



The easiest community Doughnut recipe ever



Cafe **Disruptif**

For people who don't think (in) straight (lines)



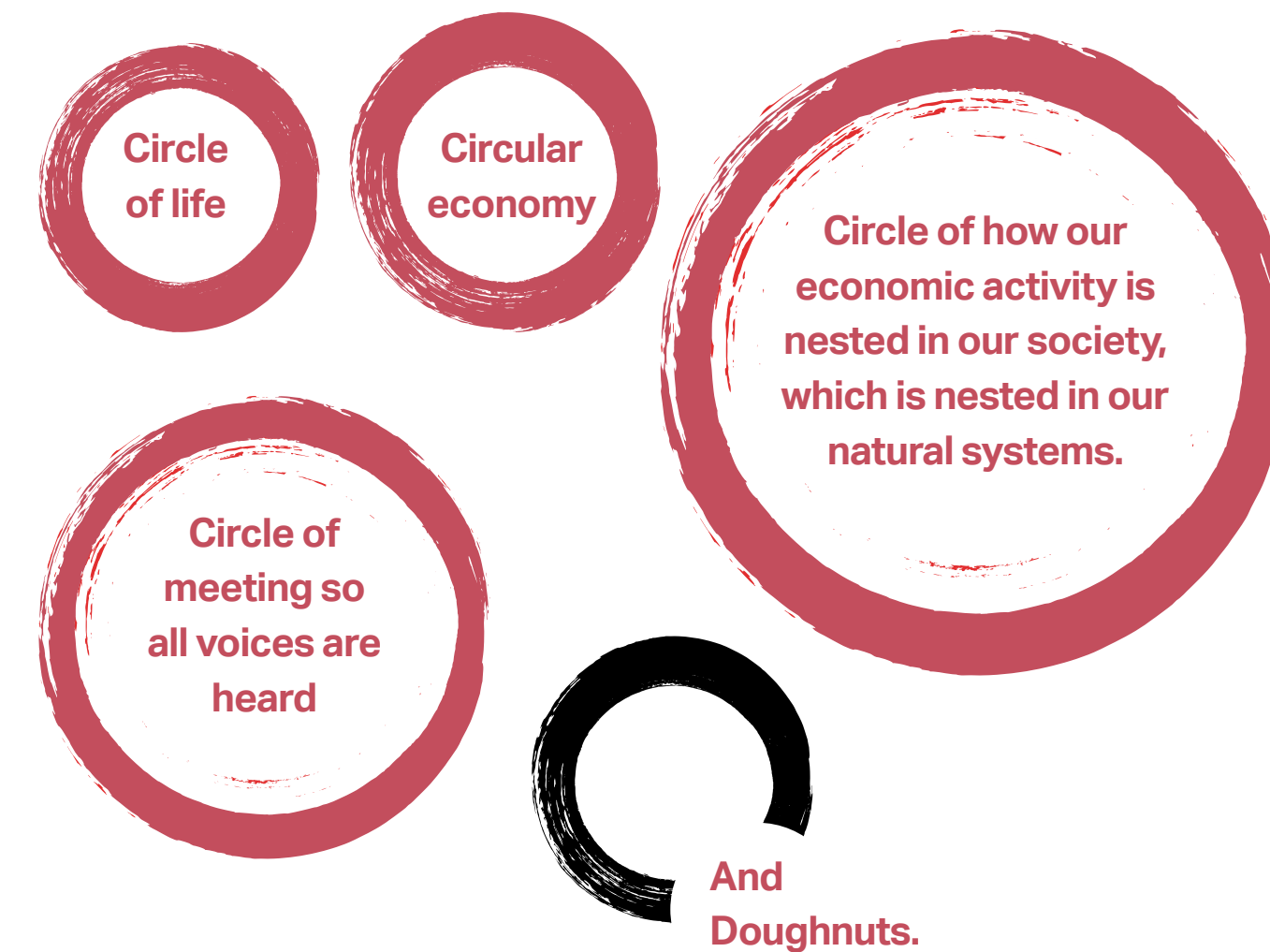
Doughnut basics



The Doughnut is a way of looking at everything we do in our communities and making sure we leave no-one out, and don't bust our planetary boundaries (eg the limits on the damage we can cause to our climate, our air, our water, our food systems, our seas, and our soil. All of which we really need to live).

It's a way of thinking about what we do, to consider all those impacts, and we can use it to look at a business, a project, a community, a town or parish council, or an idea.

