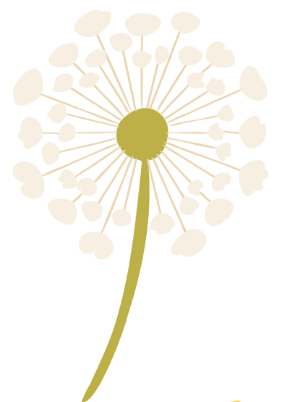


Activity Sheets

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.

Discussion points for the group are underlined to help whoever is running the session.

# Session 1: Introduction

|  |  |  |
| --- | --- | --- |
| Sections | | Possible Timings |
| 1 | Introductions and aims | 30m |
| 2 | Guidelines | 15m |
| 3 | Getting organised | 15m |
| 4 | Discussion: Our Powers | 30m |

1. **INTRODUCTIONS AND AIMS**

This session is about getting to know each other and getting set up. Start with a round of introductions. **The group can then share their reasons and aims for joining Eco Together.**

|  |
| --- |
| *To complete before the session to discuss in the session* |
| Your reasons for wanting to act on climate change |
|  |
| What you would like to get out of being part of Eco Together? |
|  |



1. **GUIDELINES**

Below are some guidelines for working as a group, based on past experience. **The group can share what they think of these guidelines and if they agree.**

1. **Commitment:** We commit to attending all the sessions or letting the other group members know if we can’t. We also commit to attempting the actions we choose.
2. **Listening and Respect:** Some group members will be more talkative than others. The best way we have found to share time equally between members is to take it in turns to speak and hold back on comments until everyone has finished. Imagine (or use) a ‘talking stick’ – only the person holding the stick can talk! This might seem tricky at first but really works. If you don’t feel like speaking, that is also fine, simply “pass the stick” to the next person. Please listen supportively and limit use of mobile phones.
3. **Non-judgement:** We agree to support other group members, whatever their worldview, background, politics or eco experience. Not all the activities will be possible for everyone, let’s celebrate and respect our differences!
4. **Confidentiality:** It is brilliant to tell people that you are part of Eco Together, but please avoid sharing what others have said in a way that could enable that person to be identified. For example, say “one of the members said XYZ” rather than “Bob said XYZ”.
5. **Punctuality and focus:** We agree to arrive in time for each session, finish on time and stay focussed on the actions that will make an impact. You may wish to set up social get-togethers alongside the sessions to simply chat. We each agree to help gently bring the discussion back to the activity if it strays.
6. **Support:** Where possible we will offer support to any team member who is having difficulty in attending the sessions, achieving the actions, or finding the content challenging in any way.
7. **Preparation:** Where possible, we will review the information pack and complete the Activity Page before each session.

|  |
| --- |
| *To complete before the session to discuss in the session* |
| Note any thoughts about these guidelines. Are you OK to follow them? More you would add? |
|  |

1. **GETTING ORGANISED**

**Timings and locations:** Discuss and agree the arrangements. If they feel comfortable to do so, group members take it in turns to run the sessions, so everyone gets to participate equally. This just means taking the group through the Activity Sheet. It should be simple and not need previous experience or eco-knowledge.

**The group should agree all the dates at the start of the programme.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***To complete during the session*** | | | | |
| **Topic** | **Date** | **Time** | **Venue** | **Person running the session\*** |
| Energy |  |  |  |  |
| Transport |  |  |  |  |
| Food |  |  |  |  |
| Resource Use |  |  |  |  |

**Staying in touch:** Agree how to stay in touch, email, social media, phone. Make sure that everyone has the contact details needed.

**Engaging with Eco Together:** We would be really grateful if you could keep in touch with us so we can monitor our progress, understand how we can continue to improve the sessions and keep you updated with any news. There are four actions (not compulsory, but helpful):

1. [Register as a participant](https://forms.gle/UVNUyV2AUHVrNsqD9) of Eco Together so we understand who our programme is reaching (submissions collect anonymised data).
2. [Register for Eco Together newsletters](https://ecotogether2030.wixsite.com/info/contact) if you would like to receive occasional news, ideas and updates from us.
3. [Provide us with feedback](https://forms.gle/pPbUTBqL2LhYcRHu7), once or multiple times as you work your way through the sessions. Your comments are really valuable to us. Thank you.
4. Follow us on social media to help us grow our community and share ideas. You can find us on Instagram @ecotogether2030

