyone in the Dunbar area can keep warm in 2025? Where will the electricity to run our appliances and communication systems come from? How will local businesses and farms meet their energy needs and how will we travel where we need to while using 50% less fossil fuel?

By 2025 our demand for energy will need to have greatly reduced. We will need to make much more efficient use of the energy that is available and we will need to be making much more use of renewable sources of heat and electricity. To ensure resilience, we will need a diversity of supply and a range of local energy sources that are under local control.

All new homes and workspace will be built to Passivhaus standards while a major programme of refurbishment will be underway to drastically cut energy consumption in our existing building stock. Renewable sources of heat will be in common use. In rural areas, biomass heating (using firewood, wood pellet or woodchip) will be common. Existing, often neglected, woodlands will be managed to ensure a local timber supply while maximising firewood production. New woodland will be established on marginal land and as shelter belts on farms. There will increasingly be a return to traditional coppicing. A local supply chain will be in place to manufacture and supply pellets and woodchip locally and to make use of local waste wood and sawdust. Farms will supply their own energy needs and most will be net exporters of energy. Several villages will have installed district heating schemes.



Green gas from anaerobic digestors fed with food waste will supply the local gas grid. Electricity will mostly come from wind turbines and solar farms. Many will be in community ownership and will also generate income for community investment, particularly in energy efficiency measures. There will also be a community stake in electricity supply and storage, including through hydrogen technology. Suitable south facing roofs will be used for photovoltaics and solar hot water. Dunbar and District will be a net exporter of electricity but, when necessary, will be able to draw energy from the grid which will be increasingly fed from tidal and wave power, as well as offshore wind power. Large offshore wind farms will have been constructed off the coast and their maintenance will be important for the local economy.

Where electricity is used for heating it will mostly be used to power heat pumps, transferring heat from the air, ground or water. Smart grids and appliances will help match electrical supply and demand while smart meters will ensure that householders can easily monitor and control their consumption. When surplus electricity is available, it will be used to charge electric vehicles and to heat water in thermal stores.

Some Energy Challenges (and notes towards solutions)

1. Current energy demand is very high with inefficient building stock and increasing fuel bills. Most householders are keen to upgrade their homes so as to use less energy and to make them cheaper to heat and more comfortable to live in. Many would also like to install renewable technologies such as photovoltaics or solar hot water. However, they face several barriers, including the upfront cost, lack of clear and impartial information and advice and lack of accredited local trades people. Very many properties in the Dunbar area could be classed as 'hard to treat', often with solid stone walls and very poor air-tightness even in modern properties. Many are in conservation areas or are listed. Upgrading most properties to substantially reduce their energy consumption will typically

Energy

require an investment of upwards of £20,000 and there is a lack of technical expertise in how to do this. While there is a lot of information available about home energy efficiency, much of it is confusing and contradictory and is too generalised to be very useful. There is a lack of suitable finance. Government grants are very restricted and energy initiatives come and go and provide little incentive to act now. It can be very difficult for householders to find local tradespeople to carry out the range of measures required, from basic draught stripping and loft insulation through to window refurbishment and wall insulation.

The BeGreen energy advice service provides some free home energy advice but the free home energy audit service has now come to an end. Even when independent advice is available, without access to finance and suitable trades people, implementation of the recommended energy efficiency measures will be limited. We need to find a way of providing an integrated service to householders which provides access to expert advice along with easy finance and coordination and accreditation of trades people and contractors. This could take the form of a revolving community loan fund, with repayments made from savings in energy bills and a social enterprise providing coordination of advice and installation

of energy saving measures. Alternatively, there may be scope for establishing a local pension fund that invests in upgrading the local housing stock in return for an equity stake in the property. Where appropriate, photovoltaics (PVs) may be installed to give the benefit of free daytime electricity to fuel-poor households while generating income from feed-in tariffs to be reinvested in local energy reduction measures. There may be a need for additional skills training for local tradespeople and assistance to enable local contractors to become qualified in eco-refurbishment. There is a need to extend an energy advice service to local businesses.

2. The vast majority of households currently rely on fossil fuel to provide heating. In urban areas, most households are connected to the gas grid although a substantial number rely on electric heating. In rural areas, a few households use firewood for most of their heating needs but the majority rely on oil, LPG, electricity or coal. At current levels of demand it requires at least one hectare of land to provide firewood for one house. Many local woodlands are neglected or poorly managed and most farmers have little interest in woodland management. There is a limited local supply of firewood and woodchip. Wood pellets are now manufactured in the Scottish Borders and Grangemouth.



In order to decarbonise our heating, it will be necessary first to drastically reduce heat demand. Even then, it will only be possible for a minority to use local sources of firewood for all their heating needs. Others will need to rely on renewable electricity, green gas from anaerobic digestors fed with organic waste or green hydrogen generated and stored when there is a surplus of renewable energy. Renewable electricity will be best used to run heat pumps to provide background heat, perhaps with small wood or pellet stoves supplying supplementary heating. People will need to get used to being more energy aware, to dressing more warmly in winter and to zoning their homes to only heat those rooms which

really need to be heated. There will be scope for developing local enterprises as part of a local fuel wood supply chain, from woodland management through to harvesting, seasoning and supply of logs as well as recycling of waste wood and sawdust into woodchip and wood pellet. This is starting to be encouraged by the implementation of the Renewable Heat Incentive but there may be a need to support and provide training for landowners and others. In some areas it will be viable to install district heating schemes, particularly in rural settlements where communities could form their own Energy Supply Company and woodchip could be supplied from local farms.

3. A large proportion of buildings in the Dunbar and East Linton ward are either listed or are in conservation areas. This severely restricts what is currently permitted in terms of eco-refurbishment and installation of micro-renewables. Current local planning policies do not give any preferential support to community ownership of wind turbines or other larger scale renewable generation capacity.

