


Sustainable Carlisle AGM 2021

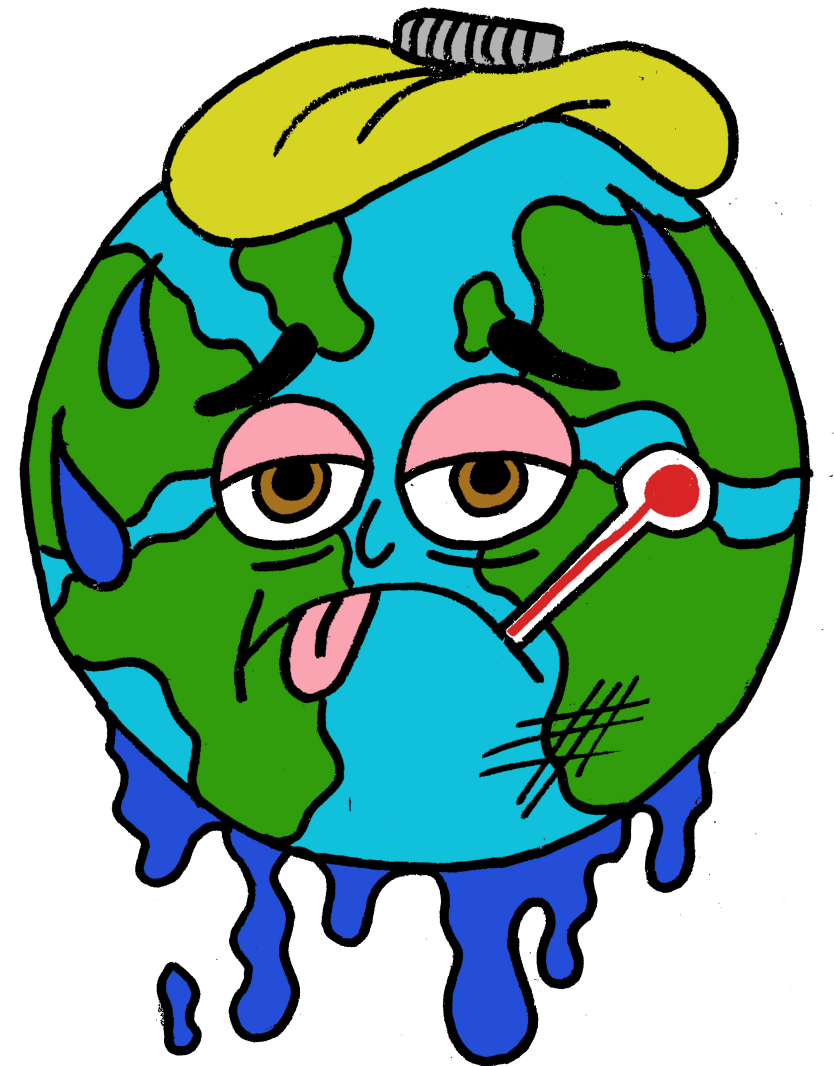
Development Worker Report
presented by Katie Lock



