



The Dorset Green Living Guide

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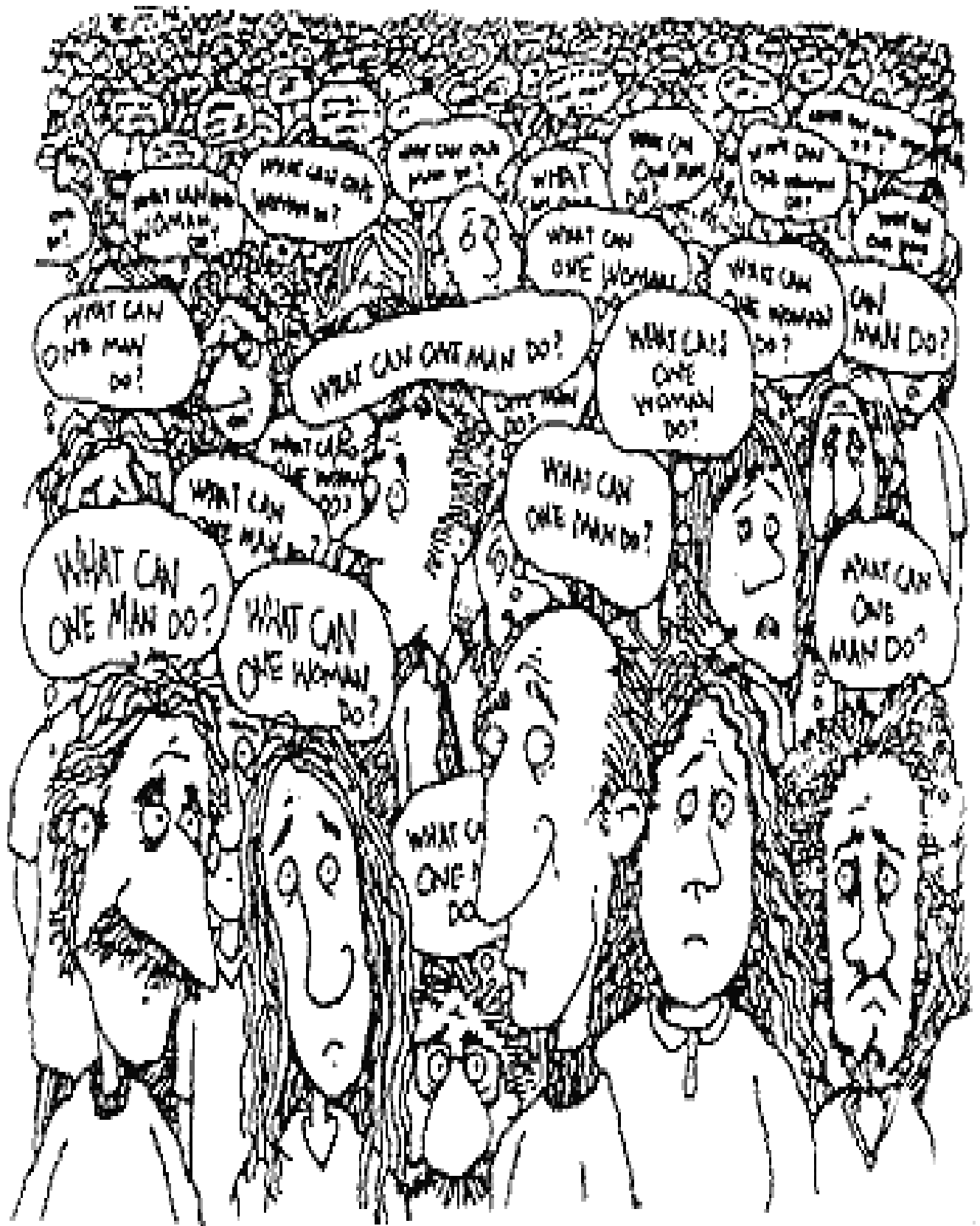
Group name:

Version November 2019

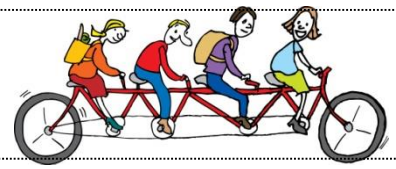
Funded by the National Lottery Community Fund.

Adapted by Sustainable Dorset from a Transition Town
Totnes project.





