



You have more Power than you think:



An Introduction to your Unique Eco Powers

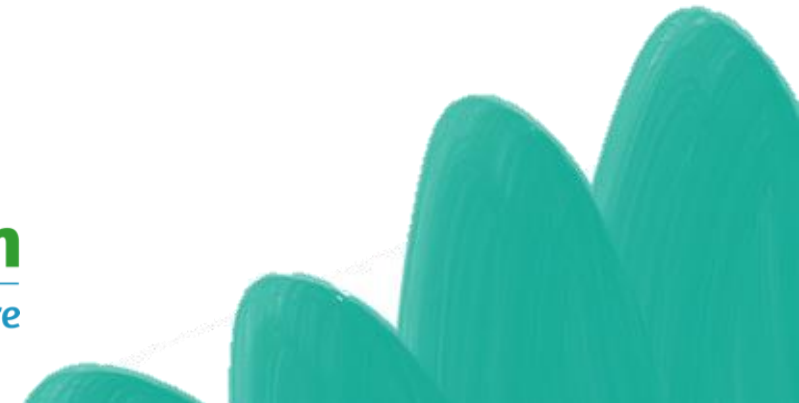
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Eco Together Birmingham



Hosted by



Transition Bath
climate · community · future



Importance of climate action



IT'S WARMING

The earth has warmed by 1.1°C already and could hit 1.5°C by 2030. Beyond 1.5°C, the impacts will get much more severe.



IT'S US

Humans are burning ever more fossil fuels that release carbon dioxide (CO₂) and harming the forests, soils and oceans that absorb CO₂. More CO₂ has been released since 1990 than the whole of human history before that.

WE ARE SURE

97% of scientists agree humans are causing climate change.



IT'S BAD

Our food, society and security is threatened. The cost of living will rise as crops fail. Ecosystems are spiralling into decline. The military see a serious security risk. The UN Secretary-General has stated that unless governments everywhere take action, much of the world will be uninhabitable.



IT'S NOT FAIR

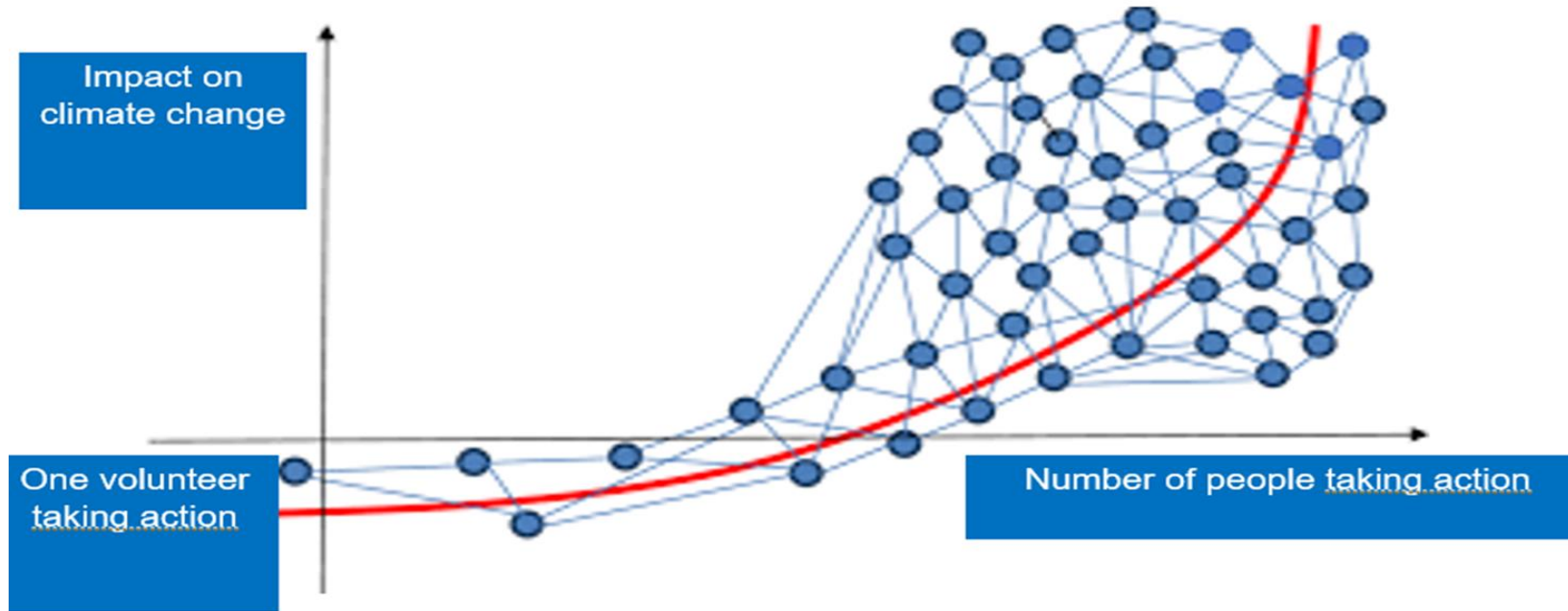
The poorest and most vulnerable people will suffer most whilst contributing least to the problem, as will plants and animals with no voice. In the UK, the wealthiest 10% emit around 3 times as much CO₂ as the least wealthy 10%.

