

100 HOUSEHOLDS

- ✓ Supporting people
- ✓ Joining a movement
- ✓ Taking part as a family
- ✓ Sharing advice
- ✓ Reducing energy bills
- ✓ Event and activities

10 CAMPAIGNS

- ✓ Campaigns by local people
- ✓ Getting other residents involved
- ✓ Tackling local issues
- ✓ Media support

1 COMMUNITY

- ✓ Knowle West residents
- ✓ Making a difference together
- ✓ Community led
- ✓ Working together

TACKLING CLIMATE CHANGE

- ✓ Reducing carbon emissions
- ✓ Improving life for all
- ✓ Measuring the changes
- ✓ Protecting the future

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Based at: Knowle West Media Centre



CIVA

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**KNOWLE WEST
MEDIA CENTRE** 

CARBON PASSBOOK

This book belongs to:

Name _____

Street Name _____



100 Homes 10 Campaigners 1 Community
Tackling Climate Change

**KNOWLE WEST
MEDIA CENTRE** 



We all want to thank you for signing up to the **Carbon Makeover** Project and look forward to working with you over the next year. As one of 100 homes you have joined a community movement to take local action on climate change.

This **Carbon Passbook** has been given to each home. It includes information and advice on the six themes of the project:

- **ENERGY AT HOME**
- **GETTING ABOUT**
- **EATING AT HOME**
- **HEALTHY LIVING FOR LIFE**
- **WASTE NOT WANT NOT!**
- **GETTING CLOSER TO NATURE**

It then asks you and others in your home to have a go at being more climate friendly. It starts off easily with things that don't cost a penny and in fact save you money.

As the months go by you'll be challenged to do different things most of which will require some thought to change the way you do things.

HOW TO USE THIS PASSBOOK

- Keep it safe and use it often.
- Work out what's realistic for you to do.
- Use it together with the support from the Carbon Makeover team at KWMC.
- Take it one step at a time – fill it out as you go along.
- Impress your friends, neighbours and family with it

YOUR HOME AND LIFESTYLE CARBON TARGET

As a Carbon Makeover home you will work with the team at the Knowle West Media Centre to find out where you are at with your climate friendly activity now.

They will ask you things about the way you use energy in your home, how you travel about, where your food comes from as well as other things. From this you will then know how big or small an effect your home and lifestyle is having on climate change. You may be surprised by how much you are already doing or you may think it's time to turn over a new leaf.

**PLEASE PUT THE SIZE OF
YOUR HOME AND LIFESTYLE
CARBON FOOTPRINT HERE**



It might help to know how other individuals in the UK and elsewhere are doing:

Average in UK: 100,000 carbs

Average in USA: 190,000 carbs

Average in World: 40,000 carbs

So now you know what effect you are having, can you challenge yourself to do better? How about trying to shave a few carbs off? What about a 1,000 carbs maybe 10,000?! When you see the credits (carbs) you can shave off in this passbook you may have an idea what you can do?

Turn over to find out more about the different themes of the project and how the Carbon Makeover team can help you with them. Then get on with collecting the credits. **Good Luck.**

ENERGY IN YOUR HOME

There are lots of simple things you can do to save energy right now, which will reduce your carbon dioxide emissions and help prevent climate change. These range from turning your lights off when you leave a room to insulating your cavity walls.

Not only will you be doing your bit to help prevent climate change you will also see a difference in your pocket. The average household could save up to **£250 a year** on energy bills by being more energy efficient.

WHAT WE CAN DO TO HELP

Home energy audit – our team can come and do checks on your home and tell you how you maybe able to save money on your bills and let you know if you are eligible for any grants available like Warm Front or Warming Bristol.

In house energy meters - we have 10 of these available for you to borrow. They show how much energy your different electrical appliances use. Be amazed!

Monthly Carbon surgeries – we will hold advice sessions for homes signed up to the project.

CALL MISTY OR MADDIE

on **0117 9030444**
or **misty@kwmc.co.uk**
or **maddie@kwmc.co.uk**



GETTING ABOUT

If you use a car, driving efficiently is the place to start, and it's been calculated that driving this way could save you up to £120 a year in petrol or diesel. And with fuel prices rising all the time, eco-driving could save you even more in the future.

The main things to remember are drive smoothly, avoid sharp acceleration and heaving braking, check your revs, avoid short journeys and take unnecessary extras off the car like roof racks.

One of the best ways to reduce your CO² emissions is to leave the car at home, and use an alternate means of transport. Think about walking, cycling or taking the bus or train.

