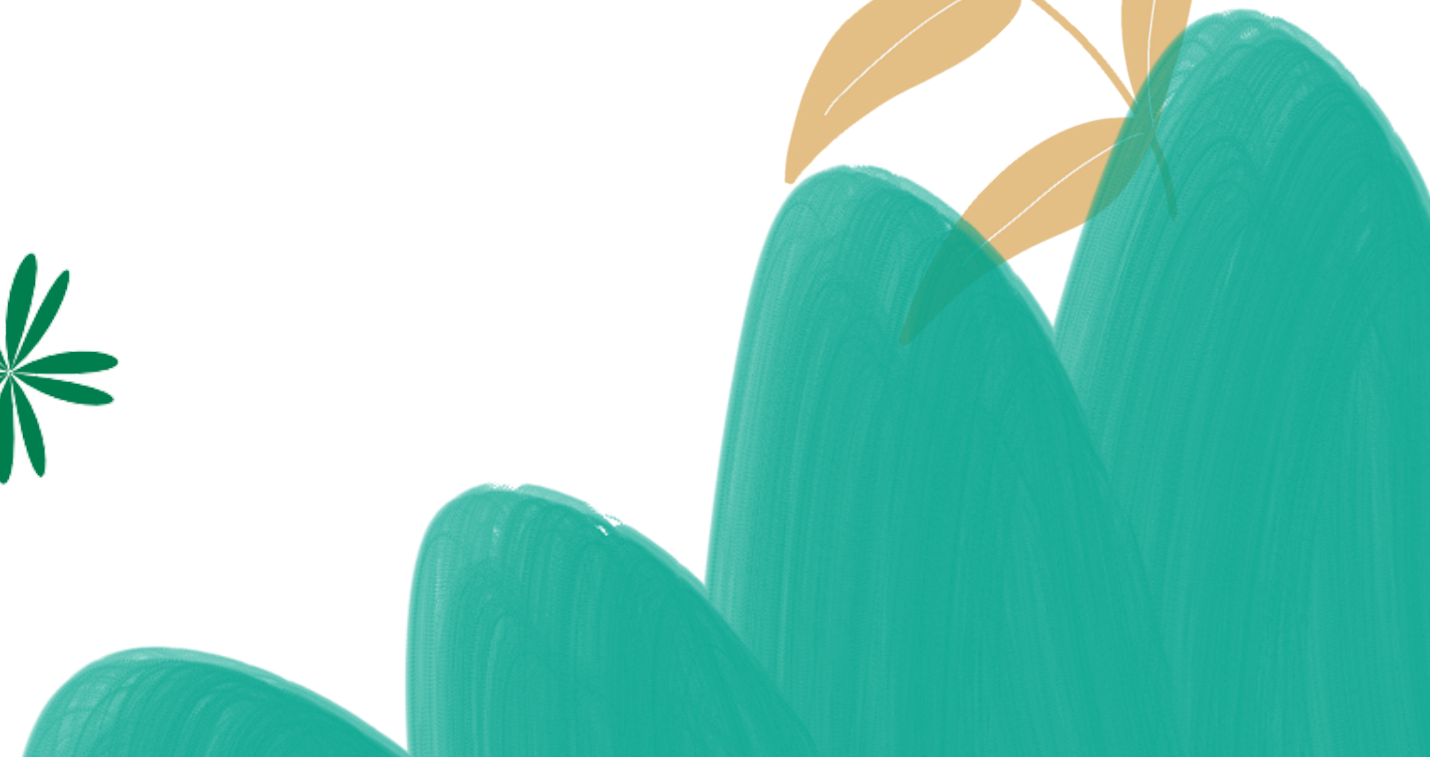
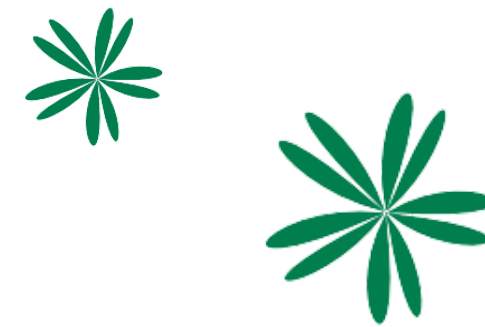




**Transition Bath**  
community | food | energy | future

**eeco**   
**TOGETHER**





**Vision: Build the eco network, build community**





# Friends Neighbours Community





A decorative graphic of a branch with several golden-yellow leaves is located in the upper right quadrant of the image.

It's a bit like a...

