Closer Neighbours

A toolkit for communities taking action on climate change

www.manorhousepact.org.uk
Introduction
Thank you for taking part in the Manor House PACT project. You’ve already achieved a great deal by coming along to your first meeting! We’re glad you are here and hope that the following information will help you to get off to a flying start with your Closer Neighbours team.

The Closer Neighbours project is designed to help your group explore a range of issues related to climate change and how we can all make greener choices in what we consume and how we produce and use energy. This toolkit contains real life examples, activities to spark conversation and project ideas to inspire you into action. This toolkit is designed to be flexible and we encourage you to explore your common interests and tailor the programme to suit your team.

What is Manor House PACT
Manor House PACT is a 3 year project, funded by the Big Lottery Fund. Our aim is to make climate change relevant to people living in the Manor House area and to empower locals to make greener choices and to address climate change risks affecting our community.

What are the aims of this toolkit?
• To summarise key issues around climate change and to encourage people to make positive changes which combat its impacts.
• To provide case studies of projects that have successfully delivered the benefits of sustainable living in local communities.
• To give practical suggestions for starting your own projects including example ideas, useful contacts and potential funding sources.

“Coming together is a beginning. Keeping together is progress. Working together is success”
Henry Ford, founder of the Ford Motor Company
**How can this group make a difference?**

Many people feel that actions they take such as recycling, saving energy and becoming more environmentally friendly won’t really have an impact on climate change. Whilst it may be true that the actions of one person may be limited; we believe that when communities work together to achieve a goal they become a powerful force and the sum of their collective actions can make a positive difference to what happens to our streets, to our neighbourhoods and ultimately to our planet.

This group will be part of a network of local people, who want to come together and take action to live more sustainably. You and your team can inspire other people living in our neighbourhood and support each other to make changes to our behaviour which can make us more resilient to a changing climate and help us to make informed choices about how we source local food, power our homes and manage our waste. Making lifestyle changes doesn’t have to mean giving up the things you love. On the contrary smarter lifestyle choices often mean you have more money to do the things that you enjoy! However you choose to act, every step we take, large or small, helps to combat global warming and reduce the impact of climate change - You can make a difference!

**How does it work**

The programme works through friends and neighbours learning together, sharing ideas and exploring how you can creatively find your own ways to respond to the challenges that climate change poses. The programme helps you to explore and prioritise positive responses that you can take to ensure you are better prepared to respond to climate change such as having access to your own food sources, having access to your own energy supply or simply because you are better connected with an active community! We encourage you to collect and distribute information to your neighbours, help them do the same thing and spur us all into action. Manor House PACT will support your team along the way and will connect you up to other local people across the area to share experiences and use this as a springboard for mutual co-operation.

A vital ingredient in making your closer neighbours team dynamic and effective is that all members should take an active part in sharing information about what is happening in your area. We also hope you can get to know each other well through this project, developing lasting relationships with your neighbours which will help build a more connected and resilient community.

**How will I be supported?**

The Manor House PACT team will also be on hand to help you get hold of relevant information for each session, to help you access resources to help you deliver your projects or just to listen and give support if you need it.

*Good Luck!*
Climate Change

What is climate change?
‘Climate Change’ refers to changes in the earth’s climate that are caused by increasing levels of greenhouse gases such as carbon dioxide and methane in the earth’s atmosphere. These gases are sometimes referred to as fossil fuels and are emitted through things like petrol in cars and power stations which provide energy to our homes.

Whilst climate change is a long term problem, scientists predict that the pace of climate change is increasing and global temperatures are projected to continue rising, bringing real and present dangers to Londoners, our homes and our livelihoods because of increases in extreme weather like floods, droughts and heatwaves. The extent of change will depend greatly both on how governments respond to this challenge but also on how successfully we as communities can do our bit to cut our carbon emissions.

Sadly the most vulnerable people in our society, such as the elderly, will be the least likely to cope with climate change impacts. For example deaths in England rise 18% during the winter months and every 1°C decrease in average winter temperature results in 8,000 additional winter deaths. Many of these deaths are caused by respiratory problems brought on by prolonged exposure to cold weather and cold homes.

It’s easy to think that it’s too late, too big or too complicated to do anything about it and that there will be other enthusiastic people who will do it for us.

We all have a stake in the future. If we are to make real progress in reducing energy consumption and carbon emissions, we all need to be involved!

<table>
<thead>
<tr>
<th>Year</th>
<th>Recent UK Weather Events</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014</td>
<td>Winter storms, flooding</td>
</tr>
<tr>
<td>2013</td>
<td>Snow and ice, heatwave, strong winds, winter storms</td>
</tr>
<tr>
<td>2012</td>
<td>Flooding, Drought</td>
</tr>
<tr>
<td>2011</td>
<td>Unusually warm spring, Unusually warm autumn</td>
</tr>
<tr>
<td>2010</td>
<td>Snow and ice, flooding</td>
</tr>
<tr>
<td>2009</td>
<td>Snow and ice, flooding</td>
</tr>
<tr>
<td>2008</td>
<td>Snow and ice, flooding</td>
</tr>
<tr>
<td>2007</td>
<td>Snow and ice, flooding</td>
</tr>
<tr>
<td>2006</td>
<td>Heatwave, drought</td>
</tr>
<tr>
<td>2005</td>
<td>Flooding</td>
</tr>
</tbody>
</table>
Climate change...Don’t you mean global warming?
Climate change and global warming are often used interchangeably. Very simply the difference between the two is that global warming is a cause (the warming of the earth’s temperature), while climate change is the effect (changes in weather patterns, climate and extreme weather events). Climate change is a significant and lasting change in the distribution of weather patterns. Global warming is the rise in the average temperature of Earth’s atmosphere and oceans.

Scientists have looked at a range of causes of global warming and have found that the concentration of greenhouse gases in the earth’s atmosphere, particularly carbon dioxide is the major cause of global warming, because it is speeding up the greenhouse effect, and warming the earth’s surface and lower atmosphere.

Global warming is predicted to make London summers hotter and drier whilst winters will be warmer and wetter. A predicted increase in the frequency and intensity of storms is likely to lead to damage of buildings and poses a greater threat to personal injury because of intense storms causing trees to fall and infrastructure to fail. Other impacts include water shortages in hot weather, roads melting and power cuts are also increasingly likely to happen.

Other risks to human health could arise from increased levels of UV radiation from warmer summers and ozone pollution causing difficulties for those with respiratory problems.
Isn’t Climate Change a myth?

There are lots of confusing messages in the media and sometimes from Parliament about climate change.

This myth buster challenges some of the common misunderstandings about climate change and its impacts.

Why not discuss some of these with your group to see if you agree.

**Myth 1 - Man is not responsible for climate change**

NOT TRUE - Whilst there is evidence that natural changes in the world’s climate have happened in the past, the majority of scientists are convinced that humans are affecting the climate by the way that we live. A 2013 survey of over 12,000 peer-reviewed science papers showed a 97% consensus that human activity is causing climate change.

**Myth 2 - It’s too late to make a difference**

NOT TRUE - There are some changes that have happened already which cannot be reversed. However, by acting now, we can reduce the risk of bigger changes occurring to our climate and reduce the impacts that we and future generations will experience.