To find an online version of this document and access the links above go to: <https://www.ecotogether.info/participants>

1. **DISCUSSION: OUR POWERS**

We have four powers to create change. Different personalities and life situations will suit different powers. **The group can share your thoughts on these powers and if they’ve tried them.**

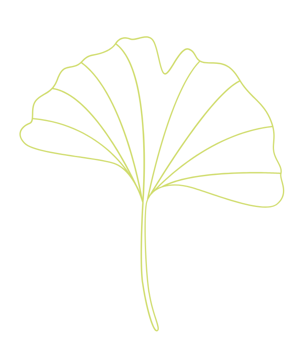
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| --- |
| *To complete before the session to discuss in the session* |

|  | What have you already done using this power? | Please note your thoughts on this power. Would you use it? |
| --- | --- | --- |
| Lifestyle Power: Lifestyle and purchasing choices |  |  |
| Community Power: Creating change in the communities you are part of |  |  |
| Advocacy Power: Champion at work or other groups |  |  |
| Communication Power: Talking about the environment |  |  |

**BETWEEN SESSIONS**

We invite you to:

* **Explore your lifestyle impact: Use the Carbon Savvy Carbon Calculator** and note down the most interesting findings to report back to the group (write them in Session 2’s first activity box).
* **Try your communication power: Have a ‘climate conversation’** with someone, talking about your experience so far with Eco Together.
* **Provide feedback** **to Eco Together** – if you wish fill in our [online feedback form](https://forms.gle/pPbUTBqL2LhYcRHu7), you can do this as you go, after each session, or leave it to the end if you prefer. Give us your top tips!
* **Prepare for next session** - read Information Pack’s Session 2, Energy, and complete the Activity Sheet for the session.



# Session 2: Energy

|  |  |  |
| --- | --- | --- |
| Sections | | Possible Timings |
| 1 | Report back: Carbon Calculator, Communication | 30m |
| 2 | Simple Points Discussion | 30m |
| 3 | Choose Activities | 30m |

1. **REPORT BACK: Group members can report any eco-triumphs or challenges.**

|  |  |
| --- | --- |
| ***To complete before the session to discuss in the session*** | |
| **Carbon Savvy calculator:**  What is the biggest part of your footprint? What else was interesting? |  |
| **Communication:**  How did it go? |  |

1. **SIMPLE POINTS DISCUSSION: The group can discuss their thoughts on the points below**

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

|  |
| --- |
| ***To complete before the session to discuss in the session*** |
| Note your thoughts on the Information Pack and Simple Points |
|  |

1. **CHOOSE ACTIVITIES:** Tick any activities you’d like to try from the table below, and celebrate those you already do. In the next table, note up to three activities to try before the next session. Not everyone will be able to action all examples, and the activities don’t have to be from the table – feel free to be creative.

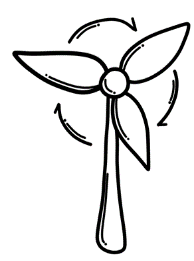
|  |  |  |  |
| --- | --- | --- | --- |
| *To complete before the session (you only need to discuss the priorities)* | | | |
| Simple points | **Powers** | **Activities – examples**  See Information Pack for details | **Already do/ try?** |
| Cut demand | Lifestyle | Smart Meter/ Energy Meter Challenge: 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 |  |
| Contact installers of insulation or glazing |  |
| Switch to less energy intensive appliances (see Resources List for alternatives) |  |
| Community | 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 |  |
| Community | Get involved in a local community energy cooperative – they often need volunteers |  |
| Join a local bulk buy scheme e.g., for solar panels |  |
| See if your work or group could install renewables |  |
| Advocacy | Write to your council or MP in support of renewable energy. |  |
| Leave fossil fuels in the ground | Lifestyle | Contact your savings provider (bank, pensions, investments) to ask them to divest from fossil fuels. Or switch provider |  |
| Community | Ask your work/group to divest from fossil fuels |  |
| Ask your organisation to declare a climate emergency! |  |
| Advocacy | Become a member of a campaigning organisation that is influencing government and companies |  |