# Book Club





# So how do you do it?

- ✿ Get together 5-10 people
  - ✿ Meet 6 times
- ✿ Use the materials to guide each session
- ✿ Discuss and choose activities that suit you, your own or from the materials
- ✿ **Celebrate!**



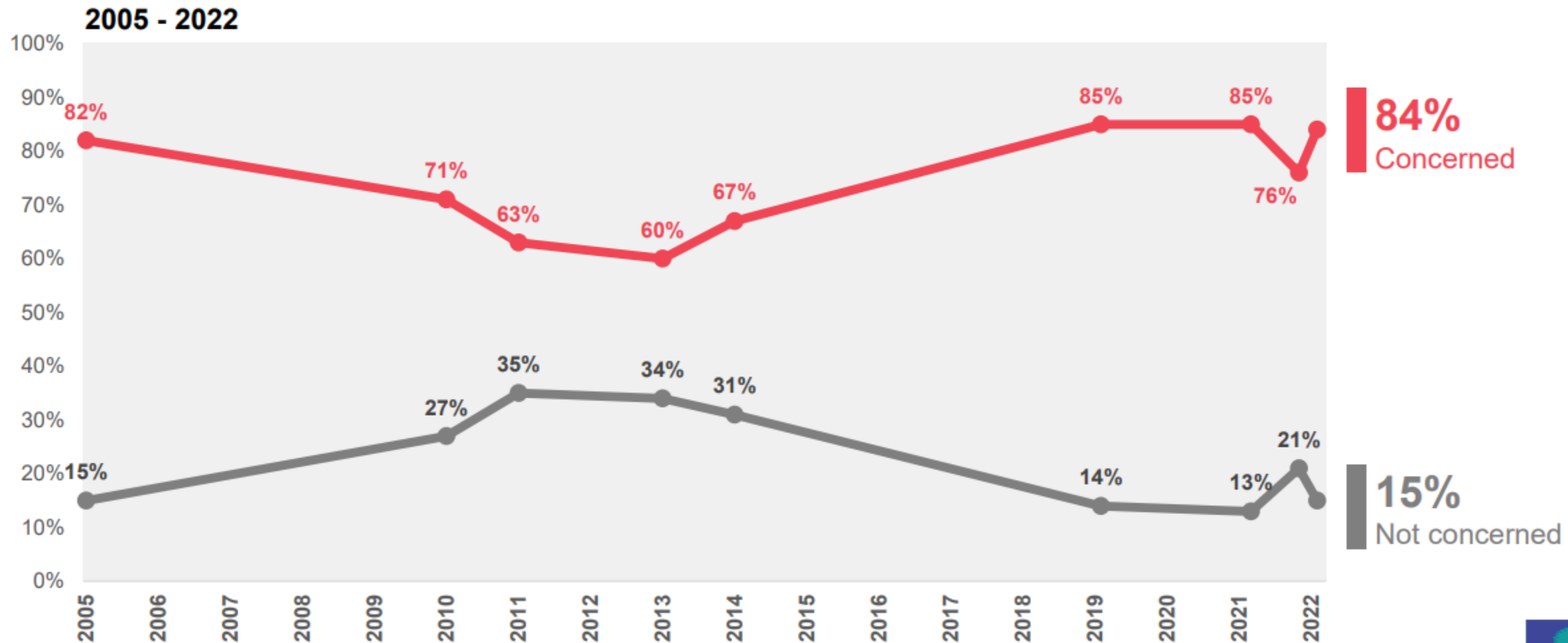


# Helps people who already care...



## Public concern about climate change

How concerned, if at all, are you about climate change, sometimes referred to as 'global warming'?



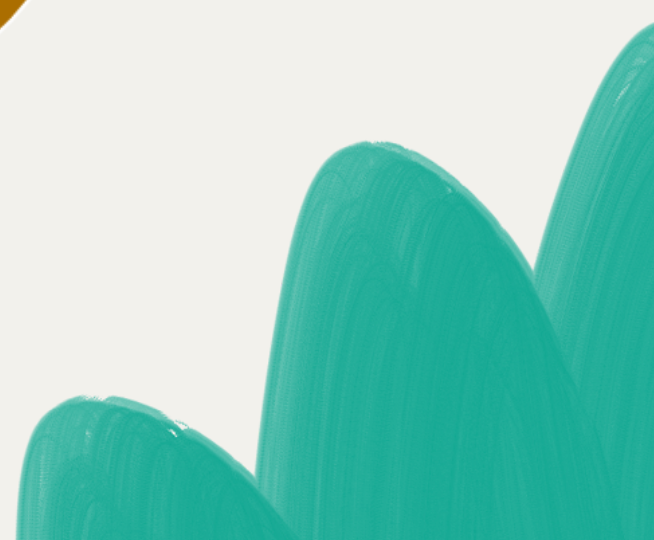
Base: c.1,000 British adults 18+ each month

