

Meet the Experts

0:00

Tonight we're going to introduce you to the pillars.

0:05

So we've got Ross there, but also Patrick who is just starting to work with Garden Organic.

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Both of them are from Garden Organic.

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I'm going to be giving you a presentation about this prevention, which is what I am actually lead on Katie from the Hampshire and Isle of Wight Wildlife Trust will talk you through space for nature.

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You're going to have to put up with me again because I'm standing in for the energy efficient warmer homes.

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And then last but definitely not least we've got the health impacts of climate change and the Helen will talk to you about that.

0:51

Now, one thing I want to say is that each of these, and it sounds like an awful lot of information you're going to hear tonight.

1:03

But if you were just interested in doing one of these pillars and you think if everybody just focused on their bit that they're working on, we've made it as simple as possible to work through this and that everybody is tackling a different aspect of climate change.

1:24

So cycle of the sea.

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They're looking at growing food obviously, and that impacts food security to make sure we're move more food secure.

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We've got waste prevention.

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So we're looking at how we make that simple for your community to prevent waste.

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We've got space for nature and that is all about allowing nature to thrive, but also connecting nature together and connecting people to nature.

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We've got energy, which is reducing the CO2 output and saving money.

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And last but not least, health.

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We're looking at how climate change is likely to affect your health.

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So what I'm going to do first of all is to pass straight over to Ross.

2:18

If I can stop sharing my screen here.

2:21

And Ross will take you through garden organics at work and how they can support you with cycling seats.

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So I'll hand over to you, Ross.

2:34

Thank you, Tarina, and good evening everyone.

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Let me just find the right slide.

2:42

So hopefully you can see a Garden Organic screen in front of you.

2:48

So yeah, I'm going to talk you through cycle of the Seed pillar and just give you a little bit of background of how we might work with you if you choose to work on the cycle of the Seed pillar.

2:59

So Garden Organic of the national charity for organic growing, we've been around for about 60 years, initially started in Essex and then migrated up to the middle of the country just outside Rugby, which is where we're based now.

3:12

That's where our headquarters is.

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But we do lots of work all around the country with different communities, lots of volunteer projects, things like composting, food growing.

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And we also have a seed library.

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So Heritage seed Library, which preserves heirloom varieties of, of seeds which are no longer now commercially available and we distribute those out and they have local significance.

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So we do lots and lots of different things all around the the country as part of what we do as a charity.

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And so the cycle of the seed really is looking at the climate impacts on food security.

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So essentially every pillar is looking at the climate impacts and how we can make a difference to those locally.

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So we've all experienced recent food shortages for one reason or another.

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Maybe it's supply chain impacts.

4:04

We're all aware of increasing flooding, flood risks and the and the impact of that potentially on our on our food systems again due to supply chains or to the production of food itself.

4:18

Soil health and soil erosion is a is a big issue as well in terms of monoculture and intensive farming.

4:27

I think a recent UN talk suggested that we may only have about 60 harvests left within some of our soil in the world.

4:37

So that's, that's alarming and it's something that we need to address.

4:40

We need to start looking after our soil, putting health back into a soil.

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And we also need to build resilience into our systems and our communities in order to be able to address some of these challenges that we're starting to see.

4:53

But there are going to be challenges for us in the future as well.

4:58

And so the aims of the cycle of the seed are to get more people growing, simply trying to get more of the community engaged in growing, share the benefits of growing at home, eating homegrown food together.

5:09

It's something that brings everyone together.

5:11

Food is something that's universal.

5:12

We all love it, we're all interested, we all have our own ways of, of growing and, and using the produce that we have.

5:19

And so it's a really brilliant way of bringing communities together.

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And as I said, that word, resilient.

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So our president, Tim Lang, this little section of the image there wrote a piece and is passionate about the idea of collective food growing as being something that can really help to build resilient food communities, defend the food system, and be part of the solution.

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It's not just something that we can lobby government to try and solve.

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We need to be part of the solution as well.

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And so there's an image there of the cycle of the seed community pack.

5:49

You'll get a pack if you're part of this, this pillar and that.

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It basically talks you through how you'll do this.

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I'll give you a little bit more information now, but really at its heart, it's about getting more people growing, more people excited, interested in growing and showing them how they can do that in their own, in their own spaces, whether they have a garden or not.

6:08

So we'll do that through community growing events and activities.

6:11

So that's seed sowing.

6:13

It might be showing people how to compost, which then has an overlap with our waste prevention pillar.

6:19

It will be showing people how to maintain their their plants once they have grown them.

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It will be about setting up community growing space so people can come together as a group.

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You can show and demonstrate how to do some of these things so that they can do them at home as well.

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So again, it's really demystifying.