**Myth 3 - There is no point in me taking action**

NOT TRUE - Every action to reduce the impact of climate change is valuable, no matter whether it is small or large scale. Actions on the individual, community and international level can all contribute to reducing carbon emissions and inspire others to do the same.

**Myth 4 - Climate Change is good for the UK**

NOT TRUE - Warmer temperatures will also result in unpredictable and extreme weather. If we have warmer winters, they are also likely to be wetter, with potential for widespread flooding such as that experienced in the UK in early 2014. During summer, prolonged, dry heatwaves will cause problems for the elderly, babies and those with health problems. The world is not going to end, but the climate will become more hostile and unpleasant for many people.
Carbon footprint

What is your carbon footprint?
Carbon footprint is one of the ways in which we can try to assess how much carbon emissions we as individuals create through our day to day lives.

Why is carbon dioxide a problem?
Since the industrial revolution we have been using fossil fuels such as gas, coal or oil to power our economy in the UK. These fuels release carbon dioxide and as our economy and population has grown so has the amount of carbon dioxide released into the atmosphere. In a natural carbon cycle, carbon dioxide is re-absorbed by plants and trees. However, we are producing much more than the natural cycle can handle (and it doesn’t help that we're cutting down rainforests as well!).

The UK as a whole is the world's eighth largest emitter of carbon dioxide. London on its own consumes as much energy as Portugal or Greece, producing 44 million tonnes of carbon dioxide each year. The effect of all this extra carbon dioxide in the atmosphere is helping to fuel the greenhouse effect and rapidly increasing climate change.

Our individual carbon footprint comes primarily from burning fossil fuels used to create energy and keep us warm in our homes, by travelling using motorised vehicles and indirectly in the way we source products such as food.

Why is a carbon footprint helpful?
A carbon footprint is a simple tool which helps you to measure how your domestic and social activities are affecting the environment and importantly it helps you understand where you can make realistic, proactive changes to reduce your footprint.

Reducing your carbon footprint is not going to magically solve global warming, but every little bit we do adds up. So see what your footprint is, and then think about achievable and sustainable ways you can decrease it!

There are lots of carbon calculators online from the very detailed to simple ones for children to try. Use the link below to compare your carbon footprint with your teammates, using this quick online exercise:
www.guardian.co.uk/environment/interactive/2009/oct/20/guardian-quick-carbon-calculator
**Extreme weather**

**Preparing for more extreme weather**

Our climate is changing. In the UK, this means we are seeing more frequent bouts of severe weather such as prolonged heatwaves, record levels of rainfall leading to flooding and longer, freezing cold winters.

**Flooding**

Climate change will bring wetter winters and more frequent heavy downpours, as well as rising sea levels. The River Lea runs through the east of Haringey and Hackney and is the main, but still low, risk of river flooding to people living in the borough. More common is surface water flooding which can be caused by unusually heavy rainfall, which creates a greater volume of water than a drainage system has been designed to cope with. Low lying areas of ground such as basement flats could be at risk particularly if there are problems like blocked drains. The problem can be made worse by things like paving over front gardens which creates hard non porous surfaces which following heavy rainfall can cause drains to overflow and flood homes and businesses.

**Heatwaves**

Prolonged summer heatwaves, whilst sounding attractive, may make our homes, workplaces and public transport very uncomfortable, and can affect our health, particularly vulnerable people. Extreme hot weather is defined as an average temperature of 30°C+ by day and 15°C+ overnight. It can be unpredictable and severely affect your health. If climate change increases the number of heatwaves, this is likely to have a number of effects including health risks to vulnerable people, droughts, water shortages and high demands on London's power supply network due to increased energy demands from things to keep us cool like air conditioning.

The effects of heatwave can be even worse in London because of an effect called the Urban Heat Island. Because of the high density of buildings and the relative lack of green space, this traps heat and can mean that on hot days the centre of London can be up to 10°C warmer than the rural areas around London.
Positive action = Positive futures!

In order to reduce the challenges posed by climate change, we must take positive action in our everyday lives to reduce the amount of greenhouse gases we use. We can do this by making simple changes, like using less energy, driving less and recycling more. We also need to prepare for future changes in our climate, also by taking positive action now. These two approaches to how communities can act now are summarised below:

1. Taking action to reducing our greenhouse gas emissions

This approach is known as ‘climate change mitigation’. This tries to limit the impact of climate change by reducing greenhouse gas emissions, such as carbon dioxide, to try and limit the impact of the greenhouse effect and global warming.

Many of the climate change actions we are familiar with relate to climate change mitigation and include reducing how much waste we create, travelling in cars less, reusing resources and recycling. The better we are at mitigating climate change, the less we will have to do in terms of adapting to climate change.

For this approach to be successful, it requires the action of individuals and communities as well as cooperation by local councils and at a national level by governments.

Hyde Farm Climate Action Network was established by a group of residents who live on or near the Hyde Farm estate in South West London, who wanted to mitigate the impact of climate change. The project successfully ran a series of draught busting workshops in residents’ homes to raise awareness and share skills in reducing draughts in old Victorian houses and flats. The group went on to secure funding from British Gas’ Green streets initiative and were able to install energy saving measures into 60 local houses and put solar panels on a local school.
2. **Dealing with the consequences of climate change**

This approach is known as climate change adaptation. This accepts that there is now some inevitable climate change that we will have to deal with because of historic greenhouse gas emissions that are still in the atmosphere and tries to find ways of preparing for that. This includes actions such as improving resilience to flooding, modifying our buildings so they remain cool during the hotter summers, and reducing our water use to tackle drought so we can cope better if extreme weather hits.

In the UK we are used to changeable weather and we adapt by wearing a coat when it is cold, sandals when it is hot, and carrying an umbrella when it is raining - sometimes in the same day! Adapting to a changing climate is similar, but involves more long term thinking.

Some actions we can take may help to mitigate and adapt to climate change. It’s important that the two should not be seen as mutually exclusive, as they are a combined set of actions in an overall strategy, because even if greenhouse gas emissions are dramatically decreased in the next decade, adaptation will still be needed to deal with the global changes that have already been set in motion.

Generally speaking, adaptation actions that will also have other benefits are considered to be better. That way, they will provide benefits whether or not climate change unfolds the way we expect it to. For instance adapting sea defences to create salt marsh habitats or sustainable urban drainage systems, like those on the New River path, which provide resilience to surface water flooding but also creates a reed bed habitat, thus increasing biodiversity.

**Discussion**

The terms “adaptation” and “mitigation” are two important terms that are fundamental in the climate change debate. As a group, using a large piece of flip chart paper divided into 3 sections labelled: Mitigation, Both, and Adaptation list the types of actions you think fall into the three categories. Discuss your answers:
The Benefits of Action

1. Better air and water quality

£

2. Save money from using less

3. Improved sense of community

4. More green space to enjoy

5. Jobs from the green economy

6. Secure energy independence

Our Actions All Add Up!

