



Hi, I'm Catherine Ross from Transition St Albans. I'm here tonight to ask you to help fund our work engaging, informing and inspiring local people to live more environmentally sustainable lives. I'll tell you more about what we mean by that in a minute,

I have volunteered with Transition St Albans for seven years; I got involved when my youngest was born, driven by a strong feeling that to secure the future for my kids and everyone's kids – I needed to do more than just my own recycling – I needed to do "my bit" in a more significant way.

Agenda

- Transition St Albans: who we are and how we help people cut their carbon footprint
- Sustainable St Albans Week



- Calculating your carbon footprint
- Ideas to cut your carbon footprint



You're probably expecting me to talk about things like this; environmental doom and gloom about floods, droughts and polar bears.

But I reckon you already know about it.

You're an well informed audience and I bet if I asked you to put your hands up the vast majority of you believe that climate change is happening, and that mankind is using up resources at an unsustainable rate

So I don't need to talk about that. That's not the problem.

Most people know there is a big problem, but either don't know how to respond, or feel it's pointless, or feel confused about where to start, or just too busy to figure it out.

So I don't need to talk about this [point at slide]. Instead lets talk about this ...

Ask me why I'm an environmental activist



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These are pictures of people in our district that Transition St Albans have brought together to do something positive, to make a difference. (explain the pictures, briefly)



And lets talk about this ...

(explain the pictures)

The ingredients of all Transition towns are optimism, practical action, and community.



Transition St Albans is one of about 1000 initiatives around the world.

Transition Towns are about a positive, practical, optimistic approach.

We are all about engaging the community.

We're small, and don't aim to be big, we aim to be a catalyst to make things happen.

This photo is of Food Smiles, a local cooperative food growing scheme., where people share the work and share the produce. It started as an idea within Transition St Albans but is now completely independent and stands on its own two feet.

Our turnover last year was £17,000 and, apart from two part-time staff for Sustainable St Albans Week, all our activities are entirely run by volunteers.

Transition St Albans has several different groups & projects, all helping our district become more sustainable.



Open gardens



Thermal imaging



Awareness raising



Transition St Albans has a hold range of project that aim to get the local community working together in positive ways that make our district more sustainable.

(explain them very briefly)

Example of our impact:

Streets: 22 groups.150 households, 0.8 tonne, £400 off their bills

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Open Food Gardens



Learn about growing your own fruit and veg.

**Gardens open from April-October;
just drop in and have a look.**

To open your garden or volunteer:
foodgardens@transitionstalbens.org

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Sat 24th June, 3-5pm: 30 Gustard Wood, Wheathampstead

Sun 2nd July, 10-1: Burydell Allotments, Park Street

Sun 2nd July, 3-5: 66 Sherwood Avenue, St Albans

Sat 29th July, 2-4: 4 York Road, St Albans

Sat 29th July, 3-5: 27 Glenferrie Road, St Albans

Sun 20th August, 3-5: 23 Gresford Close, St Albans

Sun 17th September, 3-5: 2 Cowper Road, Harpenden

All details on our website transitionstalbens.org

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Open Food Gardens



How does it help us cut our carbon?

- Less food miles
- No food packaging
- Makes you value the food you buy => less food waste
- An easy first step to other changes

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Thermal Imaging Camera



Households borrow the camera from us

Helps you spot heat loss from your home, so you can take action to fix it

Regular sessions in St Albans and Harpenden start again in October

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(explain them very briefly)

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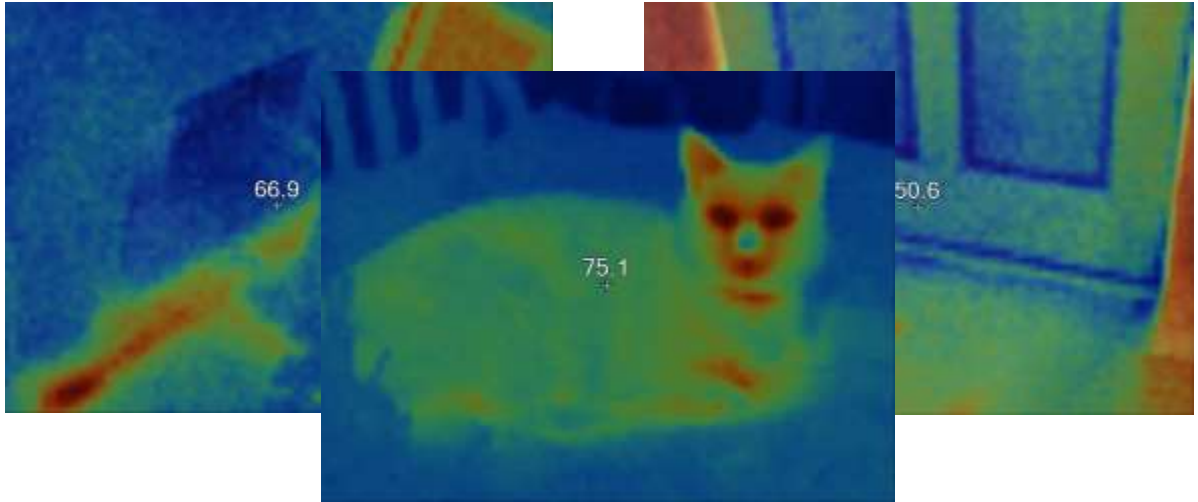
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Thermal Imaging Camera



How does it help us cut our carbon?

