

# BACKSPACE PROPOSAL December 2014

Current members: Margaretha Haughwout, Donald Hughes, Andrew Lowe, Naomy Mazy

## Summary

*Backspace proposes to move into the the small BDRM upstairs and to manage the adjacent upstairs DEN.*

- *Pay \$400/ mo with a review after 3 months (April 15, 2015) and a commitment to increase rent as we bring on practitioners and fill the space. Rent is for:*
  - *SM BDRM - practitioner room*
  - *DEN - classes, workshops, etc.*
- *Begin paying rent January 15 (Pro-rated rent is \$200 for January)*
- *Regular low - to - no- cost clinic days take up more space in OMNI (aiming for once a month) -- fill up unused rooms with practitioners for a day of wellness oriented services.*

## Vision

The Backspace Wellness is a collectively managed wellness network providing an array of accessible, responsive, safe care, while elevating neighbors, diverse communities and Oakland activists. Guided by an ethics of decolonization and of difference, we believe that self-care and community access to wellness resources is a radical act. We encourage organizations and individuals committed to making our city a more just, livable place to care for themselves and go about their work in a sustainable way. We believe that abundance of resources is often linked to good health and that abundance is possible through proper relations and so are mindful of the nuance of each relationship, gearing our exchanges towards this mutual benefit and mutual aid of persons, land, community/s. The Backspace Collective is also committed to facilitating a deepened, educated community of learners and teachers of the healing arts, and to explore in conversation what a healthy person, community and bioregion will look like, and how they are intertwined.

## Mission

Backspace Wellness Collective, a collective within the OMNI Commons, is a worker-owned wellness collective encompassing a broad range of healing modalities to make opportunities available for healing, wellness, care and growth in the community.

We offer:

- Wellness services via private practice(s).
- Regular donation-based clinics that provide wellness services to a diversity of populations from a range of economic backgrounds.
- Regular events, talks, panels, teach-ins and classes in our space to engage and empower the community on an educational and participatory level.
- Ongoing contemplative classes and workshops (e.g. meditation, yoga, martial arts, etc.)

## Proposal

### *Space*

*Backspace proposes to move into the the small BDRM upstairs and to manage the upstairs Den. See Appendix A*

- *Small BDRM upstairs:* This private room would be used as a small studio space for an array of wellness practitioners, as well as for locked Backspace storage

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(for example: Qi Gong mats, herbs and tinctures that must be locked and not available to the public).

- *Den:* Backspace is interested in the Den space that overlooks La Commune (next to TIL's upstairs office). We would use this room specifically for BWC clinic hours, for ongoing wellness classes such as Qi Gong, for one-off workshops such as medicine making, and for conferences and talks relating to wellness. We would schedule a maximum of 55 hours a week for BWC exclusively. For that remaining time we are looking forward to supporting its availability as a quiet working space, or to schedule other OMNI related events. BWC is enthusiastic about working with the Commons WG towards this end.

## *Low/no cost Clinic Days*

- As stated in the BWC Mission Statement above, BWC is committed to offering regular no/ low cost clinic days to the OMNI community and the OMNI neighborhood. This means as we grow and have more practitioners, on scheduled clinic days we would like to use other spaces at the OMNI (most likely Friday). These would be scheduled and planned at least 4 weeks in advance with the OMNI Commons WG and other relevant groups. By May of 2015, BWC would like to be offering no/low cost clinic days monthly.

## *Upstairs Kitchen and Bathroom Use*

- Herbalists that are part of the BWC may like to use the upstairs kitchen for medicine making from time to time. The sink and the stovetop especially come into play here.
- Clients and workshop attendees may use the bathroom before and after a session, and as a dressing room.