“Don’t let your inability to do everything be an excuse to do nothing”
As a result of today’s session I pledge that

In the next week I will:

In the next month I will:

In the next year I will:

Signature: ______________________    Date: __________
The energy we use to heat, light and power our homes produces 27% of the UK’s carbon emissions, with the average UK household emitting six tonnes of carbon per year. By looking at how we use energy at home and exploring how we can reduce consumption and use energy more efficiently, we can all make a valuable contribution to addressing a key cause of climate change.

Where do we use energy in our home?
The major sources of energy use around the typical home are spread across heating and electrical appliances. Standby power, and lighting generally make up most of the rest of your household energy bill.

To make the biggest impact on reducing your energy use and costs:

- Target the biggest sources of energy use around your home first such as hot water, central heating and cooling.
- Look for the high impact, no and low cost changes you can make easily and which will allow you to carry out household functions more efficiently
- When replacing or upgrading household items, consider the most energy-efficient appliance you can afford.

Discussion

What are the issues in your community which influence energy use? Are there issues such as old and draughty housing? Is there a lack of knowledge about energy efficiency in your community? Or are there lots of vulnerable people in your neighbourhood? Spend some time to discuss what you think are some of the relevant energy issues in your area that your team can focus on.
Saving Energy

Save Energy, Save Money!
You have the power to take action to save energy just by changing the way you use your existing home appliances. Remember using appliances wisely can make them work more efficiently. The measures below will cost you nothing to implement but will help you to make your energy use more efficient and end up saving you money:
• Don’t leave appliances on standby to save yourself £35 per year.
• It’s more energy efficient to have a full freezer than a half empty one - so stock up!
• Dry clothes outside on sunny days. Tumble drying clothes can cost up to £131 a year.
• If you use a dishwasher, only use once fully loaded and use a low temperature.
• Wash clothes at a lower temperature - 30°C is fine for nearly all washes.
• Only boil as much water as you need in a kettle. Most kettles have a guide to judge the right amount.
• Don’t leave the fridge or freezer door open longer than necessary and defrost regularly
• Keep the lid on pots and pans when you are cooking to reduce heat loss.
• Turn down your room thermostat by 1°C to cut heating bills by around £65 a year.

A small investment to save even more!
The follow low cost options could help you save even more energy:
• Low energy light bulbs use around a quarter of the electricity and will last ten times longer than an ordinary bulb. They cost up to £5 and save around £10 per year.
• An insulating jacket for your hot water tank will cost around £10 and save around £10-£15 per year.
• An ordinary shower uses only two-fifths of the hot water needed for a bath. Shower attachments cost around £5.
• Draught proof exterior doors for about £10 per door
• Buy a seal or flap for your letter box and cover the keyhole to keep heat in and draughts out.

Measure your electricity use - borrow an energy monitor!
Manor House PACT can lend you an energy monitor for a month, free of charge so that you can monitor electricity use in your home and spot how to cut down on energy use. The monitors are straightforward to install. Anyone can do it! Contact Gloria for more information on 0208 3567590.
**Saving Energy requires Action**
A survey of how you use different appliances in your home can help you prioritise where you can reduce energy use and make savings by upgrading to newer, more efficient appliances. Why not start to catalogue the appliances you have at home to identify what opportunities exist to reduce your energy costs and where you need more information.

This exercise helps you think about the energy performance of different appliances across your home. Either work in pairs or have one person be the question master for the rest of the group to consider the costs of running the following appliances in your home. Answers are at the end of this chapter.

<table>
<thead>
<tr>
<th>Appliance Type Typical Use</th>
<th>Max Power</th>
<th>Stand by Power</th>
<th>Annual Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>‘A’ rated fridge Average family use</td>
<td>120W</td>
<td>n/a</td>
<td></td>
</tr>
<tr>
<td>20 year old fridge (or ‘G’ rated) Average family use</td>
<td>150W</td>
<td>n/a</td>
<td></td>
</tr>
<tr>
<td>‘A’ rated washing machine 4x6kg/week@40oC</td>
<td>3000W</td>
<td>5W</td>
<td></td>
</tr>
<tr>
<td>‘A’ rated dish washer Used once each day</td>
<td>1050W</td>
<td>n/a</td>
<td></td>
</tr>
<tr>
<td>Tumble drier 4x6kg/week</td>
<td>2500W</td>
<td>n/a</td>
<td></td>
</tr>
<tr>
<td>Electric kettle 5x4 mins/day</td>
<td>2200W</td>
<td>n/a</td>
<td></td>
</tr>
<tr>
<td>Steam iron 2x2hrs/week</td>
<td>1800W</td>
<td>n/a</td>
<td></td>
</tr>
<tr>
<td>Electric shower 2x10mins/day</td>
<td>10500W</td>
<td>n/a</td>
<td></td>
</tr>
<tr>
<td>42” plasma TV (new type) On 4hrs/day + 20hrs standby</td>
<td>280W</td>
<td>3W</td>
<td></td>
</tr>
<tr>
<td>21” CRT TV (old type) On 4hrs/day + 20hrs standby</td>
<td>100W</td>
<td>15W</td>
<td></td>
</tr>
<tr>
<td>Satellite/cable digital box On 24hrs/day</td>
<td>40W</td>
<td>9W</td>
<td></td>
</tr>
<tr>
<td>Games console On 24hrs/day</td>
<td>45W</td>
<td>5W</td>
<td></td>
</tr>
<tr>
<td>Desktop PC + CRT monitor On 4hrs/day + 20hrs standby</td>
<td>200W</td>
<td>30W</td>
<td></td>
</tr>
<tr>
<td>Broadband router On 24hrs/day</td>
<td>10W</td>
<td>n/a</td>
<td></td>
</tr>
</tbody>
</table>
Reducing heat loss

**Insulating your home**
On average a £1 of every £4 spent on energy is wasted through poor insulation of homes. Around 35% of the heat lost in your home is through the walls, so insulating them can be the most cost effective way to save energy in the home. If you have cavity walls, insulating these can save you up to £100 per year on your heating bills. If you have a loft, laying 10 inches of insulation can save you around 25% of your home’s energy use and save you around up to £100 every year depending on the size of your house. If you live in a block of flats some energy efficiency measures will not make sense unless they are done to the whole block (e.g. solid wall insulation).

<table>
<thead>
<tr>
<th>Insulation Type</th>
<th>Cost</th>
<th>Annual Savings</th>
<th>Payback Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cavity wall insulation</td>
<td>£280-£380</td>
<td>£70-£100</td>
<td>3-5 years</td>
</tr>
<tr>
<td>Internal wall insulation</td>
<td>From £900</td>
<td>£40-£170</td>
<td>5-6 years</td>
</tr>
<tr>
<td>External wall insulation</td>
<td>From £1,500</td>
<td>£140-£170</td>
<td>9-11 years</td>
</tr>
<tr>
<td>Loft insulation (250mm virgin loft)</td>
<td>£225-£250</td>
<td>£80-£100</td>
<td>2 years</td>
</tr>
<tr>
<td>Loft insulation (200mm top up)</td>
<td>£210-£230</td>
<td>£20-£30</td>
<td>7-11 years</td>
</tr>
<tr>
<td>Loft insulation (DIY)</td>
<td>£140</td>
<td>£20-£30</td>
<td>7-11 years</td>
</tr>
<tr>
<td>Draught proofing</td>
<td>£85-£110</td>
<td>£10-£15</td>
<td>6-11 years</td>
</tr>
<tr>
<td>Hot water tank and pipe insulation</td>
<td>From £20</td>
<td>up to £20</td>
<td>1-2 years</td>
</tr>
</tbody>
</table>

**Where heat is lost from your home**

The Green Deal
As installing insulation can be expensive there is a Government scheme called the Green Deal which offers a help to homeowners and tenants to pay for improvements to your home which will reduce heat loss. You can get a loan for low cost energy efficiency measures like cavity wall insulation and loft insulation and also renewable energy sources like wind turbines or ground source heat pumps.