There is a need to review how planning policies and designations could be reframed or relaxed to enable upgrading of energy efficiency standards of buildings in conservation areas. Could acceptance of an alternative aesthetic enable external insulation of properties in these areas? There is a need for research and exemplars of how internal wall insulation can be installed such that long term damage to the building fabric is avoided.

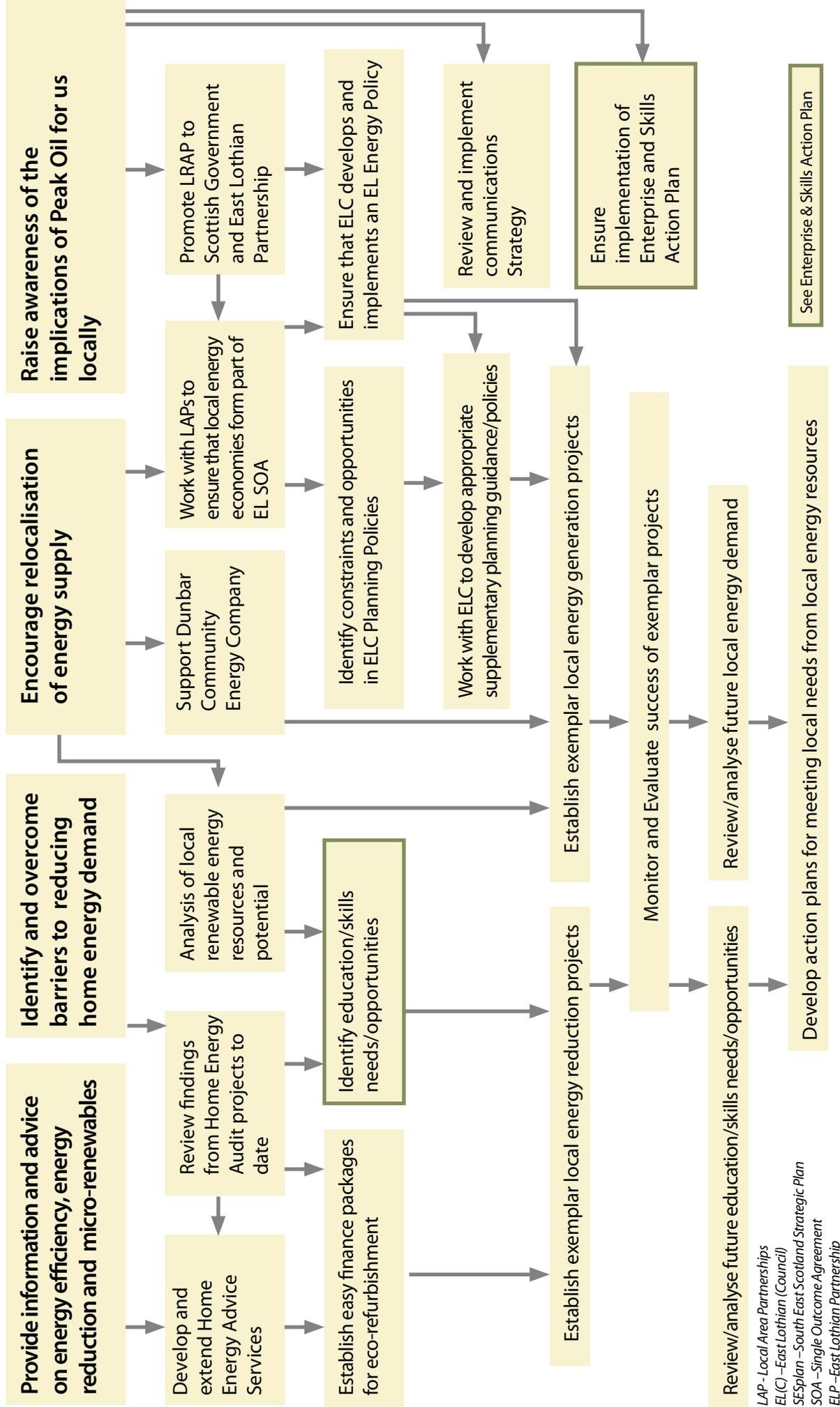
Visually acceptable ways of integrating solar panels into roofs on the front elevation of properties in conservation areas need to be agreed. Community ownership and control of local renewable generating capacity, as well as energy storage and supply, needs to be encouraged through the development of appropriate planning guidance to make this a 'material consideration' for planning purposes.

4. Current energy supply is almost totally dependent on large energy companies with no local ownership or control. There is a disconnection between local demand and local supply. The resilience of the current energy systems is outwith local control.

There needs to be an assessment of the overall potential for local energy supply from renewable sources and the extent to which this can meet or exceed local demand. Community owned renewable generating capacity needs to be established with profits invested in local low carbon infrastructure.

A diversity of energy supply, from biomass, wind, sun and water at a range of scales (from large, megawatt installations to household scale) needs to be encouraged so as to build local resilience in case of disruption to the national grid infrastructure.

Energy action plan



Transport vision

How will we get around in 2025? What means of travel will be open to us if we are using half as much oil as now?



By 2025 our need to travel will be substantially reduced. Working locally will be the norm with a range of workspace and office accommodation being available to locally owned enterprises employing local people with the wide ranging practical skills required in a re-localised economy. This will free up a large amount of the time that people currently spend commuting. Everyday necessities will be produced and available locally and a wide range of local entertainment and recreation opportunities will make much travel unnecessary.

Streets and neighbourhoods will have been redesigned to make walking and cycling the preferred option for short journeys so that streets become spaces for social interaction and children's play while bringing further benefits in health and

wellbeing. Public transport will be efficient and reliable with buses for local journeys integrating with train and coach services for travel further afield. Buses will be equipped to easily carry bikes, buggies and wheelchairs. A community owned and run minibus service will be much more responsive to local needs especially for rural areas.