**PRIORITISE:** Choose 3 activities to try between this session and the next and note them below. These can be from any of the powers, from the table, or your own ideas. You can change these if inspiration strikes during the session! **The group can discuss their priorities**

|  |  |  |
| --- | --- | --- |
| *Note your three actions- they can all be using one of the powers, or split between them.*  *Please complete before the session to discuss in the session* | | |
|  | **End goal** | **First step to take before next session** |
| Lifestyle power |  |  |
| Communication power |  |  |
| Advocacy power |  |  |
| Community power |  |  |

**BETWEEN SESSIONS**

We invite you to:

* **Attempt your priorities** and note down the most interesting findings to report back to the group (write them in Session 3’s first activity box).
* **Use your communication power again: Have a ‘climate conversation’** with someone new, talking about your experience so far with Eco Together.
* **Provide feedback** **to Eco Together** – if you wish fill in our [online feedback form](https://forms.gle/pPbUTBqL2LhYcRHu7), you can do this as you go, after each session, or leave it to the end if you prefer. Give us your top tips!
* **Prepare for next session** - read Information Pack’s Session 3, Transport, and complete the Activity Sheet for the session.



# Session 3: Transport

|  |  |  |
| --- | --- | --- |
| Sections | | Possible Timings |
| 1 | Report back: Mid way check-in, Priorities, Communication | 30m |
| 2 | Simple Points Discussion | 30m |
| 3 | Choose Activities | 30m |

1. **REPORT BACK Group members can report any eco-triumphs or challenges.**

|  |  |
| --- | --- |
| ***To complete before the session to discuss in the session*** | |
| **Mid – way check in**  How are you feeling about climate change now? Better? Worse? Different? |  |
| **Your priorities** - how did it go? |  |
| **Communication -** how did it go? |  |

1. **SIMPLE POINTS DISCUSSION The group can discuss their thoughts on the points below**

* **Fly less**
* **Go car free (wherever possible)**
* **Less polluting vehicles**
* **Advocate for alternatives**

|  |
| --- |
| ***To complete before the session to discuss in the session*** |
| Note your thoughts on the Information Pack and Simple Points |
|  |

1. **CHOOSE ACTIVITIES:** Tick any activities you’d like to try from the table below, and celebrate those you already do. In the next table, note up to three activities to try before the next session. Not everyone will be able to action all examples, and the activities don’t have to be from the table – feel free to be creative.

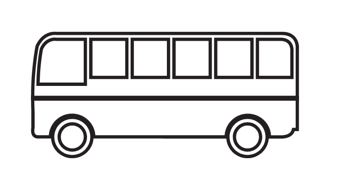
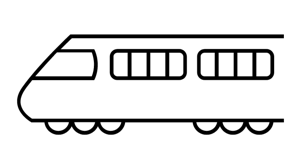
|  |  |  |  |
| --- | --- | --- | --- |
| Simple points | Powers | Activities - examples | Already do/ try? |
| Fly less | **Lifestyle** | Use an alternative to flying for a holiday or trip |  |
| Pledge to go flight-free for a period of time |  |
| **Community** | Speak to your work/group or give a talk about your ‘flight free journey’ |  |
|  | Ask your organisation to offer extra days leave to travel more sustainably on holiday |  |
| **Advocacy** | Support a group that is challenging airport expansion |  |
| Go car free | **Lifestyle** | Use an alternative to driving for all or part of a frequent route |  |
| Substitute another travel mode for a long car journey |  |
| Get the equipment and/or skills to take alternative transport. |  |
| Do a full travel plan for yourself or your family |  |
| **Community** | Get a travel plan done for your organisation |  |
| Get your organisation to support other travel modes e.g. bike racks, pool cars, cycle to work scheme |  |
| Join or set up a car club |  |
| Use a lift-sharing app or lift share with other members of your community |  |
|  | Work with neighbours to set up a shared bike store |  |
| **Advocacy** | Write to your councillor asking for better provision for walking, cycling and public transport in your area |  |
|  | Sign up for notifications of council transport consultations, respond yourself and encourage others to respond |  |
|  | Support local or national sustainable transport organisations |  |
| Less polluting vehicles | **Lifestyle** | Swap to a smaller car |  |
|  | Swap to an electric or hybrid car |  |
|  | Get an electric bike or hire one to test |  |
| **Community** | Start an electric car/ bike club to reduce the cost |  |
| **Advocacy** | Contact your council to ask for more charging points if there aren’t enough |  |