They had not yet discovered the Dorset Green Living Project.....please read on to see what you can do to make a difference



1. Getting started

- Introduction
- Climate Change
- How it works
- Agree a schedule
- Share contact info
- Your group agreement
- Support available

2. Spend less on energy

- Know how much you are using
- Be a real turn off
- See the light
- Control your heat
- Alternative energy
- Lagging
- Draught proofing
- Loft insulation
- Cavity wall insulation

3. Spend less on water

- Know how much you are using
- Feel flushed
- Taps, drips & leaks
- Showers & baths
- Washing clothes
- The kitchen sink
- Outdoors

4. Spend less, eat well

- Meat and Dairy
- Minimise food waste
- Spend less, eat well
- Local and seasonal
- Awesome organic

- Reduce food packaging
- Grow your own

5. Wasting away

- The story of stuff
- Reduce & reuse
- Recycling
- Make your own compost

6. Getting around

- Fuel efficient driving
- Get on your bike
- Walk this way
- Take buses and trains
- To fly or not to fly
- Use car clubs
- Try lift sharing
- Holiday in the UK

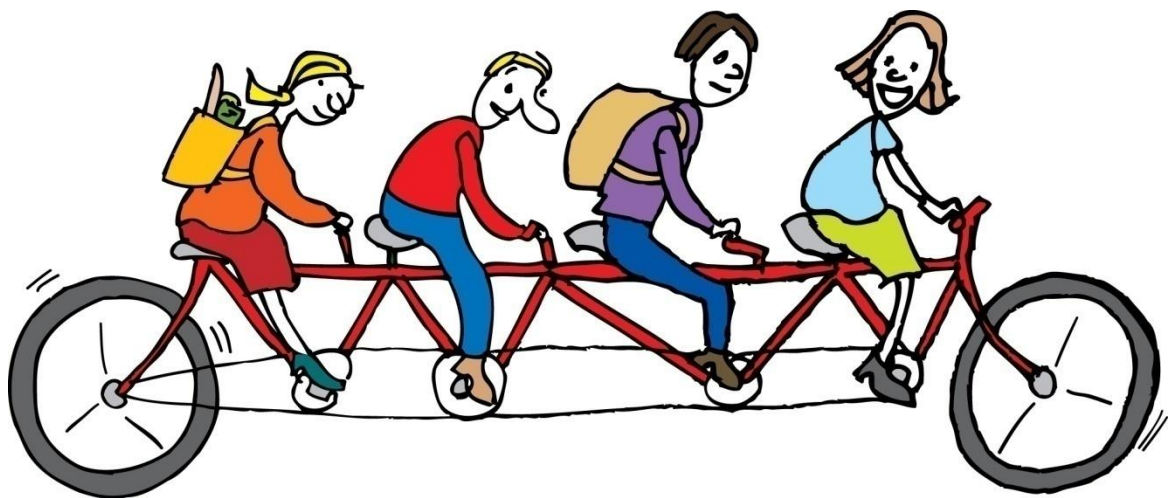
7. Building communities

- Tea and cake
- Out to lunch
- Sharing
- Feed your community
- Grow your community
- Community talent
- Resilience & Localisation
- Community energy
- Caring community

8. Wrapping-up

- Final evaluation
- Ongoing support
- Next steps
- Celebrate!

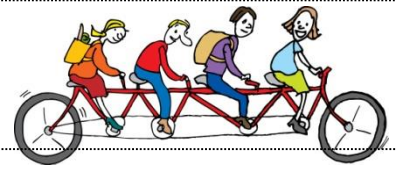
1. Getting started



**The Practical
Action Plan**

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1.5 INTRODUCTION



Introduction

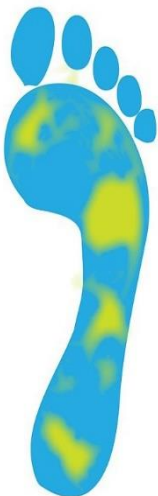
Welcome to the Dorset Green Living Guide adapted from the Transition Together guide originally written by Transition Towns Totnes. The Dorset Green Living project is about bringing communities together to discover practical and proven ways in which they can reduce their carbon footprint and save money at the same time.

What is your carbon footprint and why do you need to reduce it? First, we need to find out about climate change and what it is, so if you if you are able, as a group, please watch this short video from the National Geographic: www.youtube.com/watch?v=EtW2rrLHs08.

There are many other more in depth videos including David Attenborough's informative one hour film: www.youtube.com/watch?v=q9WYLPgyuqo

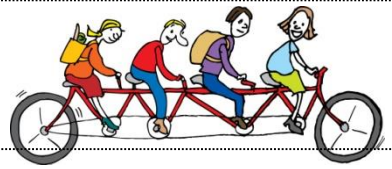
If you haven't had time or weren't able to watch the video then here is brief explanation on the next page

What is my carbon footprint?



We can't tackle climate change alone, yet we all have a role to play in reducing our own carbon emissions. Your carbon footprint is a picture of everything that you do that releases some sort of carbon into the atmosphere. You can increase or decrease your footprint with your everyday choices.