You must have an assessment of your property done but you don’t pay anything upfront to have the work completed. This is paid by a Green Deal loan which is repaid through your electricity bills. Even with the loan cost added to your bill, your monthly bills should still be less because the improvements to your home reduce the overall cost to heat and power your home.

If you rent your property you will need your landlord’s permission and conversely the landlord will need a tenants agreement to take out a Green Deal loan. An outline of the Green Deal process is detailed overleaf.

Householders from Hackney & Haringey, will be eligible for £6k grants through the SMART Homes scheme to carry out improvements to their properties, helping fund the cost of installing insulation and other energy efficiency measures. Call the SMART Homes advice line on 020 7527 4736 to arrange an assessment.
The Energy Companies Obligation (ECO) is an energy efficiency programme that was introduced at the beginning of 2013. ECO works alongside the Green Deal to provide additional support to households who live in hard-to-treat properties, such as old Victorian housing, and those areas of the UK where vulnerable consumer groups live to help keep your home warm and to reduce the amount you spend on your energy bills. If you live in one of the shaded areas you may qualify for work under ECO funding. To find out whether you are eligible for ECO contact the Energy Saving Advice helpline on 0300 123 1234.

Discussion

In pairs or as a group discuss whether you think that you might qualify for help with insulation, what might motivate you to go for a green deal if you don’t qualify for help and what measures would apply to your home e.g. Do you have a loft? Do you need to find out if you have cavity walls, or how old is your boiler?
Generating renewable energy using systems such as solar is a great way to contribute to reducing demand for energy but before deciding whether to install a renewable energy system, you should first make all possible energy saving measures to your home such as reducing energy use, draught proofing and considering measures like insulation.

Renewable energy is the next stage on the journey and enables you to capitalise on energy resources that can be naturally replenished such as wind, hydroelectric, and solar, - in contrast to fossil fuels like coal and oil that cannot. Renewable energy sources also produce much fewer carbon emissions than fossil fuels.

Energy used in our homes contributes almost half of all carbon emissions we emit, therefore taking advantage of renewable energy sources to power our homes can help to significantly reduce our carbon footprint and increase local energy self-sufficiency.


Most renewable energy projects don’t require planning permission and can be considered as permitted development provided detailed conditions relevant to the type of renewable energy system are complied with, however renewables may pose a problem if you live in a conservation area or a listed building. It is best to get advice from your local authority when considering whether renewable energy is a suitable way to address your energy consumption. The best place to find out exactly whether you would need planning permission is from your local authority planning pages. See our further resources section for more information.
My Energy Action Plan

As a result of today’s session I pledge that

In the next week I will:

In the next month I will:

In the next year I will:

Signature: ______________________    Date: __________

Notes

Answers to Average cost of appliances exercise
A= £22, B=£82, C=£33, D=£55, E=£105, F=£40, G=£57, H=£177, I=£66, J=£33, K=£52, L=£58, M=£91, N=£12
The session is all about getting us to think about how and why we make travel choices for all the trips we make. It’s about considering the impact our travel decisions have on others and on the environment. Changing how we travel and embracing new technologies is key to making Manor House cleaner, greener and happier!

**How can Smarter Travel contribute to reducing my carbon footprint?**

Car travel is the single biggest source of personal carbon emissions in the UK. More than half of all car trips are less than five miles, which if you drive, accounts for approximately a fifth of household carbon emissions. Central London has a wealth of alternative travel options to help us reduce those emissions, so when we need to go to the local shop to pick up the paper, think about whether you could walk? Do we need to drive to work or could we cycle? If we have to do the school run, could we car share with other parents in our neighbourhood?

For those of us that don’t drive, the smartest place to start is to ask ourselves do we need to travel at all? Instead of travelling to a meeting, could you organise an email conversation or skype conference instead? Do you need to go into work every day? Could you combine two or more journeys in your day by reorganising your schedule? Making smarter travel choices makes sense!

**Discussion**

Everyday most of us use some form of transportation for commuting to work, getting to school or visiting friends. Whether driving a car, taking the bus, cycling or walking, many of those trips could be replaced with a smarter choice of travel for all or part of the trip or by not travelling at all. As a group think of some of the regular journeys you take and consider what would make you change to a different mode of travel. What are the benefits and challenges of doing so?
Cycling

Why Cycle?
Cycling is ideal for shorter journeys and is a great way to explore your local area. As pedal power is the only fuel required, it's an inexpensive way to get around and provides a convenient way to fit in a low impact exercise routine so that you get fit at the same time!

Cycling has many benefits which are not just limited to your health, happiness and local environment. Cycling emits less pollution than other modes of transport - for every short journey made by bicycle you save 2kg on your carbon emissions compared to travelling by car.

Tips before getting on your bike
If you are already cycling or thinking of getting back in the saddle, then these top tips will assist you to do so safely and successfully.

• If you wear a helmet, ensure it is a good fit and doesn't obscure your line of vision. The best place to get your helmet fitted is by calling into your local bike shop;
• For the dark mornings and early evenings in the winter months ensure you have lights for your bicycle (a red light at the back and a white light at the front);
• High visibility gear is useful in times of low light and during the winter months. A good quality hi-vis vest can be purchased from your local bike shop;
• Check your bicycle regularly to ensure your brakes and gears work correctly. Other things to look out for include correct tyre pressure, a well oiled chain, and that the steering and seating is in working order. If in doubt bring your bicycle to the nearest bike shop for a check-up.

Do you have a bike at the end of the garden that needs some work? Free Bike maintenance workshops are available to help you make it roadworthy again! www.hackneybikeworkshop.com

Do you live too far to Cycle?
If you live too far away from work to cycle the whole way, why not consider combining cycling with travelling by train? Aside from walking, cycling to the station consistently offers the most reliable journey time and you will feel healthier when you arrive. Bikes are allowed free of charge on most trains at most times of day although there are restrictions on going in to central London. Many stations also have cycle racks to store your bike safely until you return.

Did you know both Hackney and Haringey Councils offer free cycle training to local residents. See our useful links section for more information.
Walking

**Why not walk?**
Many of us use our car for journeys of less than a mile. Walking for this journey would normally take just 20 minutes and could save you over £160 in fuel each year. Walking briskly on a regular basis is also good for your heart and lungs, helps burn calories and is a good way to maintain a healthy active lifestyle for all age groups.