6:37

It's building confidence and a lot of these things can be very simple, depends on the community, It depends on the people that are coming to your event, and you can tailor it to that.

6:46

But really in its essence, it's about getting people started.

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And we really believe that if you sow a seed and you start to harvest some of your own produce, that's really transformative because that that sort of excitement of having eaten something you've grown is infectious and that makes you want to do it again.

7:05

So community growing spaces again are really key.

7:07

We want it to be visible, we want it to be in the centre of your community.

7:10

We want people to be interested and be drawn towards you.

7:13

So some examples of the communities that have already been involved in the project are outside libraries, outside community centres.

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So it's just identifying spaces where people are likely to be passing and that you can then use both to put some signage and show growing in action, but also to run events.

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We do a lot of this out in the community.

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It's kind of one of our core elements of our volunteering.

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And again, it can be very simple.

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So if you haven't got any growing experience, don't worry, don't be daunted.

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We'll we'll lead you through that and we'll give some training and to start to break that down.

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But again, it can be very, very simple things that you grow.

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All about encouraging people to do that themselves.

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Take something home and watch it grow through the season.

8:01

Another part of the project is related to the activities that could be something that you do is card challenges.

8:07

So Tori and probably will talk a little bit more about this, but as part of the project, you'll distribute some cards to homes and invite them to select an easy or a slightly harder growing challenge.

8:18

So in our case, you could choose to grow some windowsill salad, or if you look at more ambitious, you

might grow some salad out in your garden in a, in a planter in a box or maybe some potatoes in a bag in a container.

8:31

There's simple things that anybody can do.

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You don't need a garden necessarily to do that.

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You know, you can do that in any sort of space, even a balcony or a doorstep.

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So really sort of breaking down the barriers to growing.

8:45

Ross, can I just check something with you?

8:47

Yeah.

8:49

For the group, how many people are currently involved in growing their own food, vegetables, whatever?

8:57

OK, we're already on board.

8:59

Fantastic.

9:00

That's brilliant.

9:00

That's that's that's brilliant to see.

9:02

Yeah.

9:03

I think if you've already got some experience, some knowledge, absolutely great.

9:07

And if you think maybe some of these challenges might be a little bit too simple or you want to challenge yourself a little bit more than there's absolutely scope within this pillar for you to do that.

9:16

And so again, we'll meet with you, we'll talk through that and we'll sort of help you to kind of define what it is that you would like to achieve in shed field.

9:26

And so, yeah, perfect timing, training and support.

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So, so we'll be here, we, myself and Patrick, and as Serena said, Patrick's brand new who just died last week.

9:35

But we'll be here more on the coordination side.

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We'll meet with you with planning meetings and we'll just be just updating and keeping track of progress.

9:45

We have a brilliant, brilliant team of experts and horticulturalists that will get to work with you on training sessions.

9:52

And so they'll they'll work with you on community engagement.

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So how to run activities, how to run planning, plan events and also how to grow throughout the year.

10:01

So obviously growing is very seasonal in a way.

10:04

We've missed part of that season now.

10:06

But there is always things, there are always things that you can grow and you can be encouraging people, you can be doing different things at different times of year.

10:14

So we'll be delivering some training, we'll have mentoring and support, so you'll be able to call on us if there's something specific that you're interested in.

10:22

So that might be seed saving or another aspect that you particularly would like to find out more about.

10:27

And we have lots and lots of resources as well.

10:29

So the PAC will have some of those resources within it.

10:31

But as a charity, as an organisation, we have a huge amount of information and resource.

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One of the things that we do a lot is citizen science.

10:39

We get people involved in research.

10:41

And so we've got lots of opportunities for people to get involved in that, maybe do some of that at home or information to share.

10:49

And as I mentioned about the pillars, each one of these pillars you'll hear more and more about is how they essentially work together.

10:57

So the pillars don't sit in isolation, they really do work together to, to create shared solutions.

11:03

So composting is a brilliant one.

11:04

Composting is a great way into growing, to be able to take your waste product, keep it in your, in your garden, on your own site in a closed loop cycle, turn it into something useful and then use it to grow products.

11:16

We think it's yeah, it's absolutely amazing.

11:19

So that's a, that's a really obvious example, but there are lots of others as well.

11:26

So lots of training and support available.

11:29

And so, yeah, just summing up really cycle of the seed, the aims and the outcomes.

11:33

There are some more detail to this, but really it's about getting more people in your community growing food.

11:38

And so we'll do a little baseline.

11:39

We'll find out how many are already growing and we'll sort of set some targets there, creating more growing space.

11:46

And that growing space is for the cycle of the seed, more about food growing.

11:49

But actually, again, it overlaps with space for nature because again, it's garden organic.