Car clubs will give access to a car or van when necessary without the need for private ownership. Electric vehicles, charged from renewably generated electricity, will be increasingly common. 'Tripshare' type car sharing schemes will be popular to ensure that cars are mostly full and costs shared.

There may be a revival of interest in sea freight with a renaissance for Dunbar Harbour as a trading hub.

Some Transport Challenges (and notes towards solutions)

1. An increasing number of people are walking and cycling for short journeys and for example, over 80% of children walk or cycle to Dunbar Primary School. However, many people feel unsafe cycling on busy roads, especially where there are lots of parked cars, such as on Dunbar High Street and on narrower streets in the older part of town. There is a lack of joined up and off-road cycle paths and those that exist are not well maintained. There is no safe point to cross the A1 to get to Innerwick and Oldhamstocks and rural roads, while quiet, can still be dangerous for cyclists and pedestrians because of speeding traffic. The railway line limits access between the new housing around Hallhill and the older part of Dunbar. Local people make a very large number of short car journeys around the Dunbar area each day.

Where possible, off road cycle paths need to be developed, for example from Dunbar to Innerwick and existing cycle paths such as NCN76 past the cement works need to be properly maintained and a new bridge constructed across the A1 to provide pedestrian and cycle access between Innerwick and the coast. We need to find ways of modifying roads to reduce vehicle speeds and allow cyclists to share the space as equals. On main roads, priority should be given to pedestrians at well defined main crossing

points and, in residential areas, including Dunbar and East Linton High Streets, streetscapes should be redesigned in conjunction with residents to create 'shared space' in which all users have equal priority. In other areas, pavements should be widened and more drop kerbs installed to ensure that they are accessible for all. A new underpass or bridge across the railway needs to be opened up between old and new Dunbar. The reasons for short car trips need to be better understood and action taken to address the barriers to more active travel.

2. The train service to Dunbar is improving in frequency and is well used although there are still limited services available to commuters and the last train back from Edinburgh is at 10pm (apart from on Friday). Services at peak times are often standing room only. Many commuters choose to drive to Edinburgh. Access to Dunbar station from the south involves a long detour, whether driving or walking/cycling. There is no bus service to the station, many commuters drive to the station and clog up neighbouring streets because of the limited and expensive station parking. The three different train operators all have separate timetables and different rules and regulations for carrying bicycles. There is still unknown when or if the station at East Linton may reopen. Many East Linton residents drive to Drem station. There are regular bus services from Dunbar and East Linton to Edinburgh, although on First Bus this is more expensive than the train and takes more than twice as long. There are infrequent services to Innerwick and North Berwick. It is extremely time consuming and difficult to get a bus to the Royal Infirmary in Edinburgh or to most other towns in East Lothian. There is a very limited bus service from Dunbar to Spott and Stenton. This is heavily subsidised by East Lothian Council but is poorly used and advertised. With three different bus operators there is no attempt to provide an integrated service and all have different fare structures. There has been some progress through the work of the Rural East Lothian Bus Users Forum (RELBUS) and the newly formed, East Lothian Community Rail Partnership but it can still be difficult to obtain timetable, route and fare information and First Bus do not give change. Public transport is felt to be very expensive.

Local employment opportunities must be developed and a range of workspace and office accommodation made available to reduce the need to commute. Local employers need to develop travel plans to ensure that staff can travel to work as sustainably as possible. Access to Dunbar station from Spott Road and from the underpass to the west of the station should be opened up. Existing local bus services must be properly advertised on timetable boards and around the towns and villages and new services developed to link with trains. There may be scope for community

minibus services linking with trains at peak times and for a taxi share service from villages. Printed booklets/maps detailing times, routes and prices of all the local buses should be produced and updated regularly (at least twice per year). These must be available free of charge to all residents and should also be available on-line. Fare structures should be made more flexible/user friendly, allowing through-ticketing, discounted family tickets and smart cards. Bus tickets should be available in local shops. Live updates should be available at main bus stops.