WHAT WE CAN DO TO HELP

Advice of bus travel – we can give you up to date bus route and timetable information and how to get the most out of them

Discounted tickets – through KWMC, as a ticket agent, we may be able to get discounted tickets from time to time

Cycle training – through LifeCycle UK, a Bristol based charity, we can organise cycle training for people in your home

Car share – we can link you into Car2Share which is a national site to set up car sharing with other people going your way

City car club – if enough people are interested we will try to organised a City car club space in Knowle West over the year.

Monthly Carbon surgeries – we will hold advice sessions for homes signed up to the project.



EATING AT HOME

You may have heard about 'food miles'. This is how far food travels from the farmer who produces it to the consumer who eats it. That includes the journey from farm to processor, then from processor to retailer and finally from retailer to consumer.

So the nearer your food comes from and the less processed it is the better, as less fuel will have been used to transport and process it, less emissions go towards tackling climate change. Another reason to buy locally produced food is that it helps to support local farmers and shop keepers.

Where our food comes from is a very important issue. To find out more speak to the Carbon Makeover team.

WHAT WE CAN DO TO HELP

Local directory – places to buy local, seasonal and organic food

Carbon Makeover team – advice and information to inform your food choices

Healthy recipes – links to local recipes from other people in Knowle West and Bristol

Monthly Carbon surgeries – we will hold advice sessions for homes signed up to the project



HEALTHY LIVING FOR LIFE

How does this have anything to do with tackling climate change you may ask? Well here's some examples of what we mean by this. All of these activities happen close to home (less travel), create opportunities to work together with other people in you community (stronger, healthier communities), ensure care for the local environment (capturing carbon).

(1) 'Work out' in the open air through local, practical environmental work or gardening as part of a 'Green Gym.' It will increase your physical activity and being outside in green space also has proven benefits for mental health, helping to reduce stress and overcome depression.

(2) Help to set up a local community orchard. They are open and accessible at all times for the whole community to use. As well as enjoying the place, local people can share the harvest or profit from its sale, taking responsibility for any work in the orchard.

(3) Get involved with the local 'Walking to health' group and go for a walk in a wood. Woods are great places for exercise and, as well as being good for the body, they are good for the soul. Research has shown time and time again that woods can help reduce stress levels and boost morale.

WHAT WE CAN DO TO HELP

Local directory – link you up to people who organise different activities like allotments, community orchards, cycle clubs, Green Gym, Walking to Health, Healthy Lifestyles Project, community gardening and volunteering.



WASTE NOT WANT NOT!

The manufacture, distribution, and use of all of the products we use at home and the way we manage the resulting waste all result in emissions to greenhouse gases that affect the planet's climate. Reduced consumption of goods, waste prevention and recycling are real ways to help address climate change.

In schools all across Knowle West children are being taught the new 3Rs – reduce, reuse and recycle! If we buy less and try to reduce the plastics we bring into our homes – carrier bags and packaging to name a couple – this would be a good start. It is difficult to find uses for old things but many can be reused, especially glass and paper items.

Then of course there is our black box and brown food bin. If we recycle as much as we can each week we can really help climate change. Did you know that landfill sites create a strong greenhouse gas methane when what we throw away starts to break down? We can make a real difference if we use the 3Rs ideas more.

WHAT WE CAN DO TO HELP

Waste doctor – A home visit to give you advice about how to reduce your waste and how to use the recycling service

Black box advice – How to put it out each week successfully

Alternatives to plastic/ packaging – advice on what you can replace this with and how

Set up a waste action group – If enough people are interested we will try to organise a waste action group in Knowle West, through Resource Futures.



GETTING CLOSE TO NATURE

We are part of planet Earth, our home. Each of us, in the UK, currently needs three Earth's worth of resources to sustain our lifestyles. We need to slim down, get more efficient with what we take from the Earth, and give back, heal the parts of our environment we have degraded and disrespected and take action to repair this damage now.

Working to improve our local environment, our parks, open spaces, streams, hedgerows, woods, wildlife can be a big step in the right direction. What birds are singing in our gardens, when do blackberries appear on bushes, where can we go and find a quiet spot? If we know the answers to these questions we're likely to feel close to nature already. If not maybe it's time to stop and have a think about it.