11:53

We love to sort of see mixed planting, companion planting, getting pollinators in there.

11:58

That's all really key to the growing cycle.

12:01

So that community growing space can be a real sort of collective effort and more people aware of the benefits of home growing.

12:09

And that sort of ties in with some of the issues at the beginning about food security.

12:12

I think a lot of us are maybe less aware of the issues of food security and the impacts to us.

12:17

And just by starting to sort of grow, starting to change our relationship to where our food comes from and starting to be able to talk, talk with each other about those issues, we'll, we'll start to raise the awareness of that.

12:32

That's all from me.

12:35

You can contact us after this meeting.

12:38

I think you'll go away and start to decide which pillars you're interested in working with.

12:41

But yeah, then we'll, we'll catch up with you then and, and set a a planning meeting.

12:50

That's it.

12:51

Ross, Thank you.

12:52

Absolutely brilliant.

12:53

What I'm going to do is whiz through all the presentations and some of them will answer questions about others.

13:02

So then we can take a whole bunch of questions from you at the end if that's OK.

13:09

So we're going to look at waste prevention next.

13:14

And so this is where I step in and give you a guide through this.

13:25

So hopefully you are seeing my screen.

13:28

Am I correct?

13:30

Ross, can you nod or not?

13:32

You're the only person I can see.

13:34

Great, thank you.

13:35

OK, so waste prevention is exactly as it says.

13:40

It is about preventing waste, not necessarily about recycling.

13:45

As you can see from the triangle on the right there, you can see that recycling is actually quite a long way down the list of waste prevention methods.

13:59

I'm getting a bit of feedback, I think, Charlie, if you put your mic on, sorry.

14:07

So the main message that I want to get across is we need to prevent waste going into any bin that's the recycling bin or the rubbish bin or any bin.

14:20

We want to reduce the amount of waste going into those bins.

14:25

So how do we do that?

14:27

Well, first thing we've got to do is change the way we think about waste.

14:32

At the moment we are using a linear economy where we manufacture stuff from raw materials we consume and use, and then we bin it.

14:42

And we're very good at doing that.

14:46

But a lot of people say, Oh well, it's okay if you recycle.

14:50

But what you've got to remember is it still uses energy and we still add raw materials when we recycle stuff.

14:58

So we need to try and change the way we're thinking into a circular economy where we are using things to the absolute Max and the last thing we do is recycle and we try wherever possible to avoid chucking it in any bin.

15:20

So the first thing we need to do is find out how can we support your community to prevent waste.

15:29

And to do that we need to find out what resources are already available either near you or what you want to fill the gaps with.

15:40

So I happen to know that in Wickham, which is 1 village away, you are just about to have opening a refill refill shop.

15:54

So that's one source you could use.

15:58

But you also need to find out is there a repair Cafe nearby?

16:02

Are there any swap events nearby?

16:05

Are there any community projects nearby?

16:07

And then once you've found out what you've got, then we can begin to fill those gaps in.

16:14

And that is really what we want to do as well as let everybody know what resources are available to help them to prevent waste.

16:25

And as part of this, we are partnered with Hampshire County Council waste prevention team and they are very excited to offer two spaces for training with them.

16:40

And they focus largely on food waste because believe it or not, 35% of Hampshire waste comes from wasted food, which is enormous.

16:51

And so one of our main aims is to try and reduce this and they provide training for you, which will also provide you with some resources for events.

17:04

So putting two people forward, contact me with their names is online.

17:11

So you don't have to go anywhere, but it's really, really good training that you can go through.

17:18

We also need to understand where waste comes from in our homes, so it's really good to get people to do a waste diary which tracks their waste over a couple of weeks and you can really begin to understand where you can reduce that waste and identify the resources in your community that could support that.

17:41

We also have a waste prevention trail and as you can see, these are boards with information on that you can put up in your community and they're really easy.

17:54

They're just bolt on fencing.

17:57

They're supposedly vandal proof.

17:59

Touchwood.

18:00

So far so good.

18:01

And they give us some really startling facts.

18:07

They give some solutions to the problems.

18:10

And there's also a little quiz there for kids to take part in.

18:15

So how do we make it easy for your community?

18:20

And what we want to do is encourage people to reduce the items that they're purchasing.

18:29

So buying good quality or repairable or second hand stuff means you're reducing the raw materials that are going into when you keep buying new stuff.

18:43

So we want to avoid single use stuff obviously, which is where you use it once and then put it in the bin.

18:51

And we want stuff really that can be repaired.

18:55

The second thing we look at is reuse and refill.

19:00

So as I said, you have got, I think it's girl called Yelena down at Wickham starting a refill shop.

19:08

So that's a really good start.