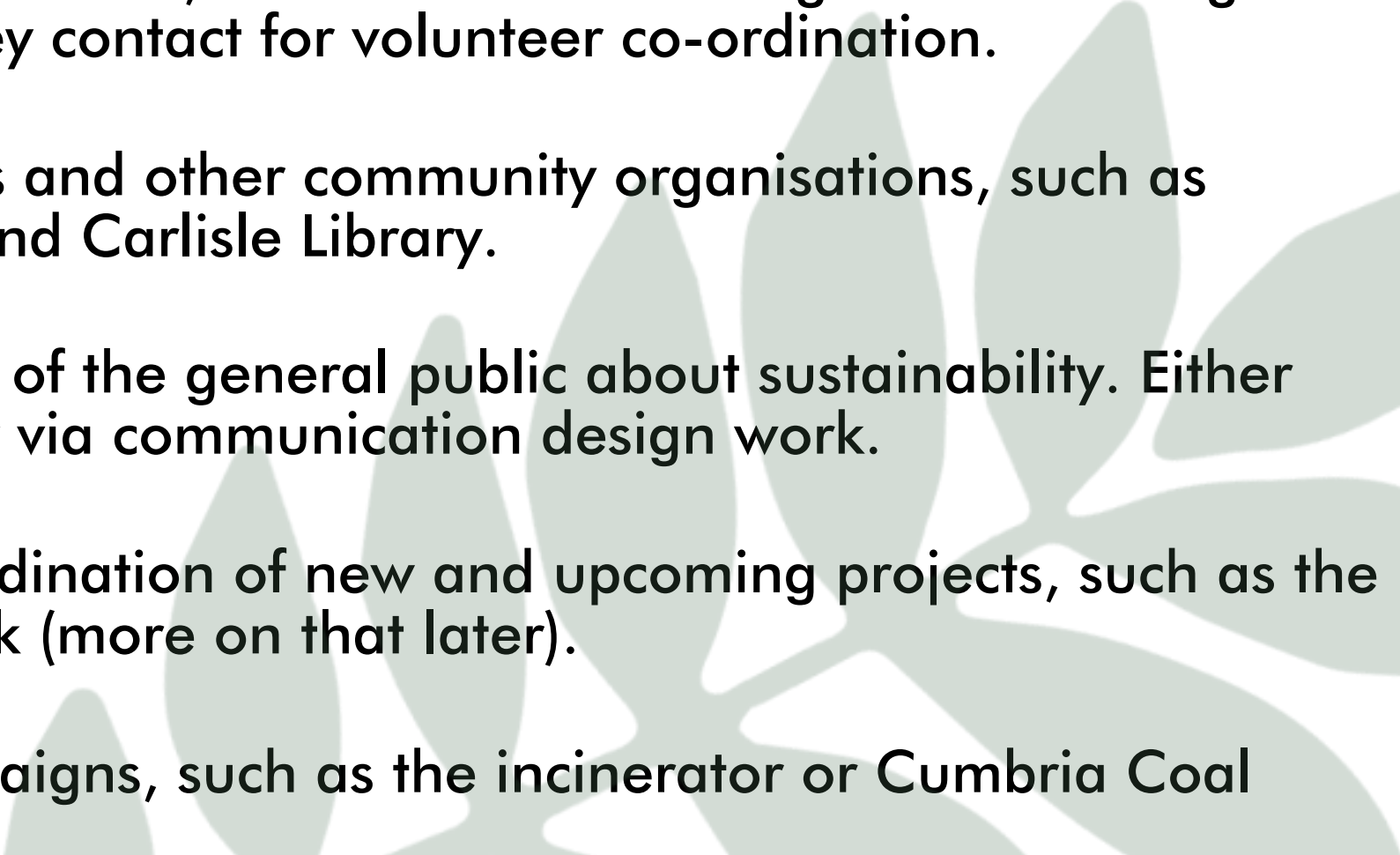
Background to my role

- I began officially in this role on April 1st this year (so I'm about 4 months in).
 - Previously had some months doing similar work on a separate temporary contract between September '20 to January '21.
 - This current contract is for 5 years, one day a week, to support and develop Sustainable Carlisle.
 - Funded by the National Lottery Community Fund as part of the Zero Carbon Cumbria Partnership.
 - The ZCCP is working towards the shared aim of making Cumbria the first carbon-neutral county in the UK, by 2037.
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What have I been up too in this role?



my usual duties

- Supporting the co-ordination and delivery of key Sustainable Carlisle projects, such as the Freestall and Conversation Cafe.
 - Communications - updating and developing the website and social media as well as putting out the monthly newsletter and key SC information to the mailing list.
 - General administration tasks, such as minutes taking of the Steering Group and being a key contact for volunteer co-ordination.
 - Working with partners and other community organisations, such as PACT, Food Carlisle and Carlisle Library.
 - Engaging with sectors of the general public about sustainability. Either delivered in person or via communication design work.
 - Developing and co-ordination of new and upcoming projects, such as the Great Big Green Week (more on that later).
 - Support of local campaigns, such as the incinerator or Cumbria Coal Mine.
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Sustainable Carlisle are a network of people and projects in Carlisle, that want to make our city more sustainable for ourselves and for following generations. We wish to help create a peaceful, vibrant, resilient future based on common sense, ecological wisdom and social justice.