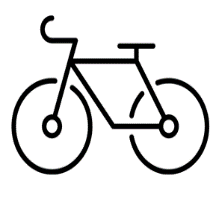
**PRIORITISE:** Choose 3 activities to try between this session and the next and note them below. These can be from any of the powers. These can be from the table, or something else. **Group can discuss their priorities**

|  |  |  |
| --- | --- | --- |
| *Note your three actions- they can all be using one of the powers, or split between them.*  *Please complete before the session to discuss in the session* | | |
|  | **End goal** | **First step to take before next session** |
| Lifestyle power |  |  |
| Communication power |  |  |
| Advocacy power |  |  |
| Community power |  |  |

**BETWEEN SESSIONS**

We invite you to:

* **Attempt your priorities** and note down the most interesting findings to report back to the group (write them in Session 4’s first activity box).
* **Use your communication power again: Have a ‘climate conversation’** with someone new, talking about your experience so far with Eco Together.
* **Provide feedback** **to Eco Together** – if you wish, please fill in our short [online feedback form](https://forms.gle/pPbUTBqL2LhYcRHu7), you can do this as you go, after each session, or leave it to the end if you prefer. Give us your top tips!
* **Prepare for next session** - read Information Pack’s Session 4, Food, and complete the Activity Sheet for the session.



# Session 4: Food

|  |  |  |
| --- | --- | --- |
| Sections | | Possible Timings |
| 1 | Report back: Community power, your priorities, communication | 30m |
| 2 | Simple Points Discussion | 30m |
| 3 | Choose Activities | 30m |

1. **REPORT BACK Group members can report any eco-triumphs or challenges.**

|  |  |
| --- | --- |
| ***To complete before the session to discuss in the session*** | |
| **Consider community power:** Do you act in your own communities? Any ideas for local projects? |  |
| **Your priorities** - how did it go? |  |
| **Communication -** how did it go? |  |

1. **SIMPLE POINTS DISCUSSION The group can discuss their thoughts on the points below**

* **Eat more plant-based food**
* **Eat the seasons**
* **Eat local food**
* **Eat sustainable food**

|  |
| --- |
| ***To complete before the session to discuss in the session*** |
| Note your thoughts on the Information Pack and Simple Points |
|  |

1. **CHOOSE ACTIVITIES:** Tick any activities you’d like to try from the table below, and celebrate those you already do. In the next table, note up to three activities to try before the next session. Not everyone will be able to action all examples, and the activities don’t have to be from the table – feel free to be creative.

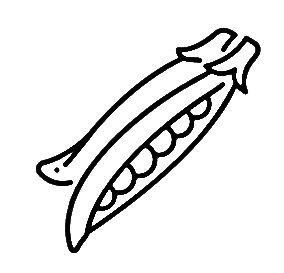
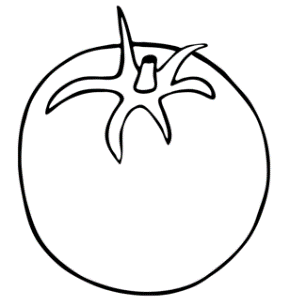
|  |  |  |  |
| --- | --- | --- | --- |
| Simple points | Powers | Activities - examples | Already do/ try? |
| Eat more plant-based food | **Lifestyle** | Choose your own plant-based diet commitment |  |
| Try some new plant-based recipes |  |
| If you eat meat, substitute lower carbon animal products e.g., chicken instead of beef or lamb |  |
| **Community** | Cook a plant-based meal for friends or family |  |
| Get your organisation to make a plant-based commitment |  |
| **Advocacy** | Join a group that promotes plant-based living |  |
| Eat the seasons | **Lifestyle** | Find out what’s seasonal in the UK |  |
| Set your own ‘eat seasonal’ challenge |  |
| Grow your own veg in a garden, allotment or windowsill. |  |
| **Community** | Start or join a community garden |  |
| Share or swap your home grown veg with your neighbours |  |
| **Advocacy** | Ask food producers, greengrocers, other shops and restaurants for clearer labels for in-season UK produce |  |
| Eat local food | **Lifestyle** | Commit to not buying air freighted foods |  |
| Order a fruit/veg box from a local grower |  |
| Buy local produce e.g., shop from a greengrocer associated with a local farm, and/or ask your greengrocer about fruit and veg origins |  |
| **Community** | Get your organisation to buy locally grown and produced food |  |
| Get to know your local food producers and follow them on social media |  |
| Organise a ‘local food feast’ for your neighbours |  |
| **Advocacy** | Ask greengrocers, other shops and restaurants for clearer signposting to local produce |  |
| Eat sustainable food | **Lifestyle** | Check sustainability certifications of food types and brands before buying |  |
| **Community** | Get your organisation to buy sustainable food |  |
| Start or join a wholefood buying group for lower-cost ethical food |  |
| **Advocacy** | Ask food producers, grocers and restaurants for clearer signposting to foods produced through regenerative and/or organic farming methods |  |