It involves not thinking in straight lines, but thinking in circles. Joining stuff up. Loads of good things come in circles.



This "recipe" is circular; you can go from the end to the beginning and reuse it to test the same ideas as you develop them, as you go.





What you need

- A group of people who want to figure out the impacts of something they're doing – like a climate action group, a local council, a community business.
- Some space to sit and talk and think
- A table
- Some coloured pens or small stickers
- Tea, coffee, nice biscuits or fresh fruit. Cake. Cake's always good. It's great to share. And to keep yourself going.



What you can expect

A great discussion that helps you look round corners and in 3d about the impacts of any particular project that's important to you, with an idea of what you might want to tweak, change, improve.

It's based on the notion that everything is connected; that we live in multiple systems, where things are connected to all sorts of other unexpected things.



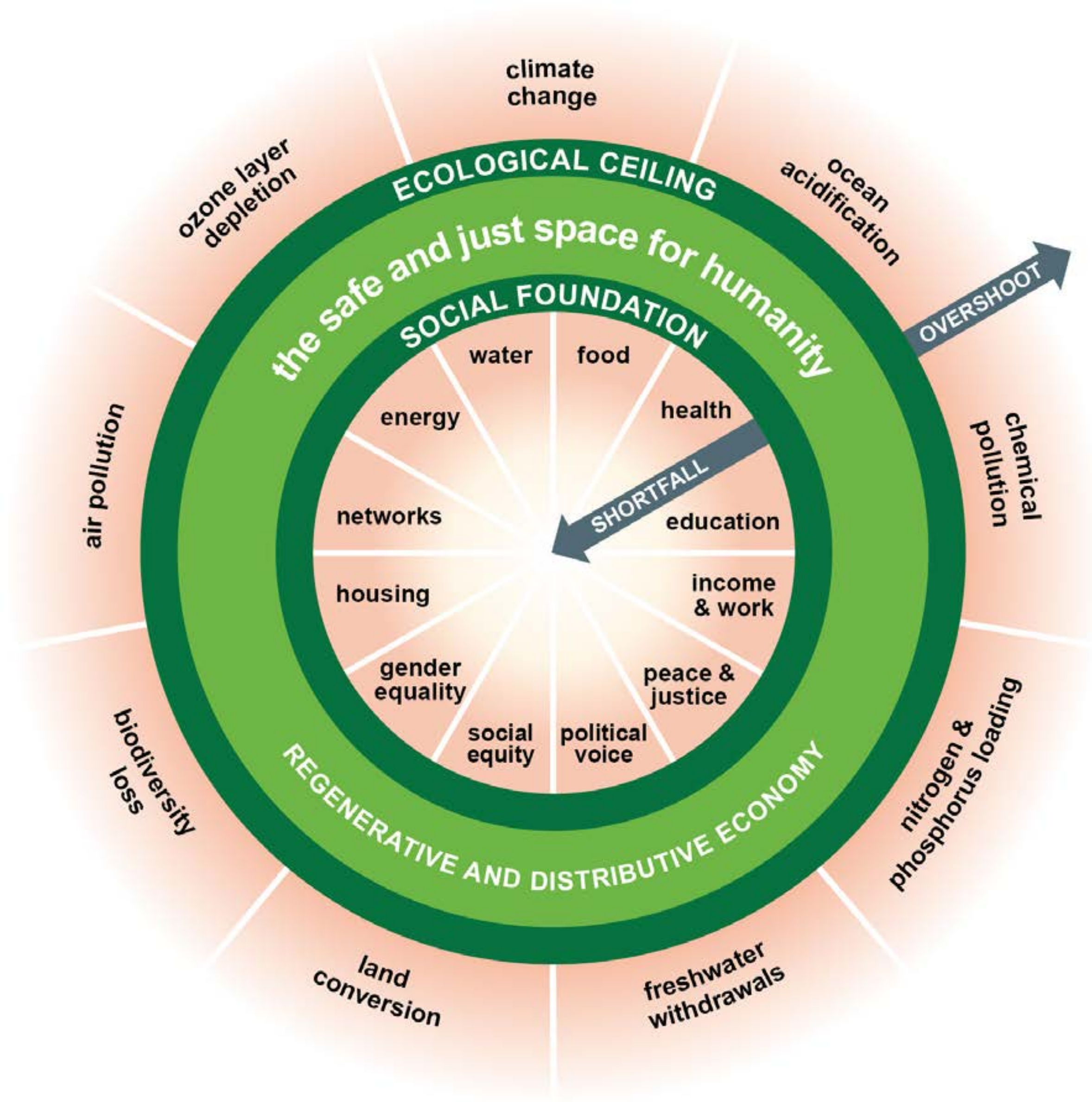
Doughnut thinking

This is the Doughnut. It was invented by an [economist called Kate Raworth](#), based on work lead by an [earth scientist called Johann Rockström](#) in 2009.