- Encourages home-owners to install draught-proofing, insulation, etc
- Cuts use of gas / electricity to heat their homes

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Awareness Raising



Run films, talks, events

- **June 2nd:** Better World Hustings
- **June 18th:** Bike Day
- **July:** Film Festival
 - 2nd July *A Plastic Ocean*, Harpenden
 - 5th July *Tomorrow*, Sandridge
 - 7th July *Tomorrow*, St Albans
- **Sep:** AGM and relaunch
- **Oct 7th:** Sustainable Food Festival event

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Awareness Raising



How does it help us cut our carbon?

- Inspires people to make change
- Provides useful information; gives people informed choices

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Transition Streets



Groups of neighbours meet together

Over 7 meetings, discuss energy, water, food, waste & transport and decide on actions to take.

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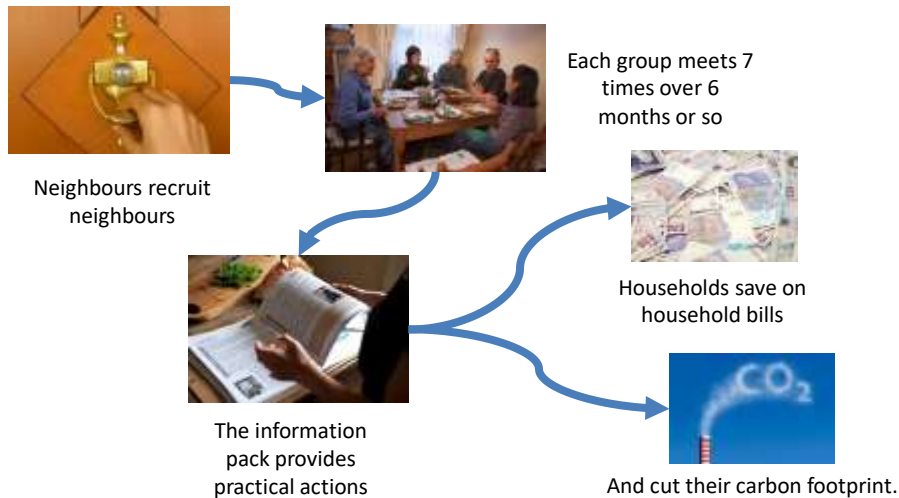
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Transition Streets in a nutshell



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Transition Streets



How does it help us cut our carbon?

- Practical steps, lots of useful information
- Peer support from neighbours
- Moves it up the priority list

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Playing Out



Regular street closures so children can play outside and neighbours can meet

Planned for 2017: Required regulations to be put in place at County Council level. Hope to have pilots in the district this year.

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Playing Out



How does it help us cut our carbon?

- Playing outside, no car rides
- Away from consumerism, back to old fashioned playing

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Sustainable St Albans Week



Uniting the community in raising awareness and encouraging action on sustainability. A wide programme of events.

Next SustWeek in April 21-29 2018

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Sustainable St Albans Week



Started as an idea, Jan 2015

Ran for the first time Nov 2015

Great success!

Ran it again Nov 2016

Next one, April 2018

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Sustainable St Albans Week



How does it help us cut our carbon footprint?

- In 100 different ways for the 100 different events!
- 9 / 10 say they have a better understand of sustainability
- 2 / 3 say they will make changes to make their life more sustainable

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Sustainable St Albans Week

Soroptimists have been involved both years *and again in 2018?*



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Ways to get involved – with our current work



- Join our mailing list
- Come along to events or open gardens
- Join in with Sustainable St Albans Week
- Start a Transition Streets group
- Borrow the camera
- Volunteer with us



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Any questions so far?