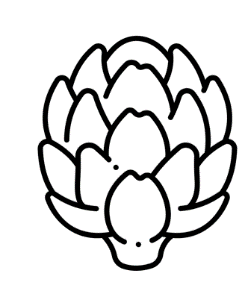
**PRIORITISE:** Choose 3 activities to try between this session and the next and note them below. These can be from any of the powers. These can be from the table, or something else. **Group can discuss their priorities**

|  |  |  |
| --- | --- | --- |
| *Note your three actions- they can all be using one of the powers, or split between them.*  *Please complete before the session to discuss in the session* | | |
|  | **End goal** | **First step to take before next session** |
| Lifestyle power |  |  |
| Communication power |  |  |
| Advocacy power |  |  |
| Community power |  |  |

**BETWEEN SESSIONS**

We invite you to:

* **Attempt your priorities** and note down the most interesting findings to report back to the group (write them in Session 5’s first activity box).
* **Use your communication power again: Have a ‘climate conversation’** with someone new, talking about your experience so far with Eco Together.
* **Provide feedback** **to Eco Together** – if you wish, please fill in our short [online feedback form](https://forms.gle/pPbUTBqL2LhYcRHu7), you can do this as you go, after each session, or leave it to the end if you prefer. Give us your top tips!
* **Prepare for next session** - read Information Pack’s Session 5, Resources, and complete the Activity Sheet for the session.



# Session 5: Resource Use

# Congratulations!

**This is your last session. If you have brought refreshments to celebrate, please crack them open. Cheers to you! At the end of the session, we will consider future activities.**

|  |  |  |
| --- | --- | --- |
| Sections | | Possible Timings |
| 1 | Report back: Priorities, Communication | 15m |
| 2 | Simple Points Discussion | 30m |
| 3 | Choose Activities | 30m |
| 4 | What Next? | 15m |

1. **REPORT BACK Group members can report any eco-triumphs or challenges.**

|  |  |
| --- | --- |
| ***To complete before the session to discuss in the session*** | |
| **Your priorities** - how did it go? |  |
| **Communication -** how did it go? |  |

1. **SIMPLE POINTS DISCUSSION The group can discuss their thoughts on the points below**

* **Don’t buy it**
* **Embrace pre-loved**
* **Buy ethical**
* **Revolt at waste**

|  |
| --- |
| ***To complete before the session to discuss in the session*** |
| Note your thoughts on the Information Pack and Simple Points |
|  |

1. **CHOOSE ACTIVITIES:** Tick any activities you’d like to try from the table below, and celebrate those you already do. In the next table, note up to three activities to try before the next session. Not everyone will be able to do all activities, and the activities don’t have to be from the table – feel free to be creative.