What it says is that we need enough of some things for us all to thrive – the “social foundation goals” in the middle; but not to use so much of them that we damage the planet. If you are in the middle, on one of those lines, it means you’re not getting enough of that thing. If the use of those things is causing damage – busting through that outside line, the limit of what the planet can cope with – then the planet – and all of us – are in danger. In essence, leave nobody in the Doughnut hole falling short on life essentials, at the same time dont overshoot the outer ring and damage the Earth's ability to support life.

The object is to have all the impacts somehow in the Doughnut itself – in the “safe” (not limit busting) and “just” (everyone is included) operating space.

The green circle, the “safe and just operating space”, is where we need to locate all our living, and working.



Imagine a house-building firm that built houses that were too expensive for people to buy, had rubbish insulation and so were expensive to heat, wasted loads of energy, were built using materials shipped in from far away, as a result of someone else having an awful and low paid job; and once they were built, were too far away from other people and jobs, so people had to rely on cars, and on top of that, got lonely.

That's a useful thing (a house) but the building of it has not cut the mustard on the inside social goals, nor the outside planetary goals.

It's not putting everything into the "safe and just operating space".

But imagine someone setting up a bike repair shop locally. They employ and train local people, encourage community members to get involved in the design at Community Design Hack days, and have employment contracts to suit working parents. They use an existing

empty shop and use local tradespeople to refurbish it with reclaimed materials from local sites, and loads of insulation to keep in warmth. They set up a scheme whereby if you register your car with their car-share scheme for longer journeys or for those who can't cycle, you get a free Bike-Check Clinic slot. They organise a deal with a local sandwich shop so when people use the local repair café (which they offer their shop floor for on a Sunday afternoon) the sandwich shop brings in food to sell. And they offer local people the chance to invest in, and run, the whole business through a new invest scheme with community shares.

Now, that's looking like a Doughnut shaped business.

STEP 1

Joining the dots

Cut up 21 slips of paper and write down on each one, one of the 9 planetary boundaries, or one of the 12 social foundation goals.

Have everyone randomly choose one. Now randomly find someone else in the room and describe the connection between the two.

(There will always be one. If you can't think of one, ask the whole room what they think. You might be surprised.)

The everyone bone is connected to the everything-else bone.

Everything in the Doughnut will have a connection to everything else. Whatever food we grow, whatever houses we build, have an impact on soil, water, climate habitat and health. What happens in the oceans affects our health, our food, our climate and our jobs. **Get the gist?**



Now decide what issue you're going to work on

You can print out the Doughnut in this booklet, or you can draw a huge one on your own paper.

Depending on how many you are, you can look at one issue per group, or several.

Consider the project in mind – it could be that new bike repair shop; a new recycling scheme; or it could be a community garden.

Now consider the impact on each of the issues of that specific project or idea.

You can use pens, or stickers, to decide for that project whereabouts you are on each “spoke”. You might decide the bike repair workshop will hugely improve health, hugely improve air quality and might even help the local shop sell more healthy snacks. But perhaps you haven't quite thought about what it could do for gender equality.

You could use an arrow to suggest that the project will make a given issue (like air quality) better or worse.

Or you could use a coded colour – one for good impact, one for negative impact, and another for not known, or neutral (bear in mind very few things will be completely neutral).

Once you've done that, have a discussion about your findings – it helps as you can all visually see what you're talking about.

Decide if there are any clashes, or unexpected results; and how you could move the dial on the things that have a low score. For that bike repair shop, and the gender equality issue it hadn't quite thought about, maybe include a training scheme to help all school children of all genders to learn to repair bikes? Or make sure it's got a great apprenticeship or employment policy that takes diversity and inclusion very seriously? Or has a specific policy to encourage women onto its community share governance board? There's loads of ways to move the dial on diversity and inclusion ... just needs imagination, and maybe even asking the very people you'd like to include more, exactly what would help!



This is how Helston Climate Action Group started to use the Doughnut analysis on two of their proposals: a Repair Café and an Incredible Edible project. It helped them see which elements of the Doughnut their projects were already contributing to, and where they could amend the project to do even more.