WHAT WE CAN DO TO HELP

Local directory – link to groups who are involved with looking after open spaces, carry out bird counts, monitor air pollution and safeguard water resources

Low impact lifestyle choices – advice on traditional lifestyles including bushcraft and survival skills

Visits out into the countryside – visits to Folly Farm, Goblin Coombe and other locations



GETTING STARTED - FIRST MONTH

These credits should be easy to rack up. Have a go! At the end of the first month circle each face that fits the best

Energy in the home

80	Turn off unnecessary lights	😊	😐	😞
20	Boil just the water you need	😊	😐	😞
16	Switch off the TV from standby	😊	😐	😞

Getting about (if you use a car)

350	Drive more efficiently	😊	😐	😞
300	Drive at the speed limit	😊	😐	😞
60	Keep your tyre pressures up	😊	😐	😞

Eating at home

10	Check labels to see where food comes from	😊	😐	😞
200	Buy fruit and veg grown in the UK once a week	😊	😐	😞

Healthy living for life

40	Eat 2+ pieces of fruit or vegetables a day	😊	😐	😞
10	Walk for at least 30 minutes a week	😊	😐	😞

Waste not, want not!

150	Recycle paper used	😊	😐	😞
150	Recycle cans used	😊	😐	😞
150	Recycle glass used	😊	😐	😞

Getting close to nature

10	Spot some birds that live nearby	😊	😐	😞
10	Do you know where your nearest park is?	😊	😐	😞

HOW DID YOU GET ON? - FIRST MONTH

UP TO 15 😊

Wow! You are really getting into this. If your 😊 includes all the credits for energy in the home you will have saved £5 already that's £60 each year. You are ready to take on the next challenges. Turn over the page to carry on.

UP TO 10 😊

Great. You've given it a good go. It maybe that some of the credits were easier to get than others. If you need help with certain credits like 'eating at home' get in touch with the Carbon Makeover team. It might be worth trying to get more of these credits over the next month along with the next ones. Turn over the page to carry on.

UP TO 5 😊

OK so not the best start but this could be for a number of reasons. Please give the Carbon Makeover team a ring or go along to one of the Carbon Surgeries with other homes to get some more help. I'd give these credits another go for a month before going on to try the next ones.

CREDITS GRABBED THIS TIME

For each 😊 pick up the maximum credits by each challenge. For each 😐 pick up half the credits. For each 😞 sorry no credits. Remember to times it for the number of people in your home.

TOTAL CREDITS FIRST MONTH

ANOTHER LEVEL - SECOND TO FIFTH MONTH

Are you up to the challenge to take these on?

Circle each face that fits the best at the end of each month.

See how you can improve over the months.

Energy in the home

490	Turn the heating down by 1°C	😊	😐	😞
30	Washing Clothes at 30°C	😊	😐	😞
60	Boiler water at 60°C	😊	😐	😞

Getting about (if you use a car)

500	Reduce your mileage by 250 miles this month	😊	😐	😞
100	Walk or cycle short distances	😊	😐	😞
100	Leave the car at home once a week	😊	😐	😞

Eating at home

40	Choose to buy a few organic food items once a week	😊	😐	😞
400	Buy fruit and veg grown in the UK every time you go shopping	😊	😐	😞

Healthy living for life

80	Eat 5+ pieces of fruit or vegetables a day	😊	😐	😞
30	Walk for at least 30 minutes 3 times a week	😊	😐	😞

Waste not, want not!

450	Recycle everything you can	😊	😐	😞
200	Use the food waste bin weekly	😊	😐	😞
100	Reduce the amount of plastic packaging you bring into the home	😊	😐	😞

Getting close to nature

30	Take a walk to your nearby park each week	😊	😐	😞
50	Help a neighbour, friend or family member with their garden	😊	😐	😞

HOW DID YOU GET ON? - SECOND TO FIFTH MONTH

UP TO 15 😊

It's a greener, leaner home for you now. If you have kept up the credits you gained in the first month and added these you are going some way to saving money and getting to know your local environment better. You're ready for the last challenges now.

UP TO 10 😊

These credits were more difficult to achieve so if you have got into this category your home is doing really well. Keep up the work from the first month too! Try contacting a home near to you that has managed to find ways to do things differently. Turn over the page to carry on.

UP TO 5 😊

Is the recycling driving you mad, or how to get 4+ pieces of fruit and veg into your diet a problem? Come and talk to the Carbon Makeover team to solve your dilemmas today.

CREDITS GRABBED THIS TIME

For each 😊 pick up the maximum credits by each challenge. For each 😐 pick up half the credits. For each 😞 sorry no credits. Remember to add up for each month to get the total.

**TOTAL CREDITS END
OF FIFTH MONTH**



THE LAST FRONTIER-SIX MONTHS ON-UP TO A YEAR

Time to take the next step to be extra climate friendly!
Circle each face that fits the best at the end of each month.
See how you can improve over the months.