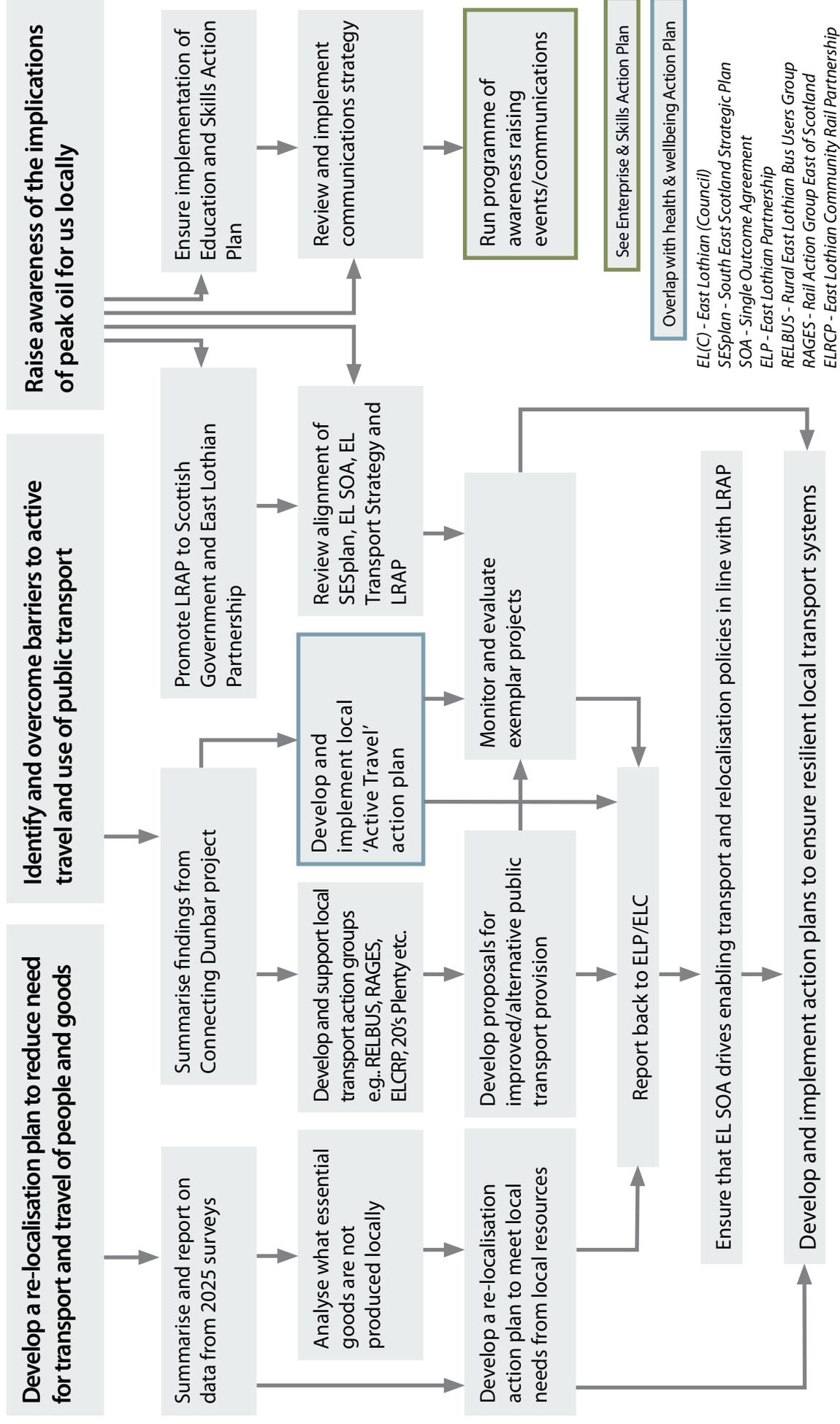
3. The vast majority of current travel is fossil fuel dependent, the bulk being by private car. About 50% of residents in employment travel out of East Lothian for work. A lot of people travel to Edinburgh and further afield regularly for shopping, health services, entertainment and recreation. Most goods available in local shops are transported into the area by lorry. The Co-Wheels East Lothian car-share club now have around one hundred members and four cars in Dunbar that are very well used. There are numerous, well-supported community-run film, music and arts groups and events.



While there is some scope for changing to electric (or possible hydrogen fuel cell or biogas) vehicles, powered by renewable energy, we will need to accept that cutting our fossil fuel use will mean travelling much less than now. Working locally must become the norm and we will need to ensure that, as far as possible, basic necessities are locally

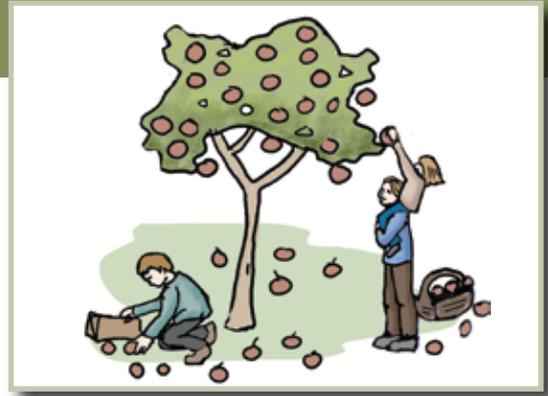
produced and available. There may be opportunities for traders to develop combined local delivery services to rural areas. Walking and cycling will become much safer and more enjoyable as traffic is reduced and facilities improved. For essential journeys, we will need to ensure that public transport provides a much more integrated and user friendly service. Where possible health services will be localised, with direct public transport links to specialised facilities in Edinburgh. Car clubs need to be further developed and run as not-for profit community enterprises. We are fortunate to have a wealth of local recreational opportunities with scope for developing many more. Similarly, local entertainment facilities, such as an arts centre and cinema should be developed.

Transport action plan



Health vision

How will we look after our health and wellbeing in a low-carbon future? What are the implications of Peak Oil for the National Health Service?



Many of the features of a more localised and resilient economy as outlined in the visions for food, energy, transport, employment and education, should bring about an enhancement in our general sense of wellbeing.

We will have a shared sense of purpose as we work together to face up to the challenges that we will be facing. We will mostly have the opportunity to work locally. There will be many opportunities for learning new skills. More of us will be engaged in physical activity as part of our work. Walking and cycling for short journeys will be the norm. There will be increased opportunities for informal social interaction with our neighbours and through community projects and local entertainment. We will be more connected and engaged with our

local environment, including the production and processing of our food. Our environment will be increasingly attractive and bio-diverse and our food will be more nutritious. This should all lead to a general improvement in our physical and mental health.

While some specialised health facilities will still be located in Edinburgh, these will have good public transport links and most health care will be localised in our community. There will be a local hospice, a community hospital and care home. There will be a network of registered volunteer carers and emergency helpers. All NHS facilities will be net generators of energy. Essential drugs will be produced without oil, with increasing use of locally produced herbal remedies.

Some Health Challenges (and notes towards solutions)

1. Oil is a primary raw material for many drugs, NHS equipment and supplies. Transport for patients, staff and deliveries to NHS facilities is also heavily oil dependent. Our closest A&E department is at the Royal Infirmary in Edinburgh, 28 miles from Dunbar and very difficult, time consuming, and expensive, to access by public transport. Patients often have to travel to other specialist centres such as the Western General in Edinburgh or St. John's Hospital in Livingston. Belhaven Hospital provides respite accommodation and care beds for the elderly. Local pharmacies are closed on Saturday afternoons and Sundays. There is an excellent GP run medical centre in Dunbar and a GP surgery in East Linton but there are no weekend GP appointments. The volunteer Dunbar 'First Responders' network is able to provide life-saving first-aid while an ambulance is on its way to a casualty. There are no health facilities at all in the villages and very limited public transport links. We are approaching 'peak antibiotics' and many currently routine operations and procedures will become increasingly risky as infection becomes difficult to prevent and treat.