**How do I get started?**
Walking is the easiest and cheapest way to exercise and you don’t have to be a Olympic athlete to do it! Walking saves you money and unlike car use or cycling no equipment is needed other than a decent pair of trainers or walking shoes.
Haringey and Hackney are two of the greenest boroughs in London boasting parks and green spaces such as Finsbury Park, Clissold Park and Alexandra Palace park which provide high quality and direct walking routes through the boroughs for work or play.

Parks are supplemented by scenic walking corridors in the boroughs such as the Parkland walk and the New River walk which provide a pleasant, traffic free route to get to your destination.

**Live too far to walk?**
Even if you live too far from your destination to walk the full way, you could always consider 'park n stride'! By this we mean you could drive part of the way and walk the rest, as long as you have a safe, secure and sensible place to park your car.

**Feeling safe when out walking**
Appearing confident is one of the best ways of staying safe when out and about on foot, so be aware of your surroundings and walk facing oncoming road traffic if on a road.
If you’re planning any journey on foot, even just a short walk, plan your route in advance so that you are confident of the directions and know how long it will take, Let others know where you are going and carry a mobile phone with you so you can let somebody know if there are any problems or changes of plan.
Public Transport

Why not use Public Transport?
Public transport is an excellent way to travel longer distances that may not be possible by foot or bike. Both Hackney and Haringey are well served by good bus services, tube, Overground and rail networks which makes public transport a smart travel option for getting around.

If you haven’t travelled by public transport recently you may be surprised by the improvements you find such as modern comfortable buses with automated announcements and low floors which are accessible for pushchairs and those with mobility issues. Plus if you have a smart phone there are a variety of phone apps that give you up to the minute information on how services are running and how long you will have to wait.

A fast and convenient way around town
People often under-estimate the time taken to drive somewhere, and over-estimate the time taken by bus. With the levels of traffic congestion in London, particularly in the morning and evening peaks, public transport will often be quicker to get to your destination. Catching the Tube, Overground and rail is fast and dedicated bus lanes mean you can beat congestion on the roads.

For longer journeys the train travelling at up to 125mph is actually quicker than using a car, so give it a go and find out for yourself why millions of people choose to travel by public transport.

It pays to catch the bus!
Taking the bus or tube can work out very cost effective compared to driving. In particular using public transport saves the hassle and expense of parking and avoids the congestion charge. If more people left the car at home to catch the bus, then there would be fewer cars on the road, reducing traffic jams, noise and greenhouse gas emissions for everyone.

Plane vs the Train
If you are travelling further, flights can be a major source of carbon emissions and high levels of flying are increasing pressure to build new airports in London. By replacing flights with surface transportation, such as trains and ferries, and by actually reducing the number of long distance journeys we make, as much as practicable, we can reduce our impact on the environment.

When taking into account the cost and time of travelling to airports and back to the city centre at each end of your flight the total travel time by train is often quicker and cheaper!

Smarter travel means quicker travel
A four mile trip in London takes on average:
• 40 Minutes by car
• 30 Minutes by public transport
• 22 Minutes by bike
Getting the most from your car

When using the car is the only option
The best way to reduce your carbon emissions is to drive less. However for a lot of us give up the car for all our journeys is just not possible. For some of us, driving is a necessity because of work or because we need to get the kids to school on time. Listed below are some ways you can reduce the impact of car use on the environment.

Eco friendly driving: top tips
Just by changing the way you drive, you can improve the efficiency of your cars performance by up to 10%!
Try the following tips:
• Maintenance is key! Routinely check oil, battery and tyre pressure to improve your cars performance and to alert you to problems in advance.
• Keep driving smoothly – accelerating, then stopping and starting your car abruptly makes your engine work unnecessarily hard and uses more fuel.
• Switch your engine off when stationary When in traffic, turn off your engine if you’re not moving for more than a minute or two. Modern cars use virtually no extra fuel when they’re re-started without pressing the accelerator so you won’t waste lots of fuel turning the car back on
• De-clutter your boot. Everything you carry that isn’t needed for the trip is unnecessary weight which will cause you to burn extra fuel. Likewise remove luggage boxes & bike racks when not in use to reduce strain on your engine.
• Drive at off peak times or travel by direct routes to reduce time idling in traffic.

Why not Car Share?
Car sharing schemes are a good way to share the costs of car travel with others and it’s better for the environment, as fewer cars are on the road.
• By sharing the journey you are saving on fuel and parking costs.
• Car sharing for school is a great way for children and parents to interact with neighbours and friends. By taking turns driving children to school, parents have more free time in the morning or evening. You can find people travelling similar journeys to you, such as commuters using websites such as www.liftshare.com

Upgrade to an eco friendly car
When you next upgrade your car it may be worth considering options including hybrid electric cars. They are now increasingly available and reduce carbon emissions through using a battery to power the car for some of the journey. Fully electric cars may cost more initially but they are significantly cheaper to run, are not liable for road tax and do not emit any pollutants, so can be both cost effective and play an important role in improving air quality in London.
As a result of today’s session I pledge that

In the next week I will:

In the next month I will:

In the next year I will:

Signature: ______________________    Date: __________
Home-grown food is delicious, nutritious and inexpensive!
Growing your own fruit and vegetables is a great way to connect with the food that you eat and the outdoor environment. No matter if your growing space is a tiny windowsill, or a large garden, we can all grow something, which will help us bring a bit of variety to our diet, lower our food bills and reduce our carbon footprint.

Reducing the amount of fruit and vegetables we buy from supermarkets is good for the environment too because we reduce the demand for produce imported in aeroplanes from different continents, thousands of miles away and stored for long periods of time. Shipping food across the world is resource intensive and sacrifices freshness, taste and seasonality whereas you can’t beat the freshness of food harvested by yourself and on to your dinner plate within hours.

Growing your own also means you can ensure no nasty chemicals are used on your food. This standard of not using man made pesticides is at the heart of organic growing practices, however growing your own, gives you organic standards at an affordable price!

Discussion

With your group consider some of the reasons why you think growing and sourcing food locally might be beneficial. Here are a few discussion points to get you going:
• How do you define ‘local’ food?
• Does local food support local businesses such as shopkeepers and growers?
• Is local food better for the environment? Healthier?

As a group you might want to prioritise those issues that are important to you and discuss the arguments for against each point.
No garden? No barrier!
Manor House is an area which has a wonderful network of green spaces including Finsbury Park and also a number of spaces where you can engage with food growing and biodiversity. All of the centres below either offer spaces to grow or volunteering opportunities to give you a taste of what’s involved in growing food to help you build the skills and confidence to be able to create a growing space of your own.

Growing together
When people come together to support a local growing space then communities grow, not just carrots! Community growing projects can enhance relationships and encourage people to be self sufficient through growing their own food. For many of us a sense of community and a sense of belonging to your neighbourhood can be found instantly by participating with a community garden.

Short on growing space?
If you have access to a window sill, a hanging basket or balcony there is no reason why you can’t have your own mini-garden. The easiest way to start growing food is to plant some tasty salad leaves such as rocket or watercress in a pot or try some handy herbs for the kitchen such as parsley, basil, chives or mint.