EDUCATION

- Schools and Youth Community Groups
- Trainings and conferences
- Climate events
- Talks

ONGOING

- Freestall
- Conversation Cafe
- Litter Picking

SEASONAL

- Tree Planting

CAMPAIGNS

- Re-fill / plastics
- Council action plan
- Incinerator
- New road
- Cumbria coal mine
- Housing
- Cycling

ENGAGEMENT

- COWC
- Councils
- Z.C.C.P
- Carlisle Coalition
- Citizen's Jury
- Community organisations

SUSTAINABLE CARLISLE

CO-ORDINATION AND ADMIN SUPPORT

- Newsletter
- Social media
- Funding
- Steering group
- Membership
- Press
- Website

DEVELOPMENT

- Library of Things
- Climate Hub
- Community Orchard
- Incredible Edible
- Reg. agriculture
- Art
- Fair Food




website: www.sustainablecarlisle.org
facebook: www.facebook.com/groups/318769556648
twitter: twitter.com/suscarlisle
instagram: www.instagram.com/sustainablecarlisle

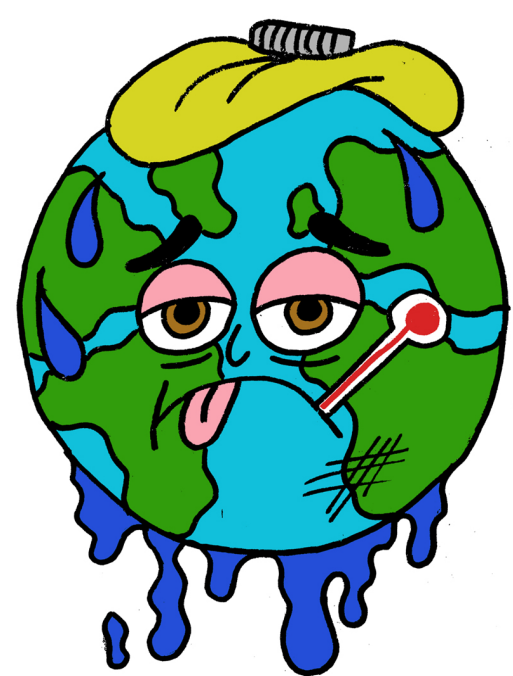
Case study: our involvement with the Plant and Wellbeing Fair



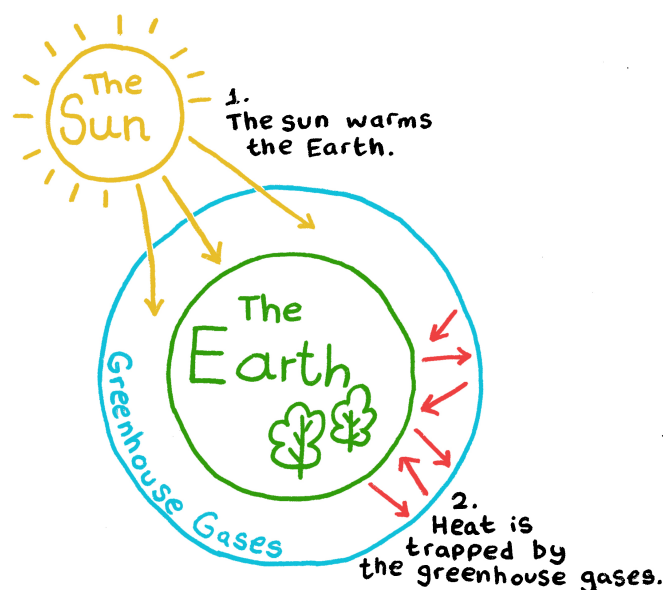
- We re-launched our Freestall (a key part of our Sustainable Carlisle outreach to the general public) at the Plant and Wellbeing Fair in Bitts Park.
- We added a plant spin to our Freestall, giving out many many donated plants as well as launching our seed exchange scheme (including getting our logo stamp which I was very excited about).
- We had A LOT of the general public come to our stall and we had lots of great conversations about plants, sustainability and COP 26.
- I designed specific leaflets and posters for this event, including a leaflet about COP 26 that is now going to be used across the county via the ZCCP.