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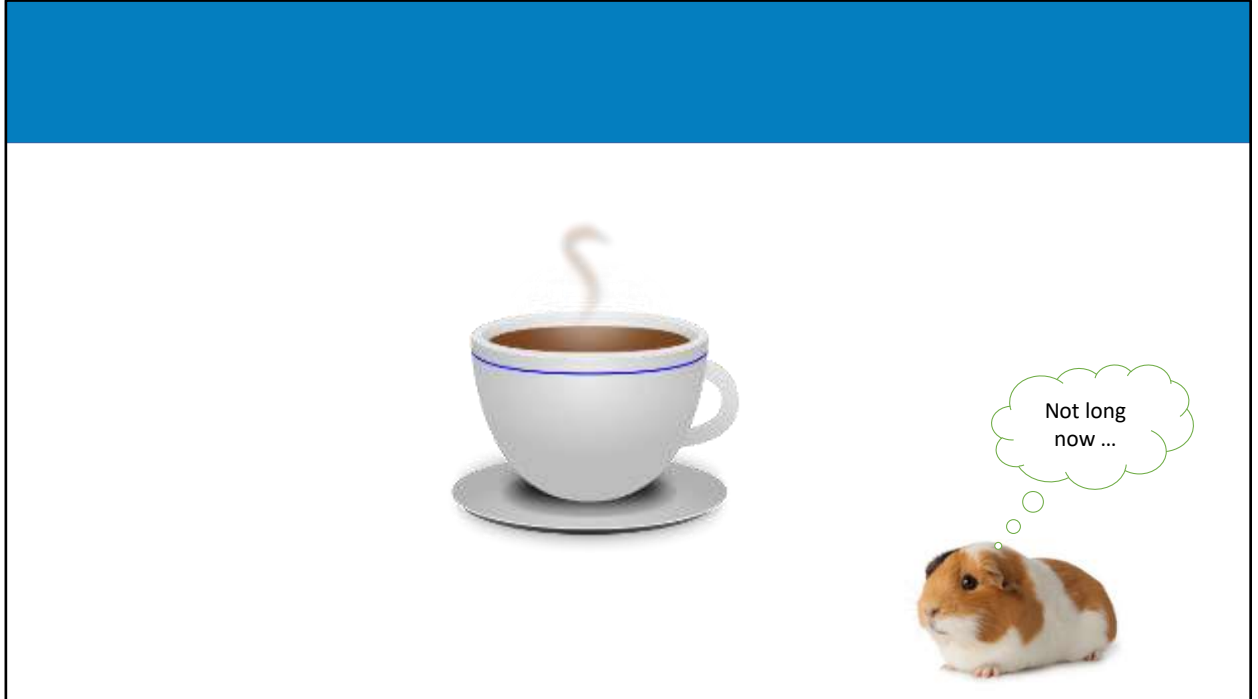
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Cutting your carbon footprint, one step at a time



A carbon footprint is the total amount of greenhouse gas emissions caused by an organization, event, product or individual

- direct
- indirect

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A great first step is to calculate your own



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Once you know your Carbon Footprint you can look for ways to cut it.

Energy



Water



Food



Consumption / waste



Transport



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Energy (electricity, gas...)



Things I can do to reduce my energy use

Know how much I'm using

Turn things off when not in use

Install timers for appliances that are hard to switch off each evening

Install LED or low energy light bulbs

Turn the thermostat down by 1 degree

Lagging (pipes and hot water tank)

Draught proof letterboxes, doors etc

Bigger investments... loft insulation, cavity wall insulation, solar panels

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Water



Things I can do to reduce my water use

Know how much I'm using

Reduce water used for flushing toilets (e.g. device in cistern, flush less often)

Fix taps, drips and leaks

Use a timer for taking showers, install an aireator. Use less water in a bath.

Use water efficient washing cycles, only wash full loads

Don't leave the tap running when washing up, cooking or cleaning teeth

Reduce water used out of doors

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Food



Eating more sustainably – what can I do?

Buy local and seasonal foods

Do a meal planner so that you only buy what your need

Have weeks when you cook from the cupboard

Freeze extra portions of food for another day

Reduce food packaging

Minimise food waste

Buy organic food

Eat less meat

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Consumption / waste



Reducing the amount of household waste- what can I do?

Avoid buying non-essential stuff

Buy less

Use re-usable goods (eg hankerchiefs rather than tissues, microfiber cloths rather than kitchen roll)

Re-use / pass on / keep things in circulation

Recycle – everything possible

Compost at home

Have waste-free celebrations, e.g. cut down on packaging at festivals and birthdays

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Transport



Getting around more sustainably - what can I do?

Adopt more fuel efficient driving practices, keep tyres at correct pressure

Cycle rather than drive

Walk rather than drive

Take buses and trains

Try lift sharing

Fly less, try taking European holidays by train

Take holidays in the UK

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Next steps

On the way home, try to think of

1. something you can do tomorrow
2. something you can work on over the next 3 months
3. something the Soroptimists could do together



Then do them!

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Thank you for coming along.
Any thoughts, questions?



Stay in touch:

info@transitionstalbans.org

transitionstalbans.org
sustainablestalbans.org

FB, Twitter, Instagram

Final photo is of one of our Transition Streets groups,

Please donate tonight towards our work.

It's our district, we love it, and we want to make it sustainable, so people can love it for generations to come.



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