Energy in the home

- | | | | | |
|-------------|--|--|--|--|
| 1320 | Replace three ordinary light bulbs with energy saving ones | | | |
| 1000 | Ensure you have enough loft insulation | | | |
| 750 | Fill your cavity walls | | | |

Getting about (if you use a car or plane)

- | | | | | |
|-------------|---------------------------------------|--|--|--|
| 5000 | Holiday closer to home | | | |
| 160 | Sharing the car run to work or school | | | |

Eating at home

- | | | | | |
|------------|---|--|--|--|
| 670 | Grow your own fruit and veg | | | |
| 400 | Buy fruit and veg grown in the UK and in season when possible | | | |
| 100 | Choose not to eat meat twice a week | | | |

Healthy living for life

- | | | | | |
|------------|---|--|--|--|
| 80 | Get on your bike a couple of times a week | | | |
| 150 | Volunteer on a community food or open space project every month | | | |

Waste not, want not!

- | | | | | |
|-------------|---|--|--|--|
| 300 | Reuse paper, cardboard and glass that you have at home | | | |
| 200 | Get a garden composter | | | |
| 1000 | Reduce the amount of new things you buy try to make do and mend | | | |

Getting close to nature

- | | | | | |
|------------|--|--|--|--|
| 150 | Join a local campaign to look after wildlife in open spaces | | | |
| 240 | Take a trip by bicycle or bus to a nearby countryside location | | | |

HOW DID YOU GET ON? - SIX MONTHS ON

UP TO 15

Well done for staying the course! You've really earned a Knowle West Green Home award by doing all these climate friendly things. Both the planet and your local places thank you very much. We've got some extra things on the next page you might like to consider. They may not save you any more money but if you can they will cut your emissions further.

UP TO 10

The extra effort and thought needed to do some of these high credit things mean that you should give yourself a big pat on the back! Keep up the good work and see if you can add anymore to the ones you've already achieved over the following months.

UP TO 5

Let's not get critical here. These are the more difficult things to do. If you've struggled you may have real problems in terms of finding the time to do them or even think about them! We're here to help so get in touch and we'll try to support you with some of them.

CREDITS GRABBED THIS TIME

For each pick up the maximum credits by each challenge.
 For each pick up half the credits. For each sorry no credits.

**TOTAL CREDITS SIX MONTHS
TILL END OF YEAR**

EXTRAS

If you've got free time or cash you may want to think about doing some or all of these extras.

Energy at home

5500	Investing in Solar water heating	😊	😐	😞
7100	Upgrading your boiler	😊	😐	😞
100	Fit a hot water jacket	😊	😐	😞

Getting about (if you use a car or plane)

1000	Taking the train instead of the plane	😊	😐	😞
5000	Swap to a lower emission car	😊	😐	😞

Eating at home

80	Choose to eat only organic food	😊	😐	😞
1000	Donate 10hours towards a local food project	😊	😐	😞

Getting closer to nature

1000	Help to plant trees for a local open space / community orchard	😊	😐	😞
1000	Donate 10hours towards a community energy project	😊	😐	😞

We've got lots of ideas for other things you can do. Give us a ring or come and see us at Knowle West Media Centre.

CREDITS GRABBED THIS TIME

For each 😊 pick up the maximum credits by each challenge.
For each 😐 pick up half the credits. For each 😞 sorry no credits.

TOTAL CREDITS FOR EXTRAS

CREDIT COUNT

It's the end of your Carbon Makeover year. How have you got on? Start by adding up those smiley faces and all the credits you've grabbed.

The way your home has helped to tackle climate change, can be seen by the number of credits you've grabbed.

Each 10 credits equals one kg carbon and each 1000 credits is equal to a tenth of a tonne. So 10,000 credits is the same as one tonne of carbon. So for example if you have carried on recycling all you can in your black box each month you will have grabbed 450 a month x 12 = 5,400 credits, that over 1/2 tonne of carbon.

Each person in the UK currently emits about 10 tonnes of carbon. There are lots of discussions about what we should try to reduce this to. Some people say we are only responsible for 40% of our emissions due to the society and systems we live within. Some say we could get it down to under 5 tonnes, others say more like 2 tonnes. What have you managed to do?

YOUR TOTAL HOME 😊

YOUR TOTAL HOME CREDITS

WHAT NEXT?

As part of the Carbon Makeover project there will be events and activities to help you take on the challenges in this passbook but we will also be looking at what next in Knowle West. Get another 100 homes involved? Could you help to recruit them and support them? What about developing a campaign or a community project that helps to improve the quality of people's lives in Knowle West and helps to tackle climate change at the same time.