19:09

Go down and have a look at that.

19:11

They're open on the Sundays.

19:13

And you could also look at swap shops and libraries of things now.

19:20

And there's lots, lots of support available through the council for some of this.

19:26

And they will also once here, release money for community projects.

19:32

So you could set up a community fridge.

19:36

You could, as Ross was saying, do composting together and there is funding to support that.

19:44

You can set up a nappy library, which isn't as awful as it sounds.

19:51

It's about introducing new parents to reusable nappies and reducing the amount of waste, which is the enormous that comes off the back of that.

20:04

Or it's about sharing tools as opposed to buying a tool for a job and then never using it again.

20:11

So lots of ideas.

20:13

More than that, that we've got toy libraries and so on.

20:18

The third thing we need to do is look at how we can repair and repurpose.

20:23

And as I said, repair cafes are amazing for this and there are a lot of them springing up throughout Hampshire.

20:32

And can we also repurpose things to use for a different a different project.

20:40

So the one thing I want to say about repair cafes and sort of clubs that repurpose things, they have extra value in a helping people that are struggling with loneliness.

20:54

It gives them a purpose, but also there's a lot of retired people that feel they've been kind of thrown on the scrapheap and they have got amazing skills.

21:05

So we need to find them, get them out and get them repairing stuff because they are probably the most valuable asset that you've got for waste prevention in your community.

21:18

And then lastly, the very last thing we need to do is recycle.

21:23

So think about where things can be recycled locally.

21:28

If that is the very last thing, when they're all worn out, they're absolutely, positively useless.

21:34

Where are you going to put them?

21:36

So it's about making sure that your community has got access to all of this.

21:44

I don't know why it's doing that.

21:45

So, and what we're going to do is find out what's already happening nearby, decide where the gaps are, set up a waste diary, book the waste prevention trail, and then set out a calendar of events.

22:03

And this is what Ross was talking about, a you've got events that you might want to run, like a display of nappies in the library or, you know, outside the school or something.

22:16

But also we've got joint events where all 5 pillars come together and get it really visible in the community.

22:24

And we've got four of those for you and the resources to help you to run them.

22:30

So this is what a calendar activities might look like.

22:33

You can make it as long or as short as you want and, but lots of things in there and it's about not just making your activities, but letting people know what's going on nearby.

22:47

Where's the Repair Cafe, where's Windsor Waste Prevention Trail happening, etcetera, etcetera, so that your community is armed with the right materials to prevent waste.

23:00

And I cannot say this enough and I will say it again.

23:05

My main message is to prevent waste going into any bin.

23:12

There we go.

23:13

And obviously we have a pack for you that will support you to go all the way through this.

23:20

And I will be available to support you as well.

23:24

And together we will reduce the amount of waste that your community generates.

23:31

There we go.

23:31

So I'm going to stop sharing and I'm going to pass over next to Katie, if that's OK.

23:41

Katie.

23:42

Katie is from the Hampshire and Isle of Wight Wildlife Trust and Katie is running the Space for Nature Pillar.

23:53

Thanks, Tarina.

23:54

Just right.

23:57

Is that can everyone see the screen?

23:59

Yeah.

24:00

Perfect.

24:02

OK, great.

24:03

So hi everyone, yes, my name's Katie.

24:05

I work for the Hampshire and I of Wildlife Trust.

24:07

So I registered Peter Trina said I support on the space and nature pillar.

24:12

This is very much about creating space to help nature thrive within your community.

24:16

It's also about looking at nature based solutions to help fight climate change, but also connecting people with nature.

24:22

So it's not just people who love being in nature, but it's also helping people who don't necessarily get that connection with nature and helping them connect with the great environment around them.

24:33

So we're going through a big biodiversity loss crisis and climate crisis and nature can play a really important role in tackling climate change, particularly in locking up carbon.

24:44

So planting trees, helping create meadows of capture and flood waters, etcetera.

24:51

So there are things we can do, but it's got to be done now.

24:54

Time is running out.

24:56

We can't keep bumping it to the bottom of our To Do List.

24:58

We do need to take action now, So what do we need to do?

25:02

We need bigger, better and more joined up habitats.

25:06

Joined up habitats.

25:07

So just having really well maintained nature reserves and small patches of habitat isn't going to be enough.

25:14

We need to create big, strong, robust habitats and also connect them across the landscape because wildlife needs corridors and stepping stones to move through the landscape, whether it's to find shelter, food, water or breeding grounds.

25:32

So the Space for Nature pillar has some some key elements.

25:36

The first one is more on a community focus and that's carrying out a mapping walk.

25:41

So we now do this before the launch event.

25:44

We carry out a mapping walk to look at key areas within that community or where there's opportunity to improve the habitat and create new habitat and connect habitats as well.