These choices range from the sort of transport you choose to the things that you buy in the supermarket. These would be measured in terms of how much carbon has been used in their growing (if it is food), chemical usage (if not organic) and machinery, manufacture, processing, packaging, transport etc! Phew, it can get complicated (that is why buying from a local farm without refrigeration and packaging can decrease your food miles/carbon footprint significantly!)



In case you weren't able to watch the video.....

Climate Change explained by the UK gov

'Rising levels of carbon dioxide and other greenhouse gases, such as methane, in the atmosphere create a 'greenhouse effect', trapping the Sun's energy and causing the Earth, and in particular the oceans, to warm. Heating of the oceans accounts for over nine-tenths of the trapped energy. Scientists have known about this greenhouse effect since the 19th Century.

Carbon dioxide levels have increased by about 45% since before the industrial revolution. Other greenhouse gases have increased by similarly large amounts. All the evidence shows that this increase in greenhouse gases is almost entirely due to human activity. The increase is mainly caused by:

- Burning of fossil fuels for energy (so this is for all forms of energy to manufacturing products to the cars we drive)
- Agriculture and deforestation
- The manufacture of cement, chemicals and metals

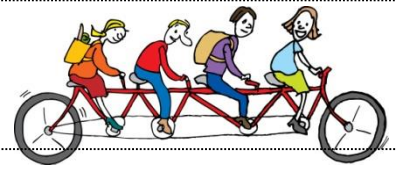
About 43% of the carbon dioxide produced goes into the atmosphere, and the rest is absorbed by plants and the oceans. Deforestation reduces the number of trees absorbing carbon dioxide and releases the carbon contained in those trees back into the atmosphere'.

www.gov.uk/guidance/climate-change-explained#causes-of-climate-change

Impacts of Climate Change in the UK

- Localised flooding as a result of heavier rainfall. The worst effects will be in the heavily urbanized areas where the rain is unable to soak through into the ground
- Flooding of low lying coastal regions. England will be one of the most vulnerable areas in Europe due to rising sea levels over the coming decades
- An increase in energy demand with hotter summers (air con) and colder winters (heating)
- Changes in seasonality eg warmer springs resulting in changing habits in species
- Heat stress resulting in increased humidity, severe heatwaves, illnesses
- Food shortages and price rises due to crop failures caused by unpredictable long wet or hot dry periods
- An increasing number of trees will die causing more forest fires and rising temperatures leading to insect outbreaks and invasive plant species
- Conflict and climate migrants as a result of lowered living standards, resource scarcity, displaced climate migrants from other countries

www.metoffice.gov.uk/weather/learn-about/climate-and-climate-change/climate-change/impacts/index



UK AND BEYOND

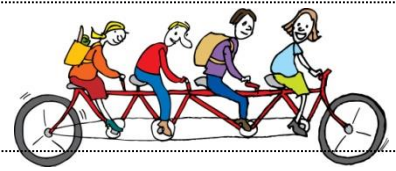
The effects mentioned on the last page will not be exclusive to the UK but will be seen all around the world in varying degrees. Other effects that we will see globally (and in the UK) will be

- Damage to marine ecosystems, rising ocean temperatures, ocean acidification and decreasing oxygen levels in the ocean are considerable threats to marine life, and in particular coral reefs.
- Fisheries failing - the damage due to the changing temperatures etc will affect fisheries along with the over fishing that is currently devastating fish stocks and destroying eco systems
- Species loss is happening at a rapid rate due to the changing climate. This is changing the habitual landscapes of many species plus as a result of severe weather systems such as drought, gales and flooding, some species can be completely wiped out. Deforestation is also causing the loss of thousands of species.
- Habitable region of pests expands resulting in crop devastation and disease
- Damage to infrastructure from extreme weather events
- Food insecurity as high temperatures, extreme weather events, flooding, and droughts cause damage to farmland and crops, reducing yield. Additionally, extreme weather events can disrupt trade and supply chains. Climate change therefore poses a serious risk to food security globally. Developing nations are particularly at risk where climate change impacts are and will be the most severe.
- Risks to water supplies as higher temperatures, increased evaporation and reduced rainfall in some regions means that soils contain less moisture, river flow reduces, and water sources dry out. This has severe consequences for agriculture, ecosystems, and for human communities.

www.metoffice.gov.uk/weather/learn-about/climate-and-climate-change/climate-change/impacts/infographic-breakdown/global-impacts-of-climate-change

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1.8 CLIMATE CHANGE cont.



HOW WILL I BE AFFECTED?