◀ Cornwall tackles the Doughnut at the Doughnut Hack in Redruth.

STEP 3

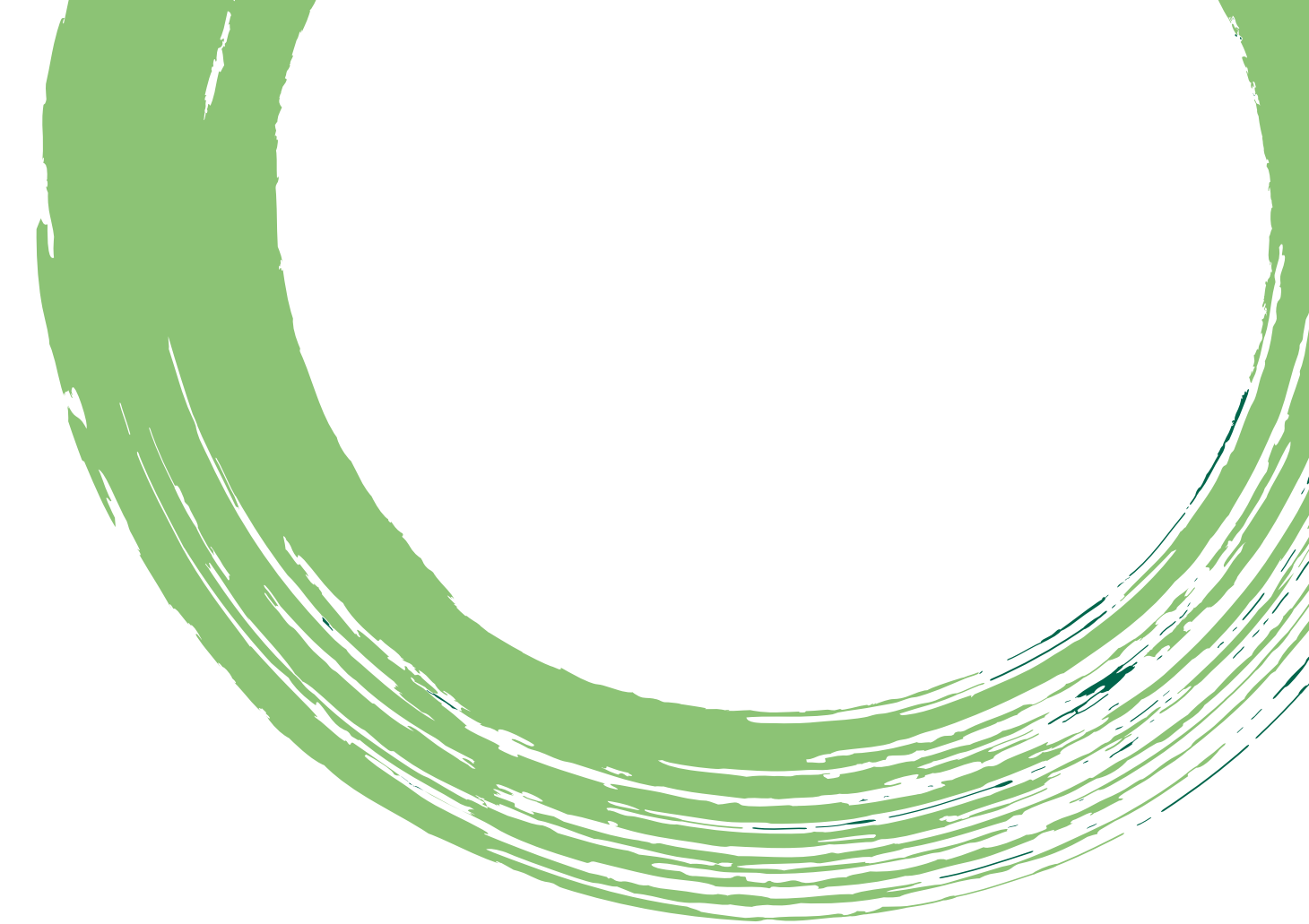
Getting crunchy with the data

If you wanted to go into more detail, find people in your community who can give you more information on each issue.

For example, you might want to think about using the Doughnut to consider your town or village. Use another Doughnut template to add who you could go to for more information about this issue, in relation to your community. There will be people from the council, the local school, or college, or the local utility company, who might be able to help you with your carbon calculations, or pollution and air quality issues. Your local GP might have some data on local health issues in this area – lots of asthma, or lots of damp housing causing problems for elderly residents. This would help you understand what impact your local projects could have. It starts making your Doughnut understanding 3D.