If you have a bit more space e.g. a balcony or patio, then you may be able to grow larger herbs like rosemary and sage, container tomatoes, spring onions, salad leaves, small lettuces, chillies and potatoes. You will need to protect plants from wind and dehydration on balconies, so try grouping pots together to cut down on water loss in the summer.
Great gardens begin with good soil
The key to successful food growing is to use good soil that is, soil that is full of nutrients, loose rather than compacted, and high in organic matter. The easiest way to achieve this is to use lots of ‘gardeners gold’ - otherwise known as compost, in your growing space.

Growing from seed
If planting from seed, ensure you read the label on the seed packet for information about when to plant, planting depth and how far seeds should be spaced apart. Some seeds, such as lettuce and carrots, are tiny and should be scattered on the soil surface with only a very thin layer of soil covering them. Other seeds, like peas and beans, need to be planted deeper. All seeds need to be watered gently after planting.

Growing from seedlings
With seedlings you will need to dig a hole that’s slightly bigger than the pot you want to grow the seedling in. Gently sprinkle water into the hole, then plant the seedling, making sure that the plant is at the same depth as it was when growing in the pot. Carefully but firmly press the soil around the seedling, then water well.

Remember to water!
Most fruit and vegetable plants need regular watering, every day in dry weather, less during wet spells. Young plants are especially vulnerable to drying out. Check your soil — if it feels dry a couple of inches down, give your plants a long drink. This is especially important with container-grown plants as these dry out faster than plants in the ground. You’ll need to water them every day. Use a watering can to direct water to the soil at the base of your plants not the leaves.

Residents on the Wenlock Barn estate in Hackney transformed an underutilised green space on their estate into 35 mini allotments providing an opportunity for local people to get involved in growing their own food. The mini allotments gave people ownership over individual plots and encouraged them to care for their produce themselves as well as bringing the community together. Find out more here: wenlockbarnfoodtoshare.wordpress.com/

Want an inexpensive watering can? All you need to do is poke a few small holes in the lid of an old milk carton and you’ve got your new, easy to pour watering can.
Edible Landscapes London (ELL) is a volunteer led project, operating a plant nursery and training centre, founded on forest garden principles. The aim of ELL is to help Londoners grow more of their own food by propagating low-maintenance edible plants which are then planted in local food growing projects. ELL delivers training in permaculture, forest gardening and how to grow your own plants as part of the Manor House PACT project. Check out the ELL website for dates and details of how to book a place [www.ediblelandscapeslondon.org.uk](http://www.ediblelandscapeslondon.org.uk/)

Sustainable Gardening

**Designing sustainability in using ‘Permaculture’**

The word ‘Permaculture’ comes from joining the words permanent and culture together and it’s all about creating a lifestyle for yourself which uses less energy and materials so that we can sustain the earth’s resources for our children and future generations. It uses natural design, to create low maintenance, high yield and biodiverse gardens. When applied to growing food, permaculture design principles build soil life, fertility and structure as the basis for healthy plants and healthier food and places minimum reliance on man made pesticides. The aim is to create a self-sustaining food growing system.

**Forest gardening**

Forest gardening is growing food in a polyculture – a plot where many different varieties of plants, are grown together, including trees, as opposed to a ‘monoculture’ where just one crop is being grown. The name, forest gardening, is slightly misleading because it implies a growing approach which is dominated by trees. In actual fact, forest gardens emulate the growing conditions found at the edge of a forest or woodland.

Forest Gardens don’t have to cover acres of land or include trees if space isn’t available. They are beautiful, productive and intrinsically resilient because they mimic what is found in nature using diverse, perennial edible species. The food forest gardens provide is nutrient rich and diverse, promoting good health. Wildlife also thrives in the variety of habitats in the forest garden, attracting beneficial insects.

Forest gardens are inherently low maintenance, once established, because they contain plants that are mutually beneficial i.e. that can do things for each other like offer shade, fix nitrogen, attract insect predators, repel pests, drop leaves for mulch and compost.
Eating seasonally

Benefits of seasonal eating
Eating seasonal, locally sourced food as much as possible means that the food you consume will have been grown in the UK and therefore travelled fewer miles to get to your plate reducing your carbon footprint. Sticking to seasonal and local food also means it's more likely that you are eating unprocessed foods that will be fresher and tastier. Why not plan some of your meals around what is being harvested at this time of year?

An advantage of growing your own food is it becomes easier to track the seasons. As a food shopper it is also useful knowledge because food bought from a store in season is also likely to be cheaper, as it is in plentiful supply. This allows you to pick up a tasty bargain from the food market, so its worth waiting for the right time of year to eat these foods.

Using this seasonality guide, why not make a seasonal dish from your culture to bring along and share with your team next time you meet. For a full list or to print the calendar, visit www.eatseasonably.co.uk
Foraging food

Why forage?
Foraging is a simple way to maximise the existing food potential already growing in our area. Foraging is the practice of harvesting plants, which are growing naturally in a bio diverse setting. There are hundreds of common plants that have edible leaves or fruits which can be selectively picked to create a local food source. Well-known examples of foraged plants are blackberries, apples, mulberries, acorns and sweet chestnuts. However people know less about the variety of edible leaves that are available in spring and the edible flowers that come a little later.

Manor House PACT is running regular, free foraging walks to help you learn how to safely identify plants, nuts and berries that are good to eat. Check out your next opportunity to join a walk here: www.manorhousepact.org.uk/page/pact-wildlife-and-foraging-walks

Did you know that all of the plants grown in conventional agriculture are actually cultivated varieties derived from plants that still grow in the wild and can be foraged? The plants that can be foraged will vary throughout the year and there is a growing body of individuals in North London who are capable of teaching people how to recognise, eat and cook foraged foods.

As long as plants are not overly picked, there is an abundant source of food. Some of the plants, such as Nettle, Ground Elder, Three Cornered Leek, Fat Hen, Mallow and Chickweed grow so enthusiastically that it is hard to imagine them every being over-harvested!

If you are in any doubt about whether any wild food is safe to eat, especially mushrooms, where edible varieties can be confused with poisonous ones. The simple rule is if you are not sure, DO NOT touch or eat it.
As a result of today’s session I pledge that

In the next week I will:

In the next month I will:

In the next year I will:

Signature: ______________________    Date: __________

Notes
What is Waste

Natural processes don’t generally produce waste but in our modern throw away society, we are dumping a large proportions of our domestic waste in holes in the ground called landfill sites or alternatively burning it in incinerators. Both of these add to the problem of climate change and cause a number of other problems such as pollution of ground water.

The most effective way to reduce waste is to not create it in the first place. Most of what we call waste could be used again or by someone else. By generating less waste and applying the 3Rs of Reduce, Recycle and Reuse we can accrue many benefits, including helping to hold back climate change. This is because less energy is needed to reuse or recycle materials than is needed to mine or harvest raw materials to make new products. Less energy means less greenhouse gases and less climate change.