Source: Ipsos Political Monitor





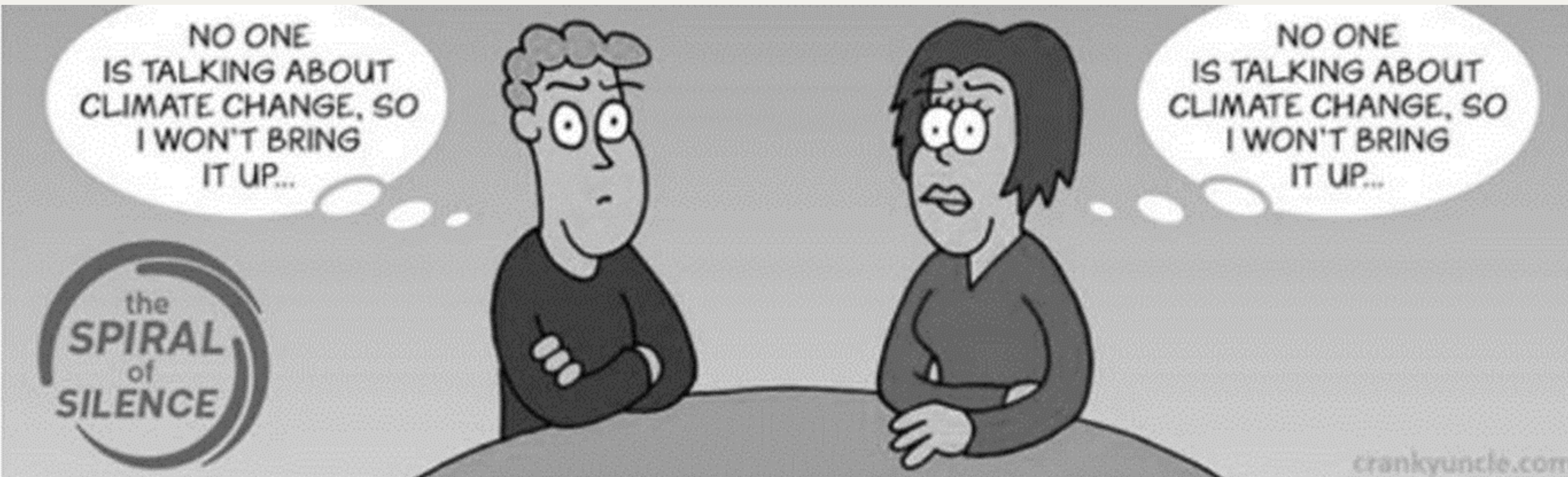
# ...to address the barriers we face...







...that leads to the spiral of silence.



"IN A 'SPIRAL OF SILENCE,' PEOPLE REMAIN QUIET ON A TOPIC BECAUSE THEY THINK THAT NO ONE AGREES WITH THEM, EVEN IF THAT IS NOT TRUE."

NATHAN GEIGER, PENN STATE UNIVERSITY

~70% think *others are not worried* enough about the climate.



# Uses simple materials...



## Activity Sheets

Welcome! Well done to you for taking part in Eco Together. You can complete these Activity Sheets on a computer, or you can print them out, it is designed to conserve ink. Each session requires around 30 minutes of preparation to get the most out of it.

We ask that you read the Information Pack section for the next session and fill out the Activity sheet.



## ECO TOGETHER RESOURCES LIST AND LINKS - BATH

### What is this list?

This resources list is compiled by volunteers at Eco Together and supports the self-run programme guiding people to consider actions they can take to address climate change.