We need to focus more on 'wellbeing' and on increasing our personal health resilience through healthy eating, physical exercise, strengthening social networks, and on developing opportunities for meaningful work, for learning and sharing new skills and for developing a stronger connection with the local environment. Community gardens have

scope for providing therapeutic work opportunities. Complementary therapies which encourage a more holistic approach to health and wellbeing will have a part to play. Many medicines could be produced locally from locally grown medicinal herbs. A reliable integrated public transport system will be needed for essential longer journeys for

specialist health care. A weekend opening rota should be discussed with local pharmacies and the possibility of a mobile GP clinic could be explored for rural areas. The possibility of developing a local hospice, a community hospital

and care home should be explored and a network of registered volunteer carers and emergency helpers developed – building on the existing 'First Responders' network. All NHS facilities should become net generators of energy.

2. We have a number of potentially polluting industries on our doorstep. The Lafarge quarry and cement works produces lots of dust, has regularly breached SEPA emissions limits and suffered from plume grounding and odour problems. It is also one of Scotland's biggest carbon emitters. Viridor run a landfill site just south of the cement works and have planning permission for a large 'energy from waste' incinerator for waste imported into the area. The potential for harmful emissions is disputed but particulates and dioxins will inevitably result from the burning of plastic waste. Further down the coast, Torness nuclear power station produces radioactive waste from its operations and a huge amount of waste will require disposal when it is decommissioned – currently planned for 2023. The safe long-term disposal of nuclear waste still poses an intractable problem with no solution in sight. Dunbar and District has been chosen to be Scotland's pilot 'Zero Waste Town' by the Scottish Government and Zero Waste Scotland. Our water supply is surface water stored in Whiteadder reservoir in the Borders and treated at Castle Moffat treatment works above Garvald.

Due to the chemical reaction involved, cement manufacture is a major carbon emitter. In a low-carbon future, alternatives to cement will need to be found. In the meantime, Lafarge and SEPA need to be lobbied to ensure that pollution from the Dunbar plant is minimised. Burning of rubbish is an obsolete concept which will have no part in the circular, low carbon economy (being promoted by the Zero Waste Dunbar project) where waste from one process becomes a resource for another. We need to ensure that waste is minimised as rapidly

as possible and that any waste remaining is treated as close to source as possible so that the incinerator becomes redundant. As with oil, uranium is a finite resource and nuclear power can only have a limited future. Disposal of nuclear waste will become even more difficult in a low-carbon future. A precautionary approach would suggest that nuclear power should be phased out as soon as possible to limit the burden on future generations as far as practicable. There will be a need to review land management in the Whiteadder watershed to ensure long term water quality.

3. We mostly live busy and often stressful lives, juggling childcare and other responsibilities, travelling long distances for work and always available through mobile communications. We often rely on processed food and takeaways and the level of essential nutrients in food have declined drastically in recent decades. Many jobs are sedentary, often in artificial environments and much of our leisure time is spent in front of screens. Many of us feel little connection to our local environment and have little idea where our food, water and other basic necessities come from. There are limited opportunities for local employment and a shortage of allotments and community gardens for people wishing to grow some of their own food. We often have little interaction with our neighbours. Busy roads, streets clogged with parked cars and a lack of cycle infrastructure discourage us from walking and cycling and limit opportunities for informal social contact.



Health

A low-carbon, relocalised and resilient economy will bring many opportunities for meaningful local work. An emphasis on wellbeing and community and away from ever increasing consumption should lead to a reduction in stress and more opportunities for physical exercise as a part of everyday life and for more varied social and leisure activities. More could be done to highlight the wealth of local recreational opportunities which already exist. A relocalised food system, with an emphasis on rebuilding soil