## *Offerings*

- *Maintenance and renovations:*
  - SM BDRM
  - DEN
    - Floors, walls etc.
    - Money and time put into space
- *Rent and utilities:*
  - BWC offers to pay \$200 on January 15 and ½ of January utilities. We will pay \$400/month and full utilities for every month after. BWC proposes to have a 3 month trial period (January through March) to assess the working relationship and financial relationship with the OMNI. If (and this is likely) BWC has an uptick of practitioners and therefore income, BWC will increase rent paid to OMNI, and reduce rates for practitioners to use space. -- see [one page business plan](#)
  - BWC is committed to paying utilities and OMNI bills monthly.
- *People power:*
  - BWC will send a delegate to OMNI General Meetings and have a backup in the event the delegate cannot attend. The delegate rotates on a monthly basis.

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- BWC will send minimum of one other BWC member to another WG that needs support (fundraising, finances, commons, etc.); this member will also rotate monthly.
- *Site maintenance:*
  - BWC is committed to the maintenance and upkeep of the Den in collaboration with the Commons and Building WGs.
    - Painting, remodeling, regular cleaning.
    - Straightening.
    - Coordination with TIL neighbors.
    - in accordance with rules and regulations of the lease
  - BWC is committed to collaborating on upkeep and maintenance of upstairs kitchen and upstairs bathroom.
    - Cleaning after use.
    - Replacing used materials.
- *Financial transparency:*
  - BWC is committed to maintaining transparent financial accounts with the OMNI so that it is clear what is coming in and what is being spent.
    - See projected monthly [budget](#)
- *Commitment to collaboration:*
  - Backspace is especially excited to collaborate with other member groups such as BAPS (to co-host classes and workshops) and CCL (to help facilitate a better scientific understanding and practice of wellness).
- *Commitment to wellness:*
  - Finally, the BWC is committed to offering wellness to OMNI members at a significantly discounted rate or at zero cost, so talk to us!
    - Medicinals sold through BWC and/or La Commune available at discount as well.

## **Backspace Financials (inputs and outputs)**

### *Business Plan*

- See BWC Business Plan 2.0
- [One page Business Plan](#)

### *Sample Monthly Budget*

- projected monthly [budget](#)

### *Highlights*

- *tiered fee structure for practitioner room (SM BDRM):*
  - *blocked rate*
    - - \*150/mo, for 2 blocks of 4hrs/ week. must schedule 1 month in advance
  - *hourly rate*
    - \*10/ hr for room by the hour
- *fee structure for classes (DEN)*
  - \*\*\*100/ mo 5hrs classes/ week, \*\*\*50/mo 2.5hrs classes/ week, \*\*\*discretionary 12-20 per class

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## Timeline

### *December '14 to March '15*

- December: finish renovations on space.
- January: setup calendar system, network with relevant WGs, begin to see clients
- Delegates begin to attend other WGs
- Jan or February: first clinic day
- Fundraisers
- Jan or February: outreach to practitioners to fill space to maximum
- Jan & February: begin scheduling workshops, classes, etc.
- March: assessment with OMNI on functionality of project, financial evaluation

### *March '15 to June '15*

- continue outreach
- standardize clinic days and make them monthly event

### *June '15 to Dec '15*

- continue with clinic days and private practice
- private room active and populated regularly

### *3-5 Year Plan*

- Filled private practice room with diverse array of practitioner offerings.
- Den active with body work classes, wellness classes, hands-on workshops, panels and conferences.
- Well known clinic days
- Rates continue to decrease with increased activity and support.
- Regular and popular fundraisers to support clinic days.