*To complete before the session (you only need to discuss the priorities)*

Simple points	Powers	Activities – examples	Already do/try?
		See Information Pack for details	
Cut demand	Lifestyle	Smart Meter/ Energy Meter Challenge: Can you reduce your energy next week?	
		Install simple low-cost measures such as draught proofing, LED lights	
		Get a retrofit energy assessment to work out a plan for your house	
	Community	Contact installers of insulation or glazing	
		Switch to less energy intensive appliances (see Information Pack appendix for alternatives)	
		Workplace, school or organisation energy audit	
		Draught busting party! Get together with friends or neighbours install draught proofing – much more fun!	
	Advocacy	Contact your MP to ask them to provide more government grants for home energy efficiency	
Use power at the right time	Lifestyle	Get an app to show carbon intensity of grid and check before using big appliances – try Should I Bake?	
		Pledge to avoid using energy-hungry appliances between 4pm and 7pm	
Use renewables	Lifestyle	Switch to a green tariff	
		Install solar panels and/or a heat pump or contact installers	

...ing resources that support organisations. **This is a living** ...ns, or if you find a link is no ... feature and they will be

**DON'T GET COLD FEET**  
We are most comfortable when our feet are 2°C warmer than our head. Use slippers, hot water bottles and thick socks.

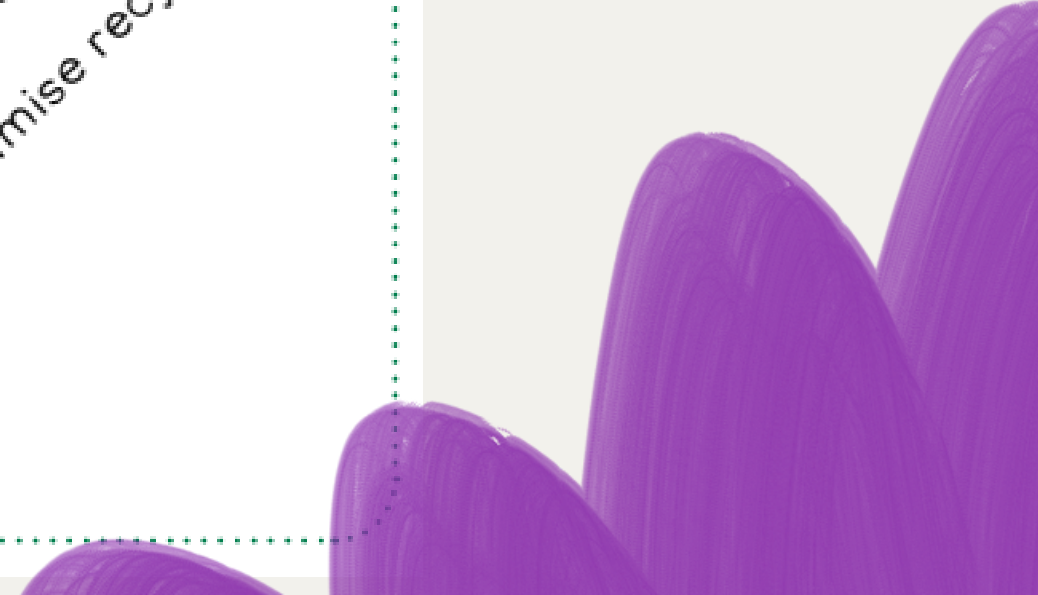
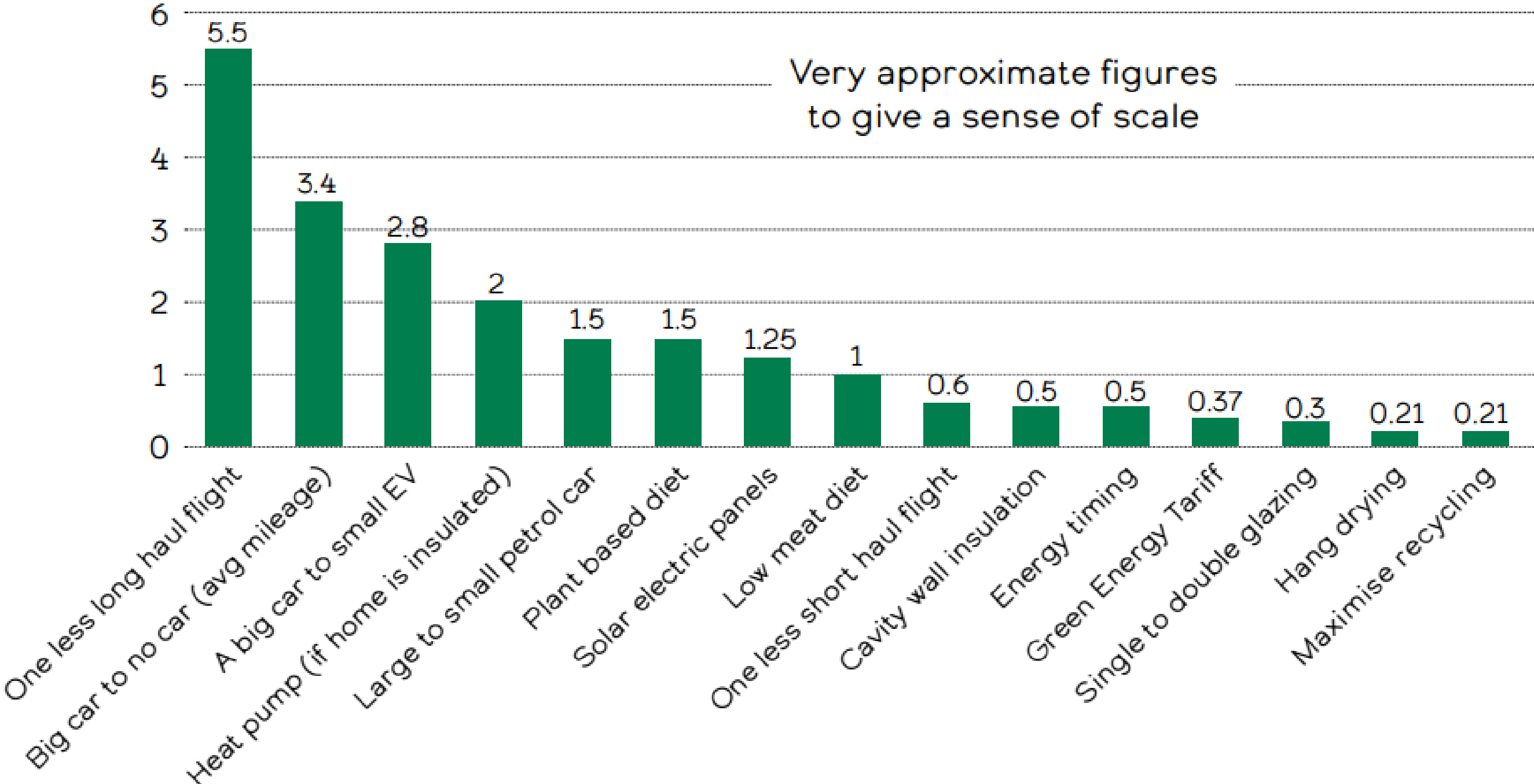
**STOP DAMP**  
Which makes the cold seem worse. Put lids on pans and ventilate shower rooms.