Many of us already are taking action. In the not too distant past it was commonplace to put all our waste into one household bin. Fast forward to 2014 and both Haringey and Hackney Councils run a food waste collection system where our waste food is separated by residents, collected from our homes and used to create bio fuels and compost for farming. Recyclable household waste is similarly sorted by residents, collected by the council and the materials used to create new products, with even the small amount of residual waste incinerated to create energy.

None of this would be possible without residents feeling they are part of a collective effort to reduce waste, doing their bit by separating food and recyclables for processing.
Benefits of Recycling

Why recycle?
Recycling reduces the amount of waste we send to landfill, as the raw materials are reprocessed, instead of being put into the ground. There are over 1,500 landfill sites in the UK, and in 2001, these sites produced a quarter of the UK’s emissions of methane, a greenhouse gas which is 21 times more powerful than carbon dioxide in its ability to trap heat in the atmosphere.

Recycling saves energy
Using recycled materials also reduces the amount of energy expended in the manufacturing process. Recycling products uses considerably less energy when compared with producing new products from raw materials. This is true even if you compare all the associated costs including transport. Reusing materials like metals, plastics and paper means we do not need to extract fresh raw materials from the earth which is extremely resource intensive.

Recycling helps protect the environment
The extraction of raw materials from the earth through mining, quarrying and logging is disruptive to wildlife habitats such as forests and the industrial scale of refining and processing of raw materials can create substantial air and water pollution.

Recycling helps address climate change
Because recycling saves energy, it also reduces the amount of greenhouse gas emissions we create. Current UK recycling is estimated to stop more than 18 million tonnes of carbon dioxide being emitted into the atmosphere every year. That’s the equivalent to taking 5 million cars off the road. Recycling banks in both Hackney and Haringey now collect clothes, shoes, small electrical items in addition to food, metals glass and paper collections providing multiple opportunities to wipe out waste!

Discussion
Recycling and reuse in entirely voluntary and some members of our community (possibly including some members of your team) do not currently recycle. As a group consider some of the barriers and challenges people face to increase the amount they recycle and how those barriers might be overcome. Perhaps think what you could do as a team to promote recycling or reuse in your area.

Ever wondered what happens to the waste you have sent to the recycling centre. Check out the North London’s waste authority website to find out:
http://www.wiseuptowaste.org.uk/recycle/what-happens
Reusing stuff

Instead of discarding unwanted appliances, tools, or clothes, try maintaining and repairing products so that they won’t have to be thrown out and replaced as frequently.

If that is not an option then why not sell or donate your items. Not only will you be reducing waste, you’ll be likely helping others who need the items more than you. Local churches and charity shops will accept a variety of donated items, including used books, working electronics and unneeded furniture.

If you are thinking about buying a replacement product, try sourcing your items by buying used rather than new. Second hand shops and websites like ebay sell everything from clothes, crockery and books and with a bit of effort you can have a new wardrobe by employing some simple sewing or a new piece of furniture with some paint and sand paper. There are also online communities such as Freecycle and Freegle operating in both Hackney and Haringey where people can give away items that they no longer need. It is free to use and generally people will come and collect your unwanted items and find them a new home.

Reducing what we use

Recycling can help address waste once created but even better is not using resources to create waste in the first place. We can reduce our resource consumption by buying less and using less. This principle covers the whole gamut of using less energy through to reducing food waste but importantly can be applied to everyday actions. This includes common sense ideas like:

• Take reusable shopping bags to the supermarket to avoid using plastic bags.
• Avoid disposable coffee cups by using a reusable thermal mug.
• At work think before you print to save paper!
• Opt out of junk mail by contacting companies to remove your address from mailing lists.
• Choose products that use no/less packaging.
• Buy in bulk to reduce packaging and save money.

The Restart Project is a London-based social enterprise that encourages and empowers people to reuse broken electronics for longer, by learning fundamental repair and maintenance skills. Regular workshops are held, where volunteers experienced with electronics help others learn to repair and perform maintenance to their broken or slow devices. See upcoming events here www.therestartproject.org/events/

PACT can provide you with a reusable shopping tote to cut down on your use of plastic bags. Get in touch with Gloria on 0208 3567590 and we will send you one.
Food waste

The Love Food, Hate Waste project estimates that every year the UK throws away around £12 billion pounds worth of food which could have been eaten. Preventing this food waste could save the average family £700 a year. There is also a big climate impact as when your rotting food ends up in landfill it turns into methane, a greenhouse gas that is particularly damaging to the environment. There are many practical ways in which we can act together to stop wasting so much good food and benefit our pockets as well as the environment!

Shop wisely!
Much of the food waste in our kitchens comes from inadequate planning or simply buying too much food. Try and plan meals around what food is left in your fridge, as a large proportion of food waste comes from food that’s past its use-by date. Plan your shopping too—having a list will help keep you on track and save you money!

Use your freezer
If you’re trying to reduce food waste, your freezer can be your best friend in the kitchen. Use it to store food that would otherwise go off such as meat or sliced bread. Your freezer can keep leftover curry or stew as an easy meal at a later date and lots of fruits and vegetables are suitable to freeze and make a great addition to fruit smoothies straight from the freezer!

The PACT meals project is reducing food waste, by working with local shopkeepers to collect their food waste to make a free feast for the community. PACT Meals are successful at engaging the community around the issue of food waste and in providing a safe environment for neighbours to meet and connect with each other. Check out future dates here: www.manorhousepact.org.uk/page/pact-meals

Discussion
Discuss with your group the meaning of the following labels used by supermarkets and shops. Identify which ones refer to safety and which refer simply to the quality of the food?

Best Before  Use By  Display Until  Sell By

Find out the answers and get more tips on reducing food waste here: www.itv.com/news/2013-10-21/tips-on-reducing-food-waste-in-your-home/
Composting

Composting your food scraps and garden waste will reduce the amount of organic waste that goes to landfill and the associated release of methane, a particularly strong greenhouse gas.

Composting is a great way to recycle food and garden waste to produce fertiliser use can use to get your garden blooming! Composting involves mixing garden and household organic waste in a pile or compost bin and provides the conditions that encourage decomposition, a natural decaying process, which involves billions of micro-organisms. These tiny creatures transform the waste into important nutrients and minerals to your soil. Using compost in your garden means improved soil quality and healthier plants and allows you to do your bit to reduce the amount of waste sent to landfill!

If you are short on space, wormeries are a great way to recycle your food waste. They don't smell and produce natural fertiliser for your garden and window boxes. Why not try and make your own from an old rubbish bin or a donated pallet. See this helpful guide here: [www.the-gardeners-calendar.co.uk/guides/story.asp?nid=2161](http://www.the-gardeners-calendar.co.uk/guides/story.asp?nid=2161)

To make good compost you need to aim for a balance of 50% green and 50% brown matter in your compost bin. See examples below to get the right mix.