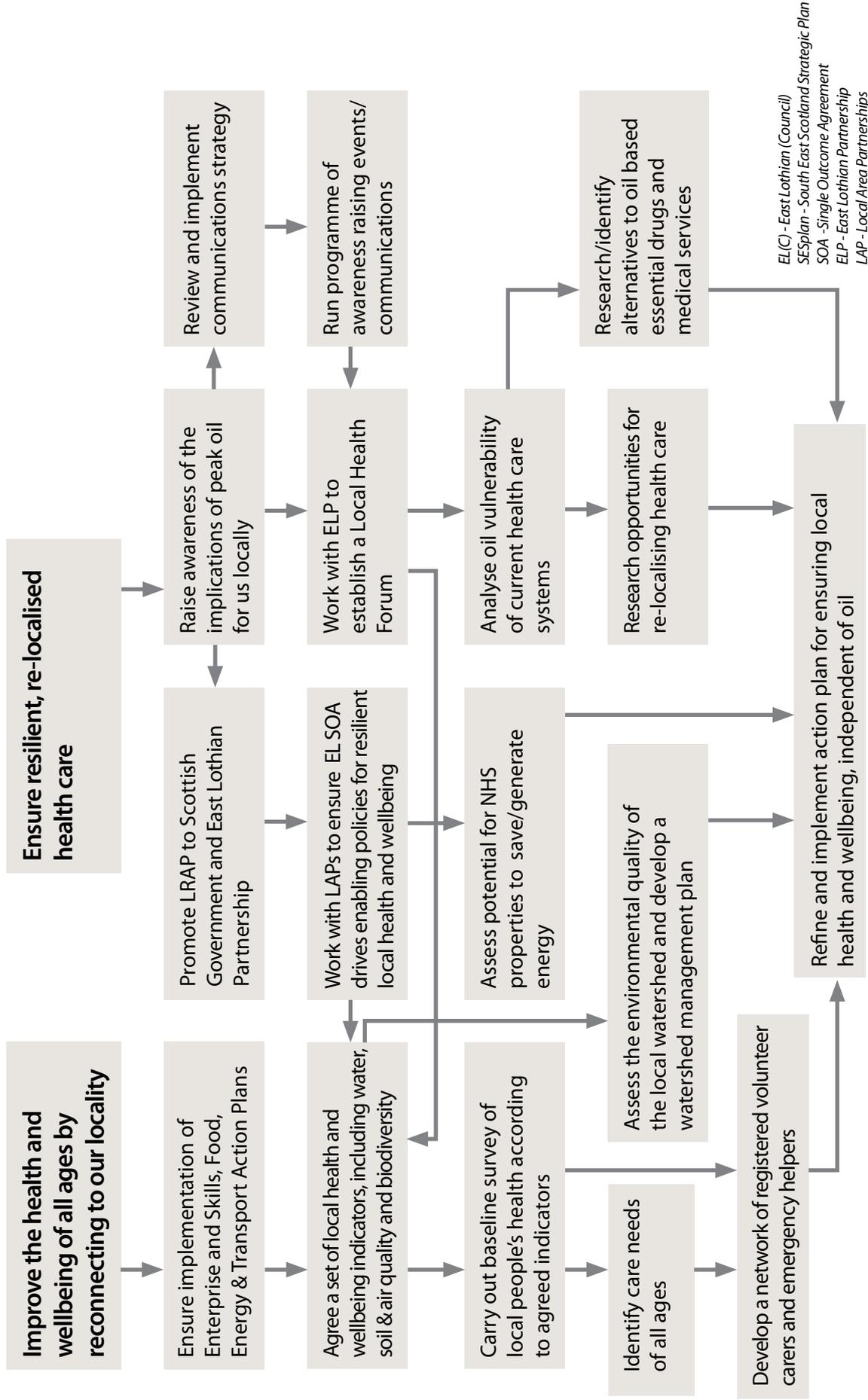
fertility and local processing, should increase nutrient levels while local produce markets will help us feel more connected to our locality. Availability of allotments, community gardens/orchards will also increase opportunities for physical activity and social interaction. A reduced need to travel, expansion of car-share clubs along with redesigned streets and neighbourhoods which prioritise walking and cycling will reduce the number of vehicles on the roads and encourage an increase in informal social contact.

4. Nationally and globally, we live in an increasingly unequal society. Our debt driven economy depends on ever increasing consumption. Unsustainable consumption is pushing many ecosystems close to the point of collapse and causing unprecedented species loss. The negative effect on our psychological wellbeing and mental health is increasingly being realised.

The development of a sense of shared purpose, working together to develop a positive and sustainable future for our community should lead to reduced inequality locally and enhanced wellbeing. Reduced resource consumption combined with

relocalisation of our economy will reduce the negative impact of our lifestyles on those in poorer countries. Increased local bio-diversity and opportunities to actively engage with the local environment will also enhance local health and wellbeing.

Health action plan



Enterprise, Skills and Education Vision

What work will we be doing in 2025? What skills will we need and how will we ensure that our young people have the education that they will require to live without fossil fuels and to cope with the challenges that we will face as a community?



There will be no shortage of work in 2025! We will need to make much more use of local resources to meet local needs and most people will be employed locally in a wide range of skilled tasks. Many more people will be employed, in growing, processing and distributing food. A large number of people will be employed by a major programme of refurbishment of our housing stock and there will be plenty of opportunities in installation and maintenance of renewable energy systems.

Local health care services, local entertainment and arts activities will provide much employment. Skills in facilitation and running participatory meetings will be crucial for local governance and to ensure that everyone has the opportunity to contribute their ideas and creativity. The provision of flexible workspace, shared office facilities, starter units and workshops will be crucial to enable the setting up of the range of enterprises that will be needed. Many of

these enterprises will be based on reuse, repair and recycling. Alternative models of social enterprise, community ownership, cooperatives and social firms will become commonplace. Local financial institutions, a local currency and timebanks will be required to facilitate the development of a revitalised and vibrant local economy. There will be many opportunities for lifelong learning and practical skills training. Schools will be focussed on giving young people opportunities to develop a strong sense of connection to our locality and an understanding of living systems and nature's cycles, of our common humanity and of global equity. There will be an emphasis on learning through doing and on learning practical skills which develop 'hand, head and heart'. Education will encourage critical thinking skills, adaptability and teamwork. Skills in group working, facilitation and conflict resolution will be highly valued.

Some Enterprise & Skills Challenges (and notes towards solutions)

1. More than 50% of people in employment travel out of the Dunbar area to work, mostly to Edinburgh. At the same time, a significant number also travel into the area, particularly school teachers and other council staff, health professionals and workers at Lafarge and Torness. Time spent commuting contributes to stress, particularly for families juggling childcare and can contribute to a disconnection from the local area. Our debt based economy seems to force us to keep running faster in order to stand still while email and mobile communications make it difficult to 'switch off'. Most people would like to be able to work more locally but feel that there are currently few local employment options. Local people possess a wide range of skills and many would like to be able to start their own businesses. However, there is a general lack of an entrepreneurial culture and many actual and perceived obstacles to starting a business, including policies and regulations as well as access to finance, suitable and affordable premises, land and other resources.