Case study: Schools engagement project

- This is an additional project to my main contract that is currently on-going. Funded by the Hadfield Trust and collaborates with the Cumbria Development Education Centre, as well as with Adrienne Gill from COWC.
 - Stage 1 = creating activity packs that can be used in class or at home (finished and currently being promoted for the summer holidays). CDEC are also offering free membership to their resources to the first six schools to get in contact!
 - Stage 2 = classroom activities (currently on hold due to covid-19, will pick back up next academic year).
 - Embraces the need to engage more with children and young people, and my belief that hands on creative activities in the class room are more engaging than just standing up to talk and do an assembly.
- 



But you have the power to help! As a young person you are very important in shaping the future of the Earth. In this activity pack you can learn the skills to be able to make good changes and have your voice heard.



things we can do to help our mental health when dealing with the climate crisis

- **Talking about it.** Sharing your experiences and worries with other people can help alleviate negative feelings, whilst knowing you are not alone in this can be comforting. If there is an eco group at school/college make a point to talk about each other's worries. If there is no one around you feel like you can talk to, see if local environmental groups have opportunities for conversations.
- **Observing the good news.** It can very often seem that it is all doom and gloom, but finding the good news can help give a sense of hope. For example, finding sources of positivity (such as @thehappynewspaper) for your social media feed is a way to boost your daily intake of information.
- **Being in nature.** It is an often echoed thing to do when helping our general mental health but getting out into nature, even with just a small walk in the park, can refresh and remind you of the beautiful planet we are all fighting to protect. Even watching relaxing nature documentaries can help you take a break from it all.
- **Knowing you are making a difference.** It can be very easy to feel overwhelmed or angry, as it seems like such a massive global problem. But by acknowledging that by even making small actions to tackle the issue, you are helping make change and not helpless. As Greta Thurnburg said, "I have learned you are never too small to make a difference."
- If you are finding your mental health is deeply affecting you, there are many online resources and crisis helplines. www.mind.org.uk is a good place to start.

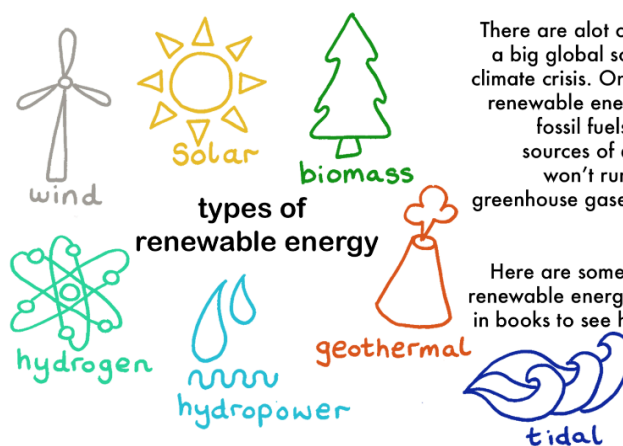
above = little segments from the packs, below= my favourite pages from the bronze, silver and gold packs respectively

Reducing our waste (what we throw away in the bin) is another great way to help! Everything we get rid of can sometimes end up in nature and make animals very poorly.

Follow this arts and crafts activity to see how old items / rubbish can be used in a new way.

