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## **Press Release**

**September 04, 2010**

### **For immediate release**

The Sustainable Carlisle networking group and Cumbria Action for Sustainability (CAFS) are organising a Home Energy and Sustainability Fair to promote energy efficiency and to help people in the city reduce their carbon emissions and buy local.

The fair, which will be held in Trinity School, Carlisle, on September 18, will bring together members of the public, a range of community and local interest groups and local suppliers including some of the leading alternative energy suppliers from right across Cumbria.

On the day there will be a range of workshops, talks and demonstrations and the event will help inform people how they can make changes to the way they live in order to save energy, money and also the environment.

The fair is the second such event to be hosted by the group in the city – last year's Green Skills Share Day was a huge success, but this time around the organisers are setting their sights even higher.

Some highlights include:

- The chance to have a go at making your own 'wind up torch' using LED lights
- A life-size sustainable Home - with tips and advice on saving you money and energy
- A Jam and Chutney swap where people can take away other peoples' homemade jam
- A bike doctor on hand to look over your bike
- There will be a wide range of professional advice and community groups.

**Mark Lloyd, Sustainable Carlisle's Co-ordinator, said:**

“The aim of the event is to help inform the people of Carlisle how they can save energy and money as well as reducing carbon emissions by simple, practical changes to our lifestyles.

This will include buying from local and organic producers as well as suppliers whose business ethos and purchasing methods are working towards sustainable, quality products and services.

The event will be similar to one we hosted last year, but on a much bigger and much better scale- with more activities, workshops, community groups and exhibitors.

We will have a range of workshops, talks, demonstrations with plenty to do for kids and big kids alike.

The event will showcase local suppliers including leading alternative energy companies, organic growers and suppliers from around the region as well as a range of community and local interest groups.

With energy and fuel prices (and weather patters) still volatile this event will provide a great opportunity for individuals and businesses to plan and control their costs for food, heating, lighting and transport.”

The event is **free**, and will be held at Trinity School, Carlisle on Saturday, September 18, 2010 and will run from 11:00 – 16:00.

There is still scope for individuals and companies to sponsor this event or to purchase one of the exhibition stands or to give a workshop or talk. E-mail [info@sustainablecarlisle.org](mailto:info@sustainablecarlisle.org) for more information.

**ENDS**

For more information, please contact

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**Notes to editors**

Sustainable Carlisle is a network of people and projects in Carlisle which aims to make the city more sustainable for this and for following generations. The group wishes to help create a peaceful, vibrant, resilient future based on common sense, ecological wisdom and social justice.

Sustainable have over 400 members and this number is growing rapidly. Amongst their members are pensioners and teenagers, activists and academics, families and individuals from all walks of life, united by a shared belief life in Carlisle can and must be made more sustainable.

If you would like to know more about our work, please visit <http://www.sustainablecarlisle.org>