Creating a vibrant low carbon economy which makes much greater use of local resources to meet local needs will be a joint endeavour that will require everybody's creativity and energy. We will need to find ways to unleash and harness this creativity and to develop a culture of 'social entrepreneurship' which values social and environmental goals as highly as financial profitability. How can we put in place a supportive infrastructure which enables people to work together to develop ideas and to access the skills, support, finance and other resources that they need to start the range of new enterprises

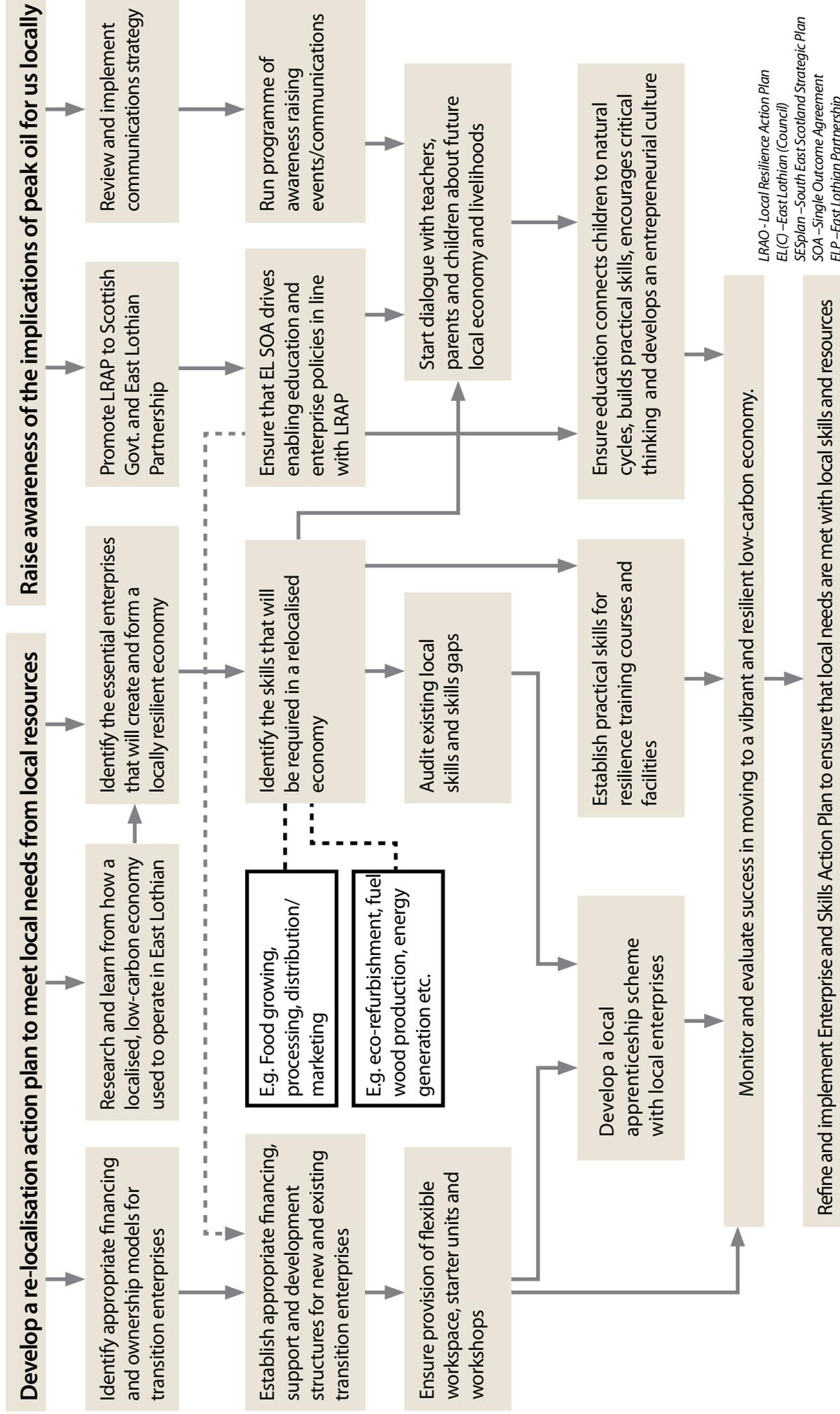
that will be needed? Provision of affordable and flexible work space will be essential, from office accommodation with shared facilities to starter workshop units. We will need to find ways to mobilise local financial resources to invest in new local businesses and to explore alternative enterprise models such as cooperatives and community interest companies. We will need to move away from our debt based money system and to establish local currencies and time bank systems which allow local exchange of goods and services as required.

2. Our globalised economy is very dependent on the availability of cheap fossil fuels. Almost nothing that is consumed in the area is produced here from local resources. Much work is sedentary, based in artificial office environments, working at a computer screen and disconnected from our natural surroundings. Most work is invisible. Young people have very little exposure to people working and little concept of what it is that most people do to earn a living. In schools, there is an emphasis on acquiring knowledge rather than on learning skills, academic learning is valued higher than practical craft skills. Education is not set up to prepare young people with skills that will be required in the relocalised economy that will be forced upon us by the move to a post-carbon future. Education currently does little to instill a sense of connection with, or reverence, for nature and children gain little understanding of how we can live in harmony with nature's cycles.

A relocalised economy will provide a multitude of opportunities for skilled and satisfying local work, meeting local needs from local resources as far as possible. In particular, many more people will need to become involved with food growing, processing and distribution. Skills in organic growing, soil and water management, composting, animal husbandry, management of pasture and orchards etc. will be in high demand. New opportunities in food processing, from dairies to flour milling, butchery, juice pressing and food preservation will open up. Others will be employed in running local markets and distribution systems, linking networks of local growers with local consumers. There will scope for developing local textile production and for processing local wool, which will become much more valuable. Woodlands will be managed to be much more productive and will supply local sawmills, some will be managed as coppice. Waste timber

and sawdust will provide a local supply of wood pellets and wood chip. Many jobs will be created in refurbishment of our existing housing stock to drastically reduce our energy consumption and in meeting many other local needs. We will need to ensure that suitable skills training and apprenticeship programmes are established so that we have the skills needed locally, that there are opportunities for skill sharing and for older people to pass on their skills to the younger generation. The emphasis of education will need to change so that young people are better prepared and have the skills, knowledge and personal resilience that they will need to adapt to a rapidly changing world. Building on the existing 'forest schools' initiative, education will need to make much more use of the outdoors, developing practical skills whilst instilling a connection with nature, an awareness of the source of raw materials and of our dependence on a healthy, bio-diverse environment.