Carton bird feeders

You will need: - A clean and empty carton - Scissors - Acrylic paints - String or ribbon - Bird food



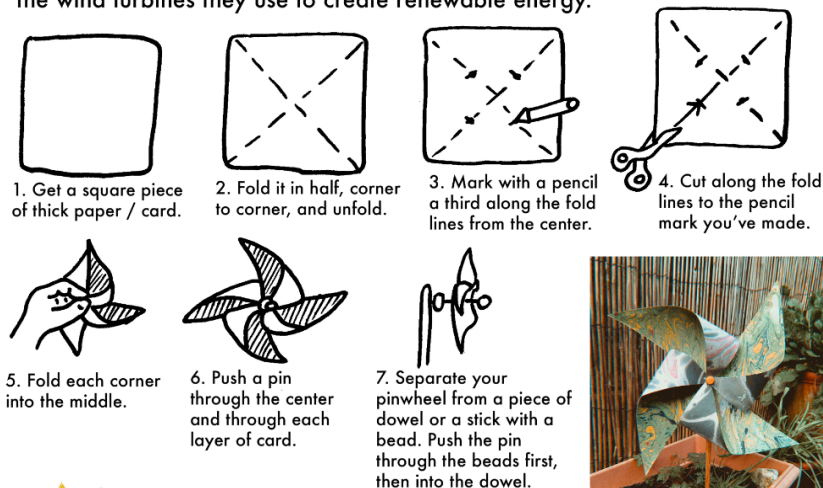
There are a lot of things being done on a big global scale to help reverse the climate crisis. One of those is the use of renewable energy. Instead of burning fossil fuels for power, we look to sources of energy from things that won't run out and don't release greenhouse gases into the ozone layer.

RESEARCH TASK!

Here are some of the main sources of renewable energy, try looking online or in books to see how we are able to use nature for energy.

renewable energy activity

Pin wheels are easier to make and can be used in your own science experiment to measure wind at home! Your pinwheel is like a small version of the wind turbines they use to create renewable energy.



Keep a record of how windy it is each day for a week by writing how quickly the pinwheel spins. This can show you how powerful nature can be!

GETTING HANDS ON!

writing a powerful letter to your local MP

As a UK citizen, you have many representatives across many levels of government. It is the duty of your local councillors to represent and address the needs of their 'ward'. Writing a letter, as part of a campaign or as an individual, is a legitimate way of communicating to those who have the legislative power to enact change.

- **Fact versus fiction!** : Letters have much more strength when they are backed up by facts and evidence of what you are trying to say.
- **Speak from your heart** : Conversely, it is also good to have some element of a personal touch, why are YOU writing this letter? This will stand out much more than something that has been copied and pasted.
- **Who's who?** : Make sure you are writing to the right person on the right topic, have a look online to see who you should be addressing too.
- **Crystal clear** : Get to the point quickly and be clear in what you are asking for, no one wants to wade through a long ramble.
- **More the merrier** : If you aren't a confident writer, get a trusted friend or family member to proof read it for you, who knows, you might even inspire them to get involved with your cause as well!

VOTE!

When you are old enough to vote in your local and national elections, it is important to do so as statistics show more older people than young people vote. Read up on your representative's manifestos and intentions and cast your choice!

Petitions are a great way to have your voice heard across many issues, which you can do from the comfort of your own home! Don't forget to share the petition across your social medias after signing it.

making an eye catching protest banner / placard

- * Keep it big, bright and bold, it must be able to catch the eye and be relatively easy to read from a distance, as well as if the fabric is in motion.
- * Images and visuals should be kept simple and strong.
- * Test your design by looking at it from the other side of the room.
- * Be brief and straight to the point, banners are to provoke interest - more information and detail can be shared through conversation, leaflets etc.
- * Also pencil out and plan your letters beforehand so you don't end up with any squished up words!
- * Add that personal touch - speak from your own experiences for a more powerful statement.



Banners and placards have been used throughout history during demonstrations and protests as a way to communicate what the people are asking for or want to say.



Well done! You have saved some rubbish going to the bin as well helping out your local nature. If you can not reuse something, it is always good to ask grown ups if it can be put in the recycling bin, or look for the recycling symbol.