MORE CO₂ HAS BEEN RELEASED SINCE 1990 THAN THE WHOLE OF HUMAN HISTORY BEFORE THAT



Everyone matters

Climate action on the cusp of exponential growth?
25% of the population creates a tipping point



Eco Together



Eco Together is a climate empowerment group programme which helps people to find and use their unique powers to make a difference.



Hosted by environmental charity Transition Bath but also runs in Birmingham, including a group of staff at Birmingham City Council



Developed by volunteers passionate about climate and the environment – but runs itself



Free and open source.



[About | Eco Together](#)



Eco Together Brum 1st birthday party

27th January 2024 Witton Lakes Eco Hub



Photo by Ewan Williamson, Erdington Local

Eco Together example actions



Lifestyle: *I'm planning to get rid of my car. I'm using buses much more.*

Community: *I've become the Plan A [Eco] Champion at work now. I've got a copy of the environmental strategy for the organisation at work and I will work on something more specific for our branch.*

Advocacy: *I joined the Birmingham Climate Justice Coalition and went to their conference this year.*

Communication: *I volunteered to become a local ambassador for the local paper. I wanted to do it before but I did it when I learned about the power of talking.*

Eco Powers to create change



Eco Power - Lifestyle



Actions you take as an individual

- * The power of voting with your wallet and leading by example
- * We can choose the eco-option, from small actions that add up, such as buying less plastic and recycling, to larger changes such as switching finance providers, going vegan, car-free, or even off-grid
- * Around 80% of people use Lifestyle Power in some way.



Caution: *This is also the frame within which fossil fuel interests seek to constrain our action; BP created the individual carbon footprint to stop us using Advocacy Power on them!*

Eco-action

What lifestyle choices make a bigger impact to carbon output?



Eco Power - Community

Actions you take using your unique networks

- * **You can influence through these networks** more than people who are not in them
- * **Can your group be an eco-group?** E.g., eco-neighbourhood, eco-work team, eco-school, eco-choir, eco-faith group. **Can you be the eco champion** within this group?
- * **Organisations also have Eco Together Powers** - Lifestyle, Community, Advocacy & Communication...leveraging this can be highly efficient.



Eco Power - Advocacy



**Actions you take to influence decision-makers;
businesses and politicians**

- * Lifestyle power is limited by lack of support from government or business, **'the system'**.
- * **Spectrum of action:** Petitions, social media, consultations, joining groups, getting others involved, meeting those you wish to persuade.
- * **A well-targeted campaign for a specific change can often succeed**



Eco Power - Communication



Whatever you do, talk about it

- * The **'Spiral of silence'** holds back climate action. Because it's so dreadful, no one wants to talk about it, so people think no one cares!
- * **85%** of UK people care about the climate but most people think only **50%** of people do. **70%** of people think that others are not worried enough!
- * So – **simply share what you are doing**; successes and challenges. Maybe ask them for their thoughts.
- * **This is 'social norming'** - communicating that *'someone (possibly like me) is taking action, so maybe I could too'*.



Next Steps:

What will you do?