For grants and info on home energy, see the Resource Sheet for your local energy helpline or contact the National Energy Action helpline Mon-Fri, 10-12, 0800 504 725



# ...to help you decide where to focus.

## GREENHOUSE GAS (CO<sub>2</sub>e) SAVING - TONNES PER YEAR





# Gives space to think about the powers we all have...



## Advocacy

Influence decision makers - business and politicians

## Communication

Let others know you care, so that it becomes normal

## Your powers

## Lifestyle

Personal actions e.g. buy green, use less, green travel

## Community

Be a champion in your groups e.g. work, social, faith, school etc





# ...in areas that we can influence.



## Session 2 **ENERGY**



- ✓ Use less energy
- ✓ Use electricity at the right time
- ✓ Use renewables
- ✓ Leave fossil fuels in the ground



## Session 3 **TRANSPORT**



- ✓ Fly less
- ✓ Go car free (wherever possible)
- ✓ Switch to a cleaner vehicle
- ✓ Advocate for alternatives



## Session 4 **FOOD**



- ✓ Eat more plant-based food
- ✓ Eat the seasons
- ✓ Eat Local food
- ✓ Eat Sustainable food



## Session 5 **RESOURCES**



- ✓ Don't buy it
- ✓ Embrace pre-loved
- ✓ Buy ethical
- ✓ Revolt at waste





# What was the best thing? The people!

Meeting neighbours with similar goals and hearing what they are doing.

Sharing information and support .

Meeting like-minded people and forming an action group.

Sharing and gaining ideas and confidence from each other.

Meeting new people, building relationships. Sharing ideas and feeling that you're not alone for wishing to make changes.

Being inspired by the materials and participants.





## At the Witton Lakes Eco Hub...

The Eco Together core programme as a course.

- Two hour weekly sessions over 8-10 weeks
- To share experiences, discuss the new topic then experiment with a relevant practical activity or game to embed learning
- e.g. air pollution monitoring, bike try-out, Climania





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'If we wait for governments, it will be too late.  
If we act as individuals, it will be too little.

**But if we act as communities,  
it might just be enough,  
and it might just be in time'.**

Rob Hopkins, co-founder of the  
International Transition Movement.







With thanks also to...



**Transition Bath**  
community | food | energy | future