25:55

We also provide training on surveying species, so if there's particular species which we want to get a record baseline of, we will provide the training and obtaining those.

26:05

And we also provide wildlife guidance and support to households.

26:08

And I'll come onto the individual household side in a minute.

26:12

So the first element is mapping the community.

26:14

And so we organise a route through the community and organise a walk.

26:18

As I said, this is now before the launch event and the reason why we do that is so we can identify the key projects which you can then talk about to people at the launch event.

26:29

So we find the route, we go on the walk, we see what's there and we map all the areas which can have opportunity to improve or create new habitat.

26:39

And it also helps us identify existing areas and where we can try and connect those.

26:44

So with that information, I map that and provide a map for you.

26:49

And that gives you a baseline to then develop your Community Action plan and the projects you'll be focusing for the next year.

26:56

So here's an example of what a map of your community could look like.

27:00

So it's identifying those key habitats and we'll map those.

27:03

And then at the end of the year, after all the projects have been undertaken and the different patches of habitat been created, I'll do a second map and that will demonstrate all the habitat that was there and that's been created.

27:16

So hopefully really showcasing what amazing things you've done within your community.

27:22

So what will our maps tell us?

27:24

The mapping book will show us all the areas where we can really make a difference.

27:28

And this could be from gapping up hedgerows, it could be from creating community orchard, it could be small, it could be big, it could be long.

27:35

If we're connecting it, there's lots of different things we'll look at and we'll look at all the opportunities there are, and this will depend on what is there, making sure we're not ruining existing habitats.

27:45

We've got some key species using the areas.

27:46

We'll look at the management options for those as well, and the Community Project Action Plan will help look at opportunities to increase the biodiversity, as I say, connect those habitats, but also look at the activities we can run alongside these projects to help engage people and help people who improve their health and well-being.

28:05

So obviously Community Action Plan, together we'll help you get all the community involved where it's through advertising, getting local groups, scouts, everyone involved, contacting businesses help asking them to try and sponsor, for example, wildflower seeds.

28:21

But we'll all do that as part of the Community Action Plan, and I'm touched on this to surveys, we will provide training for people who want to learn how to ID certain species, but we'll also be supporting and providing a citizen science project.

28:37

So it's a link where we can, people can have spotter sheets, for example, go out and look for key species we need to record.

28:45

There'll also be an app where people can then download that and that will start to create a baseline of all the habitats and species you've got within your community.

28:53

And then as you improve and create new habitats you can carry, ask people to carry out those surveys year on year and help build that database data collection for your community.

29:04

So on the individual side, we'll also be asking households to plant pollinator patches.

29:09

We're asking people to plant one metre by 1 metre squared pollinator patches.

29:15

It doesn't have to be measured out with a tape measure.

29:17

It could be in lots of different pots, it could be in different spots around the garden.

29:22

But just creating those little pockets, the pollinator friendly plants to help create these patches on the community are really important.

29:30

And I said gave an example of because I heard the other day that basically someone sitting in a courtyard cafe and there was a hanging basket sitting there with a few flowers.

29:40

In the time they were sitting there, three butterflies came in and used that to rest.

29:45

You know, may have even fed off the flowers.

29:48

But it just shows the importance of these small patches and having that connection for wildlife across the landscape.

29:55

So as well as the pollinator patches, we'll also look at other things within your community.

29:59

So if you've got people who've got hedgehogs, we'll help support them in creating hedgehog corridors.

30:06

We'll look at lots of different other wildlife gardening friendly features and provide information to households and what they can do to help.

30:14

And I mentioned nature connections.

30:15

So throughout all the different things we do throughout the space of nature pillar, we'll also look at helping people connect more to nature.

30:24

Now, people like spending time in nature in different ways.

30:28

And this is the five pathways to nature connection.

30:31

So I thought I'd just touch on it because this is something we'll help support with in terms of all the activities and the things that you'll be offering or inviting people to get involved in.

30:40

The senses, beauty, emotion, meaning, compassion, show the different pathways people connect.

30:46

So we'll be using these.

30:47

So it could be people don't really connect with the outside space, but they love art, so we could ask them to connect with nature by actually collecting nature and running an art competition.

30:58

And it's just getting people out into nature to appreciate what's around them, but also so they can get the benefit of it as well.

31:07

So I'm here to support all the way.

31:08

You'll have a space for nature pack, but you have my support as well right through your greening campaign year.

31:14

There's lots of different tool kits we'll be providing.

31:17

We'll have the training as well.

31:19

So yeah, if you start space for Nature pillar, I look forward to working with you.

31:27

Thank you, Katie.

31:29

Good, good.

