

development worker report

report on what I have been up to for AGM 22

usual doings

- Support of the regular projects which include, freestall, conversation cafe (now teamed up with Cycle Carlisle!), newsletter, tree planting.
- General admin support such as minute taking, being a key volunteer contact and updates of online platforms (for example we can now get over 100 people looking at our instagram stories).
- Creating informational communications such as for veganuary.





How trying a plant based diet can help with the climate crisis.

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Going plant based, either full or part time, can make a huge change on your impact on the planet. The causes for the climate crisis are many and varied but the rearing of livestock plays a big part of it due to the cows producing the harmful gas methane that negatively alters our atmosphere, as well as the vast deforestation that takes place to expand pastures. Waterways are also effected by the run off of the nutrients found in animal waste and in fertilisers needed to boost production of crops to feed all the billions of farmed animals.

Top tips for trying it out:

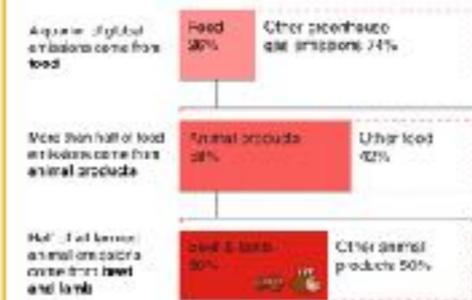
> **Do what you can.** As with all action towards the climate crisis don't worry about aiming for perfection - it takes millions of people doing something imperfectly than a just a few people doing it perfectly. **Just being more aware of where your food is coming from (try a local butcher or farmer instead of the supermarket) or cutting out meat from one meal a week is a fantastic step towards positive change.**

> **Make simple swaps!** Going vegan doesn't mean you have to eat like a hamster, you can still have that satisfying sausage sandwich or a fancy visit to a restaurant. Over the last few years the plant based movement has swept the nation and now there are many many alternatives to try from the supermarket or when eating out and about. During Veganuary many places will have offers on plant based food so keep an eye to try some tasty new alternatives!

> **Load up on protein.** Alternative sources of protein include nuts and seeds, beans and pulses as well as dark leafy greens. The vitamin B-12 is found in animal products such as meat and eggs, but you can still get this through yeast extract such as marmite or through nutritional yeast (a vegan staple, often called vegan parmesan as it has a cheesy, nutty flavour - it is super tasty to add on top meals and can be found in most supermarkets). Find out more: www.veganuary.com/eating-guides/nutrition-tips/

How much impact does food have?

Proportion of total greenhouse gas emissions from food



Source: Poore & Nemecek (2018), Science

13/10/20



A Vegan recipe to try: zingy pasta with greens

Here is a quick and easy vegan meal you can prepare of a week night, it's super fresh and packed full of flavours as well as containing heaps of vitamins and nourishment. Tried and tested and taken from www.bbgoodfood.com



Ingredients

- 150g wholemeal spaghetti
- 160g asparagus, ends trimmed and cut into lengths (or use broccoli for a cheaper alternative)
- 2 tbsp cooking oil
- 2 weeks (220g), cut into lengths, then thin strips
- 1 red chili, finely chopped (optional for a less spicy)
- 3 garlic cloves, finely grated, add or take away cloves to personal taste
- 160g frozen peas
- 1 lemon, zested and juiced, plus wedges to serve

Method

Step 1: Boil the spaghetti for 12 mins until al dente, adding the asparagus or broccoli for the last 3/4 mins. Meanwhile, heat the oil in a large non-stick frying pan, add the leeks and chili and cook for 5 mins. Stir in the garlic, peas and lemon zest and juice and cook for a few mins more.

Step 2: Drain and add the pasta to the pan with 1/2 mug of the pasta water and toss everything together until well mixed. Spoon into shallow bowls and serve with lemon wedges for squeezing over, if you like. Can also serve with nutritional yeast for an extra tasty bonus.

one off projects since last AGM (July 27th '21)

- **Great Big Green Week event in town centre**
- **SC involvement with the green rally**
- **Helping kick start the Repair Cafe**
- **Once Upon A Planet with Tullie House**
- **Eco-comic book for membership proposal**



case study:

Once Upon A Planet

- I have personally found it to be a very enriching experience as this was a good and meaty project with positive outcomes to work towards.
- Partnerships were grown - such as with Natural England for planting days; working with the young ambassadors to chat about young people's concerns and ideas for sustainability; and of course building links with Tullie House, a key hub for people in Carlisle.
- I got to use my creative skills to create content and communicate our ideas for the exhibition, as well as the chance to get involved with events during the exhibition being open such as the recent eco crafts day I ran.
- Used this as a platform for our most recent Conversation Cafe for me to lead a facilitated chat about active citizenship as part of the Unity Festival.
- There's a dedicated page on our website which details our involvement, our active citizenship video and much more!!





going forward

- Starting to support Great Big Green Week ideas.
- Idea that came from the active citizenship conversation cafe about information on how to campaign locally.
- Eco-comic book is on the horizon which aims to develop an arts and sustainability strand as well as be part of a membership renewal programme.
- Continued engagement with different sectors of our community and creation of partnerships.