**Start an Eco
Together
Group in your
community**

**Become an
Eco Champion
in your group/
workplace**

**Talk to your
MP about the
Climate and
Ecology Bill**



**Thank you for being part of the
eco-change movement!**



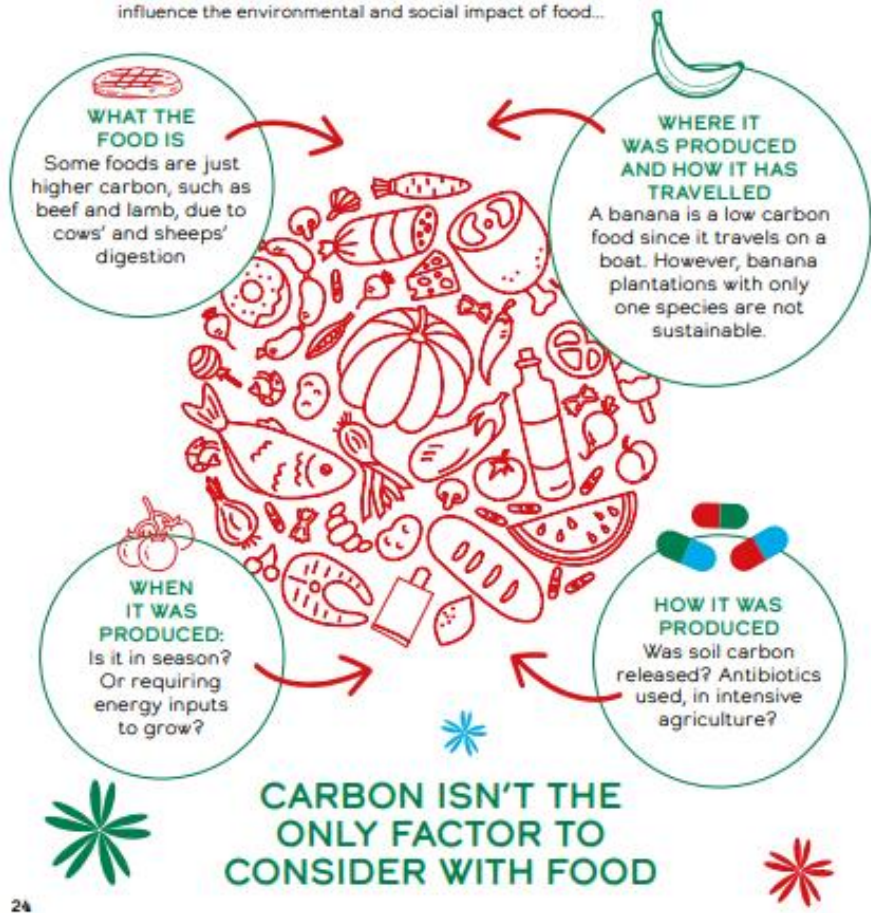


Session 4 FOOD



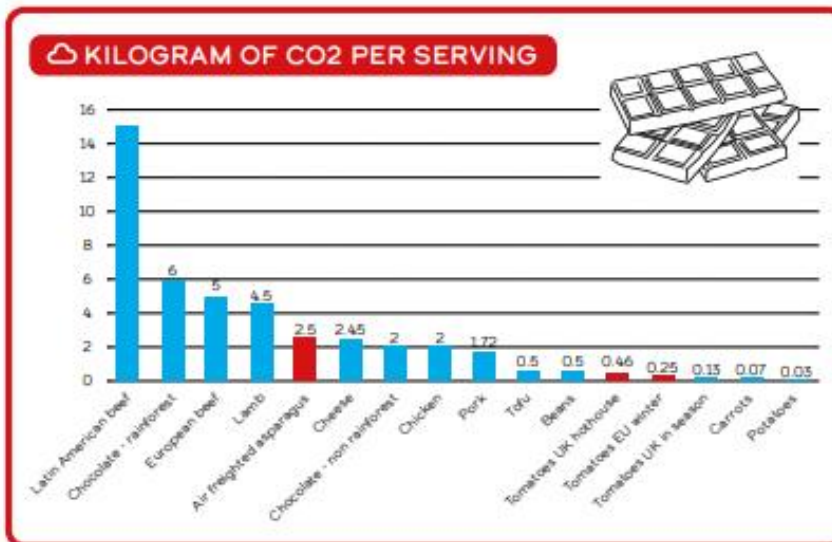
- ✓ Eat more plant-based food
- ✓ Eat the seasons
- ✓ Eat Local food
- ✓ Eat Sustainable food

Carbon isn't the only factor to consider with food, there's also cost, culture, individual health, animal welfare, soil, water, agricultural practices and your living situation. Four factors influence the environmental and social impact of food...



The chart shows the rough lifecycle CO₂ of different foods by serving. Note that out of season asparagus is worse than cheese, and imported EU tomatoes are lower carbon than UK hothouse tomatoes.

KEEP IT SEASONAL
Seasonal veg is much lower carbon



ONLINE RESOURCES
[BBC FOOD CARBON CALCULATOR - HOW CARBON INTENSIVE ARE YOUR FAVOURITE FOODS?](https://www.bbc.co.uk/news/science-environment-4645973a)
[SEASONAL RECIPES](https://www.riverford.co.uk/recipes/seasonal)



Info Pack