<table>
<thead>
<tr>
<th>BROWN MATTER</th>
<th>GREEN MATTER</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Crushed egg shells</td>
<td>- Tea bags</td>
</tr>
<tr>
<td>- Cardboard and paper (scrunched up)</td>
<td>- Grass cuttings</td>
</tr>
<tr>
<td>- Garden prunings, twigs, straw and hay</td>
<td>- Vegetable peelings, salad leaves and fruit scraps</td>
</tr>
<tr>
<td>- Sawdust and wood chippings</td>
<td>- Hedge clippings</td>
</tr>
<tr>
<td>- Wool, cotton threads and string</td>
<td>- Old flowers and nettles</td>
</tr>
<tr>
<td>- Egg boxes</td>
<td>- Coffee grounds and filter paper</td>
</tr>
<tr>
<td>- Nuts</td>
<td>- Weeds</td>
</tr>
</tbody>
</table>
My Reducing Waste Action Plan

As a result of today’s session I pledge that

In the next week I will:

In the next month I will:

In the next year I will:

Signature: ______________________    Date: __________
Further Resources

Listed below are a range of ideas and online resources to help inspire you and your team into action. Visit the PACT website for more idea and information on how you can access help and support yo make your team a success!

www.manorhousepact.org.uk

Guest Speakers

We actively encourage and will offer guest speakers to come along and present to your group on the work of the wider Manor House PACT project or from voluntary sector or local authority partners. Please contact the Network coordinator if you would like assistance in identifying a particular speaker to present to your group.

Some of the advantages of inviting a guest speaker include:

• Detailed questions can be answered during or after the session rather than taking time outside of the group.
• The guest speaker should know the audience he/she will be addressing so can tailor the information to the needs of your team.
• A guest speaker can help stimulate debate about the topic you are exploring.

Film presentations

Presenting information to the Team using DVD or a film is an easy and convenient means of conducting an informative session to explore a particular subject. Just select DVDs or films that fit the theme you want to explore and make sure they are a suitable length to allow for discussion afterwards.

We have some copies of DVDs that we can borrow to Teams e.g. An Inconvenient Truth, a 2006 documentary on climate change by Al Gore and the Story of Stuff but if you have internet access in your meeting venue you might wish to consider:

The Story of Stuff – a 20 minute video exploring the connections between a huge number of environmental and social issues, and how we can work together to create a sustainable and just world. www.youtube.com/watch?v=gLBE5QAYXp8

The Story of Solutions – a follow up 9 minute video looking at the solutions to some of the challenges identified in the story of stuff can be accessed here: http://storyofstuff.org/movies/the-story-of-solutions/
Funding
Many of the projects you or your team undertake needn’t have any major financial cost. In fact, plenty of the actions you agree to increase sustainability will cost nothing at all. Should your group have a more ambitious project where funding will be required, listed below is a list of possible sources you might wish to consider:

Hackney community chest awards grants of up to £1,000 for projects which contribute to Hackney’s equality objective: "To foster good relations, by building a strong sense of community neighbourliness and pride". There will be two rounds of community chest grants for 2014/15
http://www.hackney.gov.uk/ce-pandc-community-grants-871.htm#.UtxYGftFDDc

Awards for All gives groups a quick and easy way to get small Lottery grants of between £300 and £10,000.
http://www.biglotteryfund.org.uk/global-content/programmes/england/awards-for-all-england#

Grants and seed-funding offered to community renewable energy projects
http://www.naturesave.co.uk/the-naturesave-trust/

Climate Change
For further information climate change you may find the following websites helpful

The Sustainable Hackney website is an online community of people living in Hackney who are committed to more sustainable lifestyles and combating climate change
http://sustainablehackney.org.uk/

Haringey 40:20 is a great resource for local initiatives to address reductions in carbon emissions across Haringey
http://www.haringey4020.org.uk/

The London Climate Change partnership has an interesting blog and resources with how Londoners are adapting and mitigating climate change
http://climatelondon.org.uk/

The UKCIP website has lots of useful resources and case studies on climate change mitigation and adaptation
http://www.ukcip.org.uk/

The Climate outreach information network has lots of useful advice and video resources for communities want to take action on climate change.
http://www.climateoutreach.org.uk/

Friends of the earth are an environmental campaign group who have lots of useful information on climate change and community projects more generally.
http://www.foe.co.uk/news/safe_climate_index
**Energy**
The Energy Saving Trust has a wealth of guidance on being energy efficient, free support on how to access insulation and how to access grants to pursue renewables projects. [http://www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk)

You can also check what money is available through government grants and other help you can get to reduce your energy costs using the government’s energy grant calculator: [https://www.gov.uk/energy-grants-calculator](https://www.gov.uk/energy-grants-calculator)

The Centre for sustainable energy has video resources and lots of guidance to help you act on energy. [http://www.cse.org.uk/](http://www.cse.org.uk/)


National Energy Action have lots of helpful resources for consumers [www.nea.org.uk](http://www.nea.org.uk)

**Smarter Travel**
Free cycle Training for Haringey Residents, and those who work or study in the borough [http://www.cyclinginstructor.com/cycle_training_haringey](http://www.cyclinginstructor.com/cycle_training_haringey)

Cycling advice from London Borough of Hackney [http://www.hackney.gov.uk/movebybike.htm#.U5Sk73amU1](http://www.hackney.gov.uk/movebybike.htm#.U5Sk73amU1)


Advice on purchasing a greener vehicle like an electric car [http://www.energysavingtrust.org.uk/Travel/Electric-vehicles](http://www.energysavingtrust.org.uk/Travel/Electric-vehicles)

For advice on safe routes to schools [www.sustrans.org.uk](http://www.sustrans.org.uk)

Electric Vehicle advice [https://www.sourcelondon.net/](https://www.sourcelondon.net/)
Grow and Eat
If you live on an estate in Hackney and want to start your own growing project Hackney Homes can help get you started.
http://www.hackneyhomes.org.uk/hhs-grow-your-own.htm

For residents living in Haringey a useful compendium of food growing organisations is listed here
http://www.haringey.gov.uk/index/environment_and_transport-going-green/sustainable-food/foodresources.htm

A good guide to help you get started on a food growing project is available here
http://www.sustainweb.org/pdf/food_growing___social_housing.pdf

Hackney Council’s guide to food growing in the borough
http://www.hackney.gov.uk/parks-local-food-growing.htm#.U_I62qMkW3M

Growing communities is a social enterprise running food growing opportunities and a popular veg box scheme in Hackney.
http://www.growingcommunities.org/

Reducing Waste
Wrap has lots of useful statistics and case studies on how community have responded to the challenge of reducing, reusing and recycling. They also act a funding body too.
http://www.wrap.org.uk/content/about-wrap

A helpful Step by Step guide to composting
http://www.recyclenow.com/reduce/home-composting

For detailed of how to get discounted compost bins and free compost deliveries in Hackney
http://www.hackney.gov.uk/greenerliving-composting.htm#.U9yu-KPQqM0

Run by the North London waste authority this website has lots of resources for community groups to help work through waste issues
http://www.wiseuptowaste.org.uk/

Lots of helpful advice on reducing, reusing and recycling.
http://myzerowaste.com/

The low impact living initiative has helpful fact sheets setting out key issues and how communities can tackle them
http://www.lowimpact.org/factsheets.htm

Love food hate waste has a wealth of information to help you wipe out food waste including lots of leftovers recipes and ideas
http://england.lovefoodhatewaste.com/