Enterprise, Skills and Education Action Plan



mapping our future?

use this map to mark where you live, and share your knowledge about the past...

do you know where our food comes from, before the supermarkets sell it?

what foods were grown and produced locally during the war?

and map your ideas for the future.

where will we get our food in the future when we can't rely on cheap oil for transport?

how will we generate energy to heat and run our homes and businesses?

what needs to be done to make it easier to use public transport, walk or cycle?

Maps can help to show us where we are ...a good map can also show us where we want to go, and how to get there.



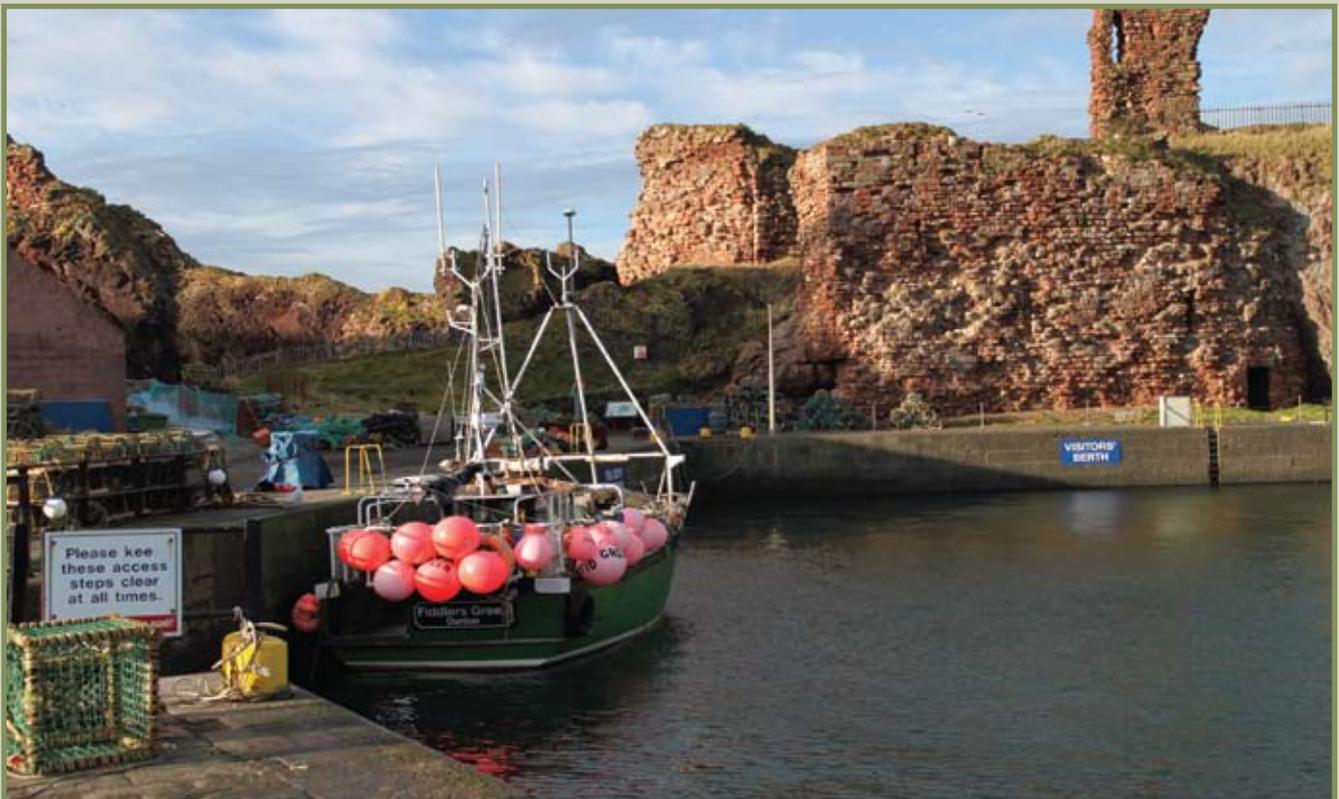
About Sustaining Dunbar

Sustaining Dunbar is a Community Development Trust for the Dunbar and East Linton ward of East Lothian. It provides a network, and a legal structure, to enable people to get together with others who share similar interests and want to work together to plan and start building a sustainable, low-carbon community.

Sustaining Dunbar is a member of the Development Trust Association Scotland, the Scottish Communities Climate Action Network, Community Energy Scotland and the Transition Network.

Sustaining Dunbar is a Charitable Company Limited by Guarantee (registered in Scotland no. 351910, Scottish Charity no. SC040106) with membership open to anyone aged 18 or over and resident in the Dunbar and East Linton Ward.

Sustaining Dunbar's aim is to enable and facilitate, make connections, encourage the free flow of relevant information and generally to do all it can to help everyone get involved in making a vibrant, creative and resilient, low-carbon locality.



Thank you to everyone in the Dunbar area from Oldhamstocks to East Linton, Stenton to Tynninghame who have contributed to this draft vision and action plan for our future.

More information available from
Sustaining Dunbar,
Station Yard,
Station Road,
Dunbar, EH42 1JX
Tel. 01368 866 920
info@sustainingdunbar.org
www.sustainingdunbar.org
Sign up online for regular updates.