You can start to build up a picture of information and understanding and write it on a series of Doughnuts, or start to make your own file of Doughnut Savvy Experts to involve in your decision making.

You might even want to change some of the issues to suit your place more exactly. Some places don't use ozone depletion; or they add things like "community fun". It's your place. Decide on your own priorities!



Below you have a couple of starters for ten for each segment of the Doughnut. Start there – then see where it takes you. There’s info all over the place.

And if you want to know more – try sending a message out across social media, or use the [CoaST network](#) – it’s free, and has loads of people who know loads of stuff about sustainability, always keen to help...

Social foundation goals

Try:

Health:

- Sustainable HealthCare Network: www.sustainablehealthcare.org.uk
- Cornwall Council’s Health and Wellbeing Board: www.cornwall.gov.uk/health-and-social-care/health-and-wellbeing-board

Poverty/social equity:

- Inclusion Cornwall: www.inclusioncornwall.co.uk
- Cornwall Neighbourhoods for Change: www.cn4c.org.uk

Work and jobs:

- School for Social Entrepreneurs: www.the-sse.org

Peace and justice:

- Restorative Justice: www.rjworking.co.uk

Housing:

- Inclusion Cornwall www.inclusioncornwall.co.uk
- Cornwall Community Land Trust www.cornwallclt.org
- Cornwall Rural Housing Association www.crha.org.uk

Food:

- Slow Food movement: www.slowfood.org.uk
- Soil Association: www.soilassociation.org
- Community Supported Agriculture: www.communitysupportedagriculture.org.uk

Energy:

- Community Energy Plus: www.cep.org.uk

Education:

- Cornwall Council: www.cornwall.gov.uk/education-and-learning/cornwall-education-strategy/

Planetary Boundaries

Try:

- The Dept of Geography at the University of Exeter www.geography.exeter.ac.uk/impact/climatechange

- The Environment Agency www.gov.uk/government/organisations/environment-agency/services-information

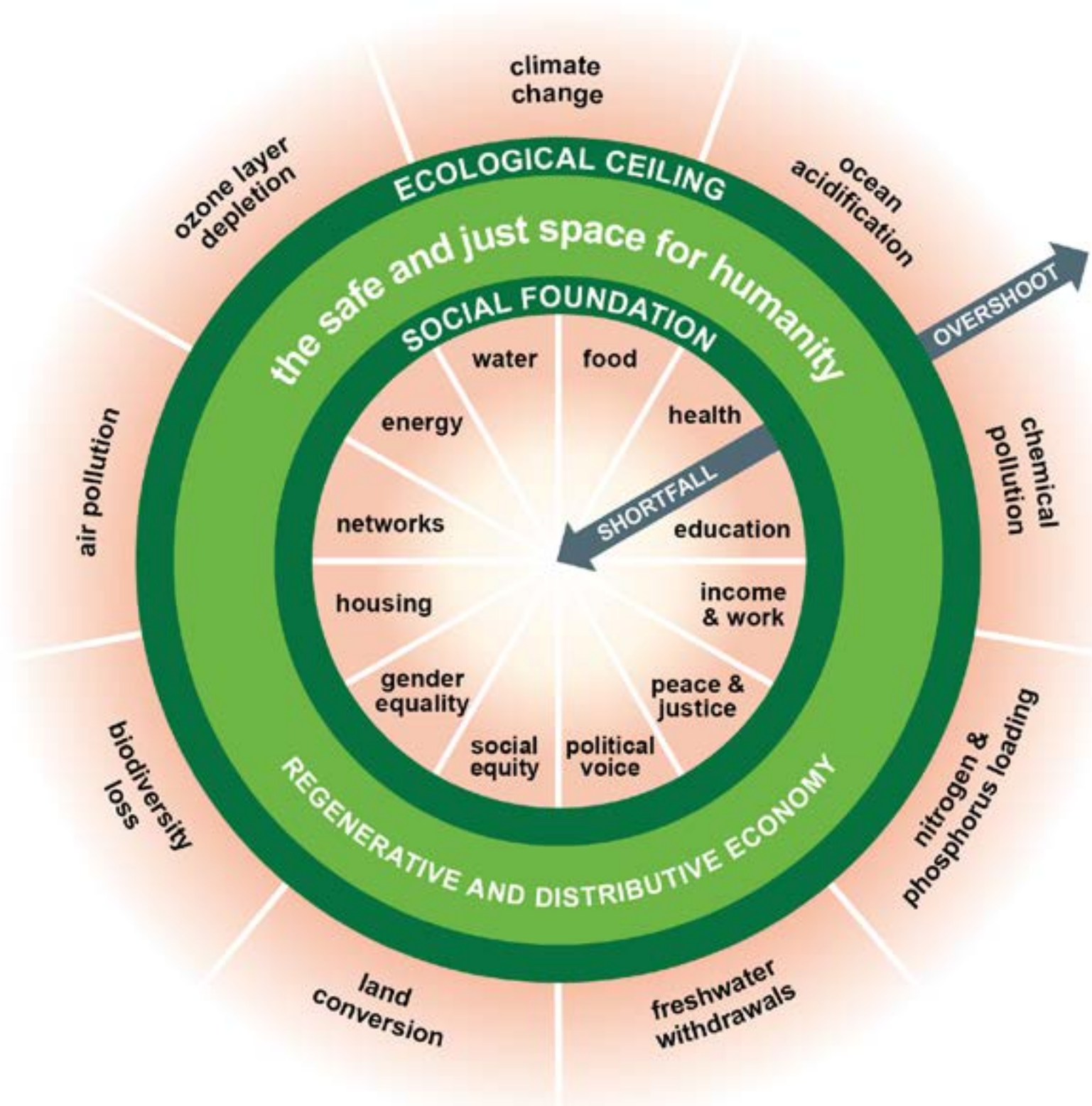
- Cornwall Wildlife Trust www.cornwallwildlifetrust.org.uk