Case study: The Great Big Green Book



the Sustainable Carlisle

big green book

a members only book
packed full of,
eco ideas, gardening tips,
recipes, crafts, poems,
and so much more!



wild garlic pesto

Spring means the smell of wild garlic is in the air! Wild garlic, or ramsons as they are also known, can be found in almost all woods. When they're around, often in great carpets, they are difficult to miss. The smell is unmistakable so follow your nose!

How to make wild garlic pesto

Ingredients

100g wild garlic leaves
50g parmesan cheese or 50g nutritional yeast for a vegan and veggie-friendly version
50g toasted pine nuts
1-2 tablespoons of olive oil
Lemon juice
Salt and pepper

Method

Wash wild garlic leaves thoroughly.
Place the leaves, parmesan, olive oil and pine nuts into a food processor and blitz. You could do this with a pestle and mortar if you want to be more traditional.
Add more oil if you want to have a thinner pesto.
Add salt, pepper and lemon juice to taste.

how to forage wild garlic

- > Visit woods between late March and July.
- > Look out for their bright white flowers on damp soils and slopes.
- > When you find the plant, pick long leaves that are bright in colour.
- > Be sure to carefully pick the leaves from close to the ground but make sure to leave the bulb underground and intact for next year.
- > The best way to check that you've picked wild garlic is to crush the leaves in the palm and take a sniff. If it smells like garlic, then you've picked the right plant.

responsible foraging...

- Minimise damage
- Seek permission
- Know what you're picking
- Only collect from plentiful populations
- Leave plenty behind
- Do not collect rare species

recipe submitted by person's name



- I am looking to make a big 'green' book packed full of interesting things and information, intending for it to be a reward and incentive for a paid annual membership of Sustainable Carlisle. Having paid memberships means that Sustainable Carlisle can be more economically sustainable, as well expand and develop our projects.
- I will be using content submitted by members.
- I will be using a risograph print process, which is not only very affordable but the lowest environmental impact of any kind of commercial printing. (And is also a very popular contemporary style!)

Case study: CARLISLE GREAT BIG GREEN WEEK

- Planning something to be part of the Great Big Green Week, which is a huge national campaign and series of action and events where communities will be coming together to make positive change and engagement with people.
 - Lots of other groups with Cumbria will be doing something, so opportunity to further connect to like minded people in the county.
 - We will have the main event in the town centre on Saturday 18th, collaborating with Food Carlisle who will be bringing a mini harvest festival and inclusion with Organic Gardeners and Farmers. I plan on having Sustainable Carlisle be present with an information point, a source of engagement and outreach with the general public as well as having a "arts tent" (ie, gazebo) - which will have creative hands on activities and involvement with other local artists, musicians, performers.
 - We will also be doing outreach to other local organisations and business to invite them to be part of the wider campaign with personalised suggestions on what they could do to be involved.
 - Action plan and ideas document about this event is available upon request.
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What have I enjoyed about this role so far?

- Being able to use my skills and interests to benefit Sustainable Carlisle - particularly graphic design, creativity and communication skills.
- Developing newer skills that are transferable to my other job as well as future career, such as marketing or project co-ordination.
- Getting to know the Sustainable Carlisle network, the associated projects and people.
- The opportunity to talk to the general public about sustainability issues.
- Being able to make hands on positive environmental change.
- The trust and respect to 'do my thing' but also the continued valuable support I have received from the Steering Group and wider membership.



Some of my design and communication work



April Newsletter is now available!



WHAT IS COP 26?

The UK will host the 26th UN Climate Change Conference of the Parties (COP26) in Glasgow on 1 – 12 November 2021.

The COP26 summit will bring people - with representatives that include heads of state, climate experts and negotiators - from across the globe together to step up action towards tackling the climate crisis. As well as the negotiations, there will also be the opportunity for countries, international organisations and other delegates to share knowledge by showcasing climate action and highlight the many diverse issues caused by the climate crisis.



WHY IS IT IMPORTANT?