31:30

Now you're going to have to put up with me again because I am going to talk you through the I'm standing in tonight for the energy pillar.

31:41

So I will just find that one, quite a few open here tonight.

31:47

Can you tell me if you can see my screen?

31:52

OK, Is that OK?

31:55

Katie, can you nod or shake her head?

31:58

Yeah.

31:58

Brilliant.

31:59

OK, so this is all about energy efficient, warmer homes.

32:04

And I'm sure you're aware at the moment we have been going for an energy crisis.

32:09

So this is not only important with regards to climate change, but it's also really important for people's pockets as well.

32:18

And there will be people in your community that are silently or maybe not silently struggling to meet their bills.

32:26

And more and more people are reaching that type of situation.

32:32

So this is all about keeping the heat in the house, which is actually a really tricky thing to do.

32:39

And or in the summer actually, it's about keeping the heat out of the house because it can be equally deadly if we overheat for vulnerable people and actually young children as well.

32:56

So it saves money, reduces CO2, helps with fuel poverty and can improve health.

33:03

So it's really important that we insulate our homes properly and across Hampshire and they did a survey and 69,000 people didn't know what their loft insulation depths was and 165,000 people over that houses had 100 millimetres and 73,000 had 270, which is the required amount or over.

33:35

So you can see we've got lots of work to do and we really are in rather a sticky situation.

33:43

And I took the liberty of going on to the impact tool and looking at Sheffield specifically.

33:50

If you look at this diagram, you can see housing.

33:54

The red bit is massive and that is mostly from heat and we can really impact that.

34:03

The bigger red bit on the outer is mains gas, the second one is electricity, the other ones are oil, LPG and coal, believe it or not.

34:17

So you can see that when you look at this, we can really make quite a big difference to our CO2 equivalent output by reducing the amount of power we are wasting essentially in our homes.

34:34

So what are we going to do?

34:38

And we will provide you with all the kitten support to encourage people to insulate their homes.

34:46

So what we'll do is number one, we'll provide online training on the use of the camera and a pack on how to run the pillar.

34:56

Now the cameras we've got are flare cameras and they are a bit like a mobile phone to use.

35:04

Bit more tricky than that to know some of the do's and don'ts, but it is a very simple thing to use and what it does.

35:13

As you can see here from this image, it shows the thermal image of a property which is different I'm sure you're aware, to a photograph.

35:24

So the red areas are where heat is leaking out and the more blue it goes the and green the better it is.

35:34

So you can see there that wall is terrible.

35:40

So the first thing you need to do is book the cameras and those cameras that I book early because you will want some time to play around with them, watch the videos and make sure you can use them properly.

35:57

What do they identify?

35:59

So they identify heat loss, but they don't only identify heat laws, they identify the causes of draughts and air ingress, which is really important.

36:10

They assess insulation performance.

36:13

They can identify thermal bridging, which is where something like an RSJ across a doorway is not, is metal and is carrying the heat out.

36:25

They can assess the performance of windows and frames and they can even demonstrate where there's possible structural defects.

36:33

So they really are quite an insight and I had great fun looking at my house, I have to say.

36:41

So here's an example.

36:43

You can see from this picture here the the thermal, the thermal, the cavity wall insulation where that arrow is showing has probably slipped.

36:55

It's probably quite old and has moved.

36:58

You can see the white at the top of those older windows.

37:02

Probably the frames need adjusting to pull in to stop the heat leaking out.

37:09

And just above that doorway, you can see where there is the thermal bridge where there's probably an RSJ or some sort of lintel dragging the air from the inside the house to the out.

37:24

So you can really see a lot from this.

37:27

And then what we can do is support how to put it right.

37:32

So you get people signed up for a thermal image.

37:35

Use all the other events that all the other pillars are running and use your local fate.

37:40

Use whatever however you can get people to sign up and we will help you to do that safely.

37:49

And there's lots of do's and don'ts in the pack too and, and the form as well to help you with data protection etcetera.

37:58

And, and once you have done that thermal imaging, we provide an online advice event because if you give somebody a thermal image and they don't, you know, really understand it, they, they may want to ask questions, but also they will want to know how do they fix the problem.

38:22

So we've got lots of agencies that help us with that and they will turn up.

38:29

The sustainability Centre normally delivers home hacks, which is easy to do things to keep your bills down.

38:37

The Environment Centre give us advice about where the grants are available and give support and applying for them as well, and we also have Peter Moss from the Super Hems project in Hampshire who can provide advice as well and look at how the whole retrofit scene is going across Hampshire with the County Council support.

39:06

We've got a feedback process so that we can find out what happened in your community and what

made a difference so that we can feed into the bigger picture across Hampshire so that the blocks that are stopping people changing and insulating their homes can be addressed by the County Council and we can get more people reducing their energy bills.