- Cornwall Council (they have figures, for example, on air quality) www.cornwall.gov.uk/environment-and-planning/environmental-protection/environmental-protection-air-quality/

- and their Climate Action Plan www.cornwall.gov.uk/environment-and-planning/climate-emergency/

That should get you going.

If you print this playbook out and bang it in a (re-purposed!) folder, you can add your own contacts as you come across them. You’re building a Bank of Doughnut Savvy Expertise...



STEP 4

And when it comes to using it on a business – it really helps to think about these 5 things at the same time, as helpfully set out by the fabulous Marjorie Kelly talking about "generative ownership design".

- 1 Purpose:**
what is the purpose of your business?
- 2 Networks:**
how well networked into the local community is it?
- 3 Governance:**
who is in charge of it and its impact?
- 4 Finance:**
where does its money come from, and does that change what it does and who it's for?
- 5 Ownership:**
who actually owns it? Are they helping the business put back energy and wellbeing into the local community?

Sharing all that Doughnut goodness around

And there are loads of community tools you could use to increase that understanding. There are just a few here – you may well have a bunch of your own.

- **Carbon footprinting**
www.carbonfootprint.com
- **Fair trade**
www.fairtrade.org.uk
- **Social return on investment**
www.socialvalueuk.org/resource/guidance-on-starting-out-on-sroi-2/
- **Equality**
www.equalitytrust.org.uk
- **Community wealth building**
www.cles.org.uk/tag/community-wealth-building/

And be imaginative!

Loads of great places doing amazing things locally that might help you think differently

- **Preston Model**
www.youtube.com/watch?v=MObfh_VNqs4
- **Cleveland Model**
www.youtube.com/watch?v=s_kLye_6VBc
- **Rob Hopkins and the Power of the Imagination!**
www.robhopkins.net
- **Atlas of Prosperity**
www.atlasofprosperity.com
- **Doughnut Economics by Kate Raworth**
www.kateraworth.com
www.youtube.com/watch?v=Rroi56hVqvc
- **Project Drawdown**
www.drawdown.org/

Café Disruptif is a loose community born network of people who want to think, and act differently; and try harder to understand why these big ideas we're wrestling with – climate breakdown, ecological collapse, social injustice, refugee and migration crisis, economic and environmental inequality – are SOOO difficult for us to get to grips with.

You can find us at
www.cafedisruptif.com

Now you were developing your project, or business, nip over to The Atlas of Prosperity (www.atlasofprosperity.com) and add it - make sure others can see what you're doing. Share the love.

And then head over the Kate's site at www.kateraworth.com and see the fantastic Doughnut resources building there - it's a treasure trove of brilliance. Economics is about community. So let's get cracking ...

It's a network within the family of Permanently Brilliant networks. Permanently Brilliant (www.permanentlybrilliant.com) is a 100% solar-powered | off-grid | socially-enterprising award-winning | systems-thinking

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