COP26 will be biggest summit the UK has ever hosted and is being described as the most significant climate event since the 2015 Paris Agreement.

Across the globe the Climate Crisis is having its dramatic effect on us all, with temperatures soaring, extreme weather and bio-diversity loss ever increasing. We cannot afford to wait to act and must work together to protect our planet and people and ensure a greener, more resilient future for us all.

All eyes will be on the world leaders in Glasgow during the COP 26 summit. With Cumbria just down road, a county that has had its fair share of the negative impacts of the climate crisis, we as a community must show our solidarity and speak up for what we believe is important for our futures. In 2015 world leaders came to Paris and committed to an agreement to tackle these issues. These must be upheld and adapted for the ever dissolving world that we live in.



What has been decided so far?
The Paris Agreement is a legally binding international treaty on climate change. It was adopted by 196 Parties at COP 21 in Paris, entered into force on 4 November 2016. Its goal is to limit global warming to well below 2, preferably to 1.5 degrees Celsius, compared to pre-industrial levels.

What will be discussed at COP26?
The key goals are; secure global net zero by mid-century and keep 1.5 degrees within reach, adapt to protect communities and natural habitats, mobilise finance, and work together to deliver. Check out www.ukcop26.org for more information.



A SUSTAINABLE CARLISLE PUBLICATION
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Sign up to our emailing list!

Click the website link in our bio to find the mailing list sign up on our home page.



- our monthly newsletter
- hearing first about important updates & opportunities
- links to join our online Conversation Cafes



Why does it matter?

Knowing your carbon footprint means you, or your business, can keep track of your impact on the environment and contribution towards the climate crisis. But remember, it takes millions of people to do it imperfectly than a few people doing it perfectly. All small changes can make a difference.

What affects a carbon footprint, and some simple swaps to reduce it...

- > what you eat and drink, and where it is from
Eating less meat and dairy products and more seasonal and local food, try out your local farmer's market! Meat and dairy produce are huge carbon contributors from the intensive farming practises of modern day.
- > how you travel short and long distances
Try walking or cycling your short distances, as well making use of public transport for long distances.
- > heating and powering your home or business
Putting on a jumper or getting cosy under a blanket instead of ramping up the heating can be a simple swap that will also save you money! And if you've got the budget, invest in house improvements such as loft insulation and window double glazing.
- > what you stuff you buy
Refuse what you do not need
Reduce what you do need; reconsider just how much stuff you actually need
Reuse by repurposing stuff, or by using reusable objects like metal straws
Recycle what you cannot refuse, reduce or reuse
Rot (compost) the rest

What about the big cooperations that are the big contributors of emissions?

Firstly, you can "vote" with your wallet, boycotting organisations that are damaging our environment and shop with local independent businesses you know are sustainable in their practises. If you are passionate about getting big cooperations to stop polluting our earth you can join a local environmental campaign group. There are many sorts of groups you can choose from, so it is worth a google search to see how you can speak up against the damage being done to our planet.



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www.sustainablecarlisle.org or search for us on facebook, twitter and instagram

Design work from across social media and specific projects.

DIGGIN' THE TREES EVENT!

Sunday 13th June

Help us keep trees healthy and flourishing by removing tree guards, at a wood in Brampton.



Contact katie@sustainablecarlisle.org if you are interested.





What lies ahead?

SHORT TERM =

- Action and things a happening for COP 26!! The Great Big Green Week event in town centre will be part of the lead up to this!
- Covid-19 recovery for existing projects.
- Maintaining the great online engagement we experienced over lockdown (reaching a wider audience).

LONG TERM =

- More engagement with children and young people, ...Sustainable Carlisle Youth Branch (?).
- More membership engagement, either through online, volunteering, paid subscriptions, having people feel like they can help make change (empowerment).
- More engagement with local community groups, continuing the great work that SC does by working with others.
- Developing ever increasing ambitious and radical new projects and ideas.



**Thank you for
listening, a copy of
this presentation
will be available
upon request.**