39:34

So hopefully that's given you an idea of the Energy Efficient Warmer Homes programme.

39:42

It'll also links in with the joined up activities and events.

39:49

That's the when pillars will come together in the community.

39:55

So I am going to stop sharing my screen.

39:58

And last but definitely not least, I'm going to hand over to Helen.

40:09

Thanks to Anna.

40:10

Hi everybody.

40:12

I'll just share my screen with you now hopefully.

40:21

Technology.

40:22

Hey, sorry.

40:25

Here we go.

40:30

And you see that?

40:33

Yeah.

40:34

Yeah.

40:34
Good.

40:35
OK.

40:38
Right.

40:39
So the health pillar is, you'll be glad to know it's sort of overlaps with all the other pillars, has something in common with all of them.

40:48
But what I'd just like to go back and look over briefly is what actually is climate change and how does this affect our health?

40:58
And the next steps that we need to, we'd like to encourage you to take in order to combat that.

41:04
So what does climate change actually mean?

41:07
For us in the UK?

41:09
It means experiencing wetter winters with more intense rainfall and more frequent storm events, hot and drier summers.

41:16
The average annual temperatures have consistently increased to the last 21st century and we've had the top ten warmest years in the UK since 1884 have all occurred since 2002.

41:27
We're also getting more frequent heat waves which are becoming more intense as well.

41:32
This is something that we are actually starting to see now.

41:36
So this does affect our health.

41:39
The four areas that we're chosen to look at are heat related illnesses, so that could be fatigue, migraines, dehydration and heat exhaustion.

41:50

Also high rate of skin cancer and unfortunately mortality.

41:54

We're also looking at air pollution and how this increases the cardio and respiratory diseases and also looking at the increase in insects which carry diseases and also the different variety of diseases that they they might bring into the country.

42:12

So Lyme's disease, for example, has been around for a while, carried by ticks.

42:17

It is becoming more prevalent, but also ticks are now have been found to carry tick borne encephalitis.

42:23

So that's something to be made, you know, it's really important that people are aware of that.

42:28

And the 4th area that we'd like to look at is eco anxiety, which is something which is becoming more common, especially amongst young people as they're learning about environmental, about climate change.

42:39

Sorry.

42:40

So they're the four areas that we're, we're going to ask you to focus on in terms of, of delivering the information to your communities.

42:48

So who are the most vulnerable people in your community to the effects of global warming?

42:54

Unfortunately it's the elderly, the young and those people who already have underlying health issues and also people living in urban areas where there's less green.

43:08

The the built up areas absorb more heat and they reflect less sunlight.

43:15

And it's very often in economically deprived areas.

43:20

So areas where there's no access to green, for example, there's fewer trees, living walls and perhaps more roads and well used the A&B roads.

43:32

So research has shown that the effects may not be immediately apparent as they are in other countries, but it could actually be more catastrophic in this case in this country due to the temperature swings that we have.

43:42

So this year we've gone, we went very suddenly from cold, damp weather to to hot day, hot temperature days.

43:52

And this can be catastrophic for people who already have underlying health issues.

43:58

So what can we do about it?

44:01

We can definitely help ourselves and each other by taking positive and practical action to address climate change.

44:07

And we can protect our physical and mental health from the effects of it.

44:11

But taking action also reduces anxiety because it's there's research that has shown that taking action, you're also doing something positive and taking ownership reduces the anxiety that is related to it.

44:30

The information we'd like you to deliver to your communities is how can we achieve this?

44:34

Well, it's by raising awareness of those risks that we've just been looking at and also providing solutions to help your community become more resilient to the risks.

44:44

So the first activity we'd like you to propose is a, running a media campaign.

44:51

So looking at those four risks that we've, we've, we've chosen to specialised to focus on, sorry, using Facebook, community magazines or any social media that you have, but remember your target audience.

45:05

So it may be, for example, if you want to target some elderly people, it might be good to use the publicity that they have for some of the the elderly homes, for example, they might not be quite so fair with Facebook.

45:20

If you want to target younger members of Society of your local community, then perhaps go into the local school.

45:27

The church might work right right across the whole section, the cruel cross section of your local community.

45:35

So that's the campaign to raise awareness about the health implications of climate change and what people can do about it.

45:43

And the second activity we'd like you to to get involved with is to to hold an art exhibition or some sort of creative exhibition.

45:52

It can be multimedia, so it appears to people who are visually impaired.

45:58

For example, you might not actually be able to see a poster.

46:01

So it could be song, dance, anything.

46:04

So just delve into delve into the inspiring people in your community and those who have some, some skills and and see what you can come up with.

46:14

Helen, one second.