|  |  |  |  |
| --- | --- | --- | --- |
| Simple points | Powers | Activities - examples | Already do/ try? |
| Don’t buy it! | **Lifestyle** | Wait a week before buying |  |
| Avoid advertising e.g., unsubscribe from product newsletters |  |
| Strengthen your budgeting process |  |
| Rent or borrow items rather than buy them |  |
| Join sharing apps |  |
| **Community** | Repair: Support your local repair services |  |
| Organise a mending session with your friends/ group |  |
| Start a sharing group with neighbours |  |
| Become a member and visit your local library |  |
| **Advocacy** | Join an organisation that is tackling over-consumption or advertising |  |
| Embrace pre loved | **Lifestyle** | Cultivate distaste for new stuff |  |
| List upcoming major purchases and plan how to source pre-loved |  |
| Give away items you no longer use (e.g., on Gumtree, Freecycle, Freegle or Ebay) |  |
| Commit to only buying pre-loved for a set period or for specific items |  |
| Join swapping apps/communities (e.g., for clothes or books) |  |
| **Community** | Organise a jumble sale or ‘swishing’ |  |
| Put things outside the house with a ‘Free’ sign |  |
| Donate items you no longer use to a local charity shop (e.g. Julian House, Dorothy House or Bath Cats & Dogs Home) |  |
| **Advocacy** | Ask your council what they are doing to salvage re-usable items from the waste stream |  |
| Buy ethical | **Lifestyle** | Become informed about ethical and sustainable certification schemes (e.g., Fair Trade, Forestry Stewardship Council) |  |
| Check that what you buy has ethical and sustainable certification through a reputable scheme |  |
| Look to buy locally, where possible, and meet makers and producers directly (e.g., at local markets) |  |
| **Community** | Ensure your organisation buys ethical products |  |
| Take friends to your favourite ethical shop, for example the local refill shop |  |
| **Advocacy** | Write to your favourite brands and ask about their ethical and sustainable commitments |  |
| Revolt against waste | **Lifestyle** | Make your own waste commitment e.g., a zero waste or zero plastics week/month/year, e.g. using [Plastic Free July](https://www.plasticfreejuly.org/) resources. |  |
| Buy refillable |  |
| Buy packaging free |  |
| Celebrate a special occasion waste-free (Christmas, birthday) |  |
| Give non-physical or consumable gifts (e.g., food) |  |
| Reduce your water use e.g., shorter showers, flush policy, water butt |  |
| Curb your cardboard footprint |  |
| Reduce your food waste (e.g., shop for specific meals, use your leftovers or freeze them) |  |
| **Community** | Get your organisation to do a waste audit and adopt a waste/ circular economy policy |  |
| Organise or join a local litter pick – it’s fun! Even better, send pictures of the litter to the company it came from |  |
| Get people together to watch the [Story of Stuff](https://www.storyofstuff.org/) series |  |
| **Advocacy** | Give feedback to companies on their good/bad waste practice |  |
| Leave surplus packaging at the supermarket till |  |
| Participate in national and local waste consultations and campaigns and ask others to do the same |  |

**PRIORITISE:** Choose 3 activities to try and note them below. These can be from any of the powers. These can be from the table, or something else. **Group can discuss their priorities**

|  |  |  |
| --- | --- | --- |
| *Note your three actions- they can all be using one of the powers, or split between them.*  *Please complete before the session to discuss in the session* | | |
|  | **End goal** | **First step to take before next session** |
| Lifestyle power |  |  |
| Communication power |  |  |
| Advocacy power |  |  |
| Community power |  |  |

1. **WHAT NEXT?**

**Group members discuss any next steps.** For most people, Eco Together is a step on a much longer eco-path. For some with busy lives, the five sessions are enough, and they will continue taking action in their own way.

Most groups stay in contact to continue to share eco-inspiration. This is an important way to build the local eco-voice, since we can notify each other of new local resources and actions. Often groups have a debrief session to report back on their Resources actions, or a social get together.

Some groups run joint projects, either their own or inspired by the ideas in the sessions. Or they become a First Host for another Eco Together group, getting even more people involved in organised eco-action (this is, of course, our favourite!).

Whatever you decide, **thank you for taking part! 😊**

Please note in the box below what your preference is for how to keep making a positive difference after Eco Together.

|  |  |
| --- | --- |
| ***To complete before the session to discuss in the session*** | |
| **After Eco Together, I would like to….** | |
| Stay in touch with the group? |  |
| Have another get-together with the group? |  |
| Try the extra Eco Together sessions? |  |
| Try a project with your group? |  |
| Be First Host for an Eco Together group with different people? |  |

One final time….we would be grateful for **your feedback** on your entire Eco Together experience. If you wish, please find a moment to fill in our short [online feedback form](https://forms.gle/pPbUTBqL2LhYcRHu7).

If you would like to receive a certificate of completion, please contact us to request one at [hello@ecotogether.info](mailto:hello@ecotogether.info)

Thank you! We wish you the best with your eco activities in the future 😊