## How we are organized

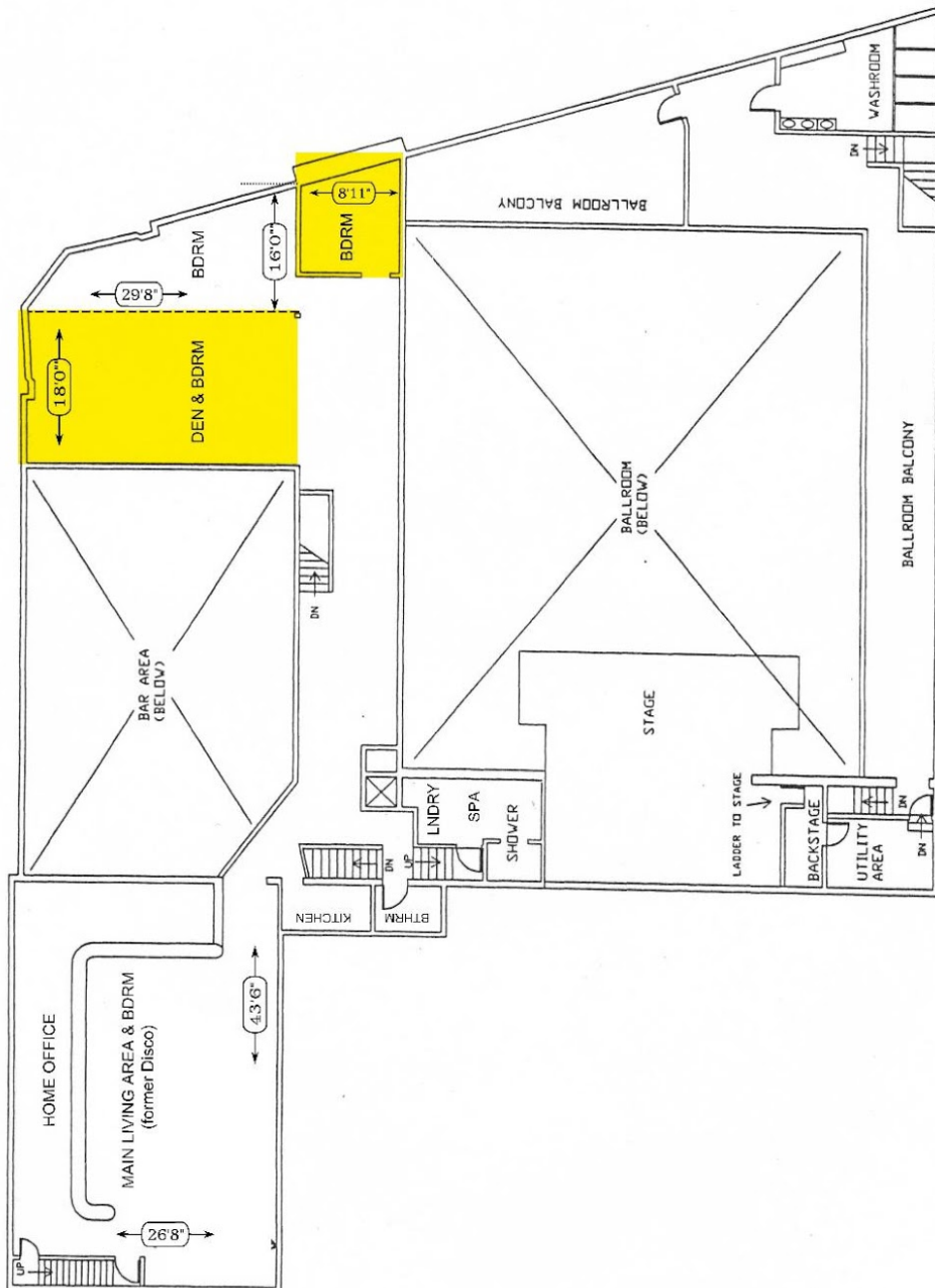
### *Highlights*

- We are consensus based (although we might want to change this for some decisions).
- Our current members are Don, Andrew, Margaretha, and Naomi.
- New members must be voted in, and are given a try-out period before becoming members with full voting rights and other privileges.
- Currently there are no fees to become a member, however we must contribute by taking on or supporting a role within the organization (see [Roles](#)).
- Backspace delegate rotates monthly. There is also a requirement for some members of Backspace to be active in Omni working groups.
- We adopt by default the conflict resolution and safer spaces policy of the Omni and we are committed to be engaged when conflicts come up.

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## Appendix A: Rooms



MEZZANINE & UPPER LEVELS +/-4640 SF