Until now, climate change has not been at the forefront of people's minds. For many, it was difficult to understand how it could affect our everyday lives in the UK. However, we have been seeing the effects with much hotter summers and severe weather patterns such as the stormy winter of 2015/6 that caused huge amounts of damage all over the country. People around the world, most notably in developing countries are experiencing the effects of climate change whilst species around the world are rapidly disappearing.

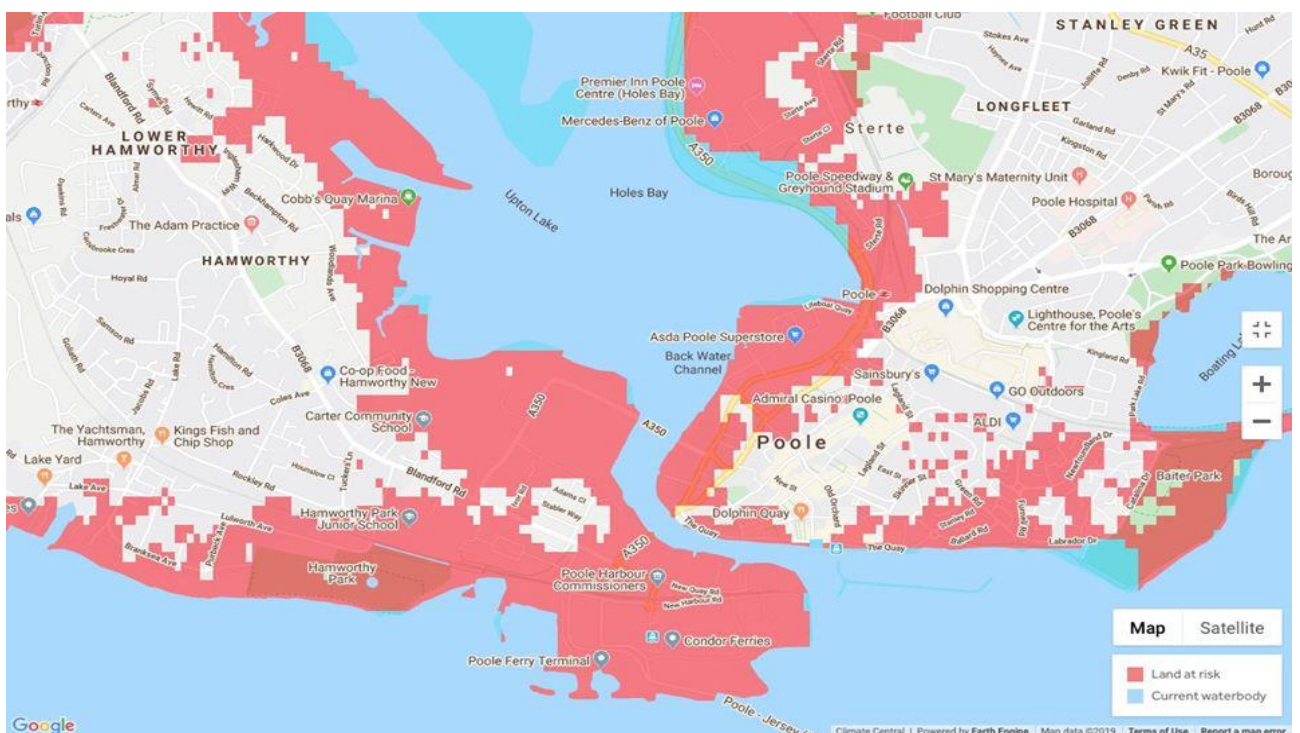
Watch David Attenborough's series Seven Worlds, One Planet, that witnesses the demise of different species around the world due to climate change

www.bbc.co.uk/iplayer/episodes/p07dzjwl/seven-worlds-one-planet

Have a look at these telling maps of sea projections for 2050 that give you an idea of what areas in Dorset might look like. Courtesy of webpage Climate Central

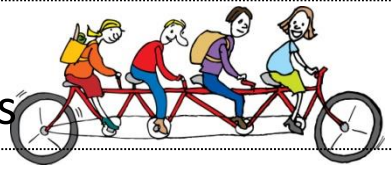
[www.coastal.climatecentral.org/map/15/-1.9962/50.7156/?theme=sea level rise&map type=coastal dem comparison&elevation model=coastal dem&forecast year=2050&pathway=rcp45&percentile=p50&return level=return level 1&slr model=kopp 2014](http://www.coastal.climatecentral.org/map/15/-1.9962/50.7156/?theme=sea%20level%20rise&map_type=coastal_dem_comparison&elevation_model=coastal_dem&forecast_year=2050&pathway=rcp45&percentile=p50&return_level=return_level_1&slr_model=kopp_2014)

Poole