46:16

Yeah.

46:16

I mean, I've got a small technical issue.

46:20

My battery's low and I haven't got my charger with me.

46:24

Are we going to be much longer now?

46:27

About four minutes.

46:29

I'll race through.

46:30

I'll race through.

46:33

So in addition to those two activities, we're also doing crossover events with the other pillars.

46:39

So the pillars, the events which will be outlined in your calendar of events are pollinator Patch and Food Patch push, which we've just been talking about composting events, the cool living events and food waste prevention.

46:54

So it's drawing out the sorry, just flick back to that one quickly.

46:57

It's it's in each of those events, it's really important to highlight the importance of wearing sunglasses, sun cream, wearing a hat, keeping hydrated and not overdoing it in hot weather as well.

47:09

And these are things which perhaps seem very obvious to some of us, but to a lot of people it's easily overlooked, especially the young and the elderly.

47:18

So with a pollinator patch and food touch push, this is a good opportunity to look at the ticks and to highlight insects and the the new pathogens which are going to be coming into the country and are already with us.

47:31

But also to look at how plants can reduce air pollution and they can help to lower temperatures by increasing reflection if you if you create a living wall, for example, and also encouraging people to walk where they where they can at least, especially if it's under a mile to get to their destination, which reduces the haulage miles for food.

47:54

I just want to move you to go out of the way, OK?

47:57

Composting events.

47:59

So we know that climate anxiety is reduced by actually doing something practical in order to address climate change.

48:07

And also there's research that's shown that hands in soil actually reduces anxiety.

48:13

And you're being present in the moment as well as mixing with other members of your community who you perhaps wouldn't otherwise mix with.

48:19

And that can obviously help with loneliness.

48:22

The cool living event, which highlights insulating your home to keep it warmer in winter, that also has the add on effect of keeping it cooler in the summer.

48:32

Also, keeping windows closed and drawing curtains helps to keep the hot air out and keep it cool inside.

48:39

And as I mentioned earlier, creating living walls also helps with that.

48:43

But we'll develop, we'll, we're going to give you a card at your, your launch event, which will explain all of this to your local community.

48:52

The food waste prevention is really encouraging you to eat all aspects of the plant.

48:57

So not to throw any of it away because there's different health and nutritional benefits associated with different parts of the plant.

49:05

So, and again, we have got information on that.

49:07

There's, there'll be an information pack and also the card which will give away as a, to you as a, as a quick reference.

49:16

So in essence, climate change is with us, it's happening and that we know that it does affect our health, especially the elderly and the young and people who are already have underlying health problems.

49:30

But we can do something about it.

49:31

We can all do something.

49:32

We can join together with the community to make ourselves more resilient through positive action.

49:37

So we'd love you to get involved with the media campaign and creating some sort of artwork or performance.

49:43

It could turn into a competition, can use nature, can be indoor or outdoor just to bring your community together and to highlight the importance of the health impacts of climate change and also working together with the other pillars to draw out the health benefits related to each of those calendar activities.

50:03

And above all, have fun doing it because it's a great reason to get together and to join up with your local community.

50:10

So back over to you, Tarina.

50:12

That's a quick run through.

50:15

Well done Helen.

50:17

That was speeded up, so thank you.

50:21

So as you're kind of short of time, I'm just going to whiz to what next so that, you know, hang on a minute.

50:36

I've got to find it so that you know what what's coming up.

50:40

So if I go to my slideshow, there it is.

50:47

So as I said, what we're going to do next is the launch event.

50:54

You need to prepare for the launch event.

50:55

You need to get your calendar of activities together.

50:59

We will all support you to do that.

51:02

There's the four joint events we need to get into the diary and we will work through all of these programmes for a year and so that your community can really genuinely change.

51:17

We are monitored by a programme set up by the University of Southampton, so that feedback will want and then on top of that we will at the end showcase everything that you have achieved.

51:34

So the first things to do is pick which areas you want to work with, read your pack, which is really important because there is so much good stuff in there.

51:46

Don't miss out on it.

51:48

Hold a meeting with your pillar expert, plan your activities, and then put together all the different pillars.

51:55

Put together their joint calendar of events.

52:00

We're going to do the card that I mentioned at the public meeting and you've already chosen your challenges for that.

52:11

And at a large event we want to launch a year of activities.

52:17

So we need to get that calendar sorted out so that everybody can see what's going to happen across the next year.

52:26

So we will send you your copies of all the packs.

52:30

We'll send those to Charlie and we will send.

52:35

We'd like you to think about the activities, work with your experts and they will support you all the way through this.

52:47

And we can.

52:48

We've got loads of ideas for you and loads of support information, so make sure you use this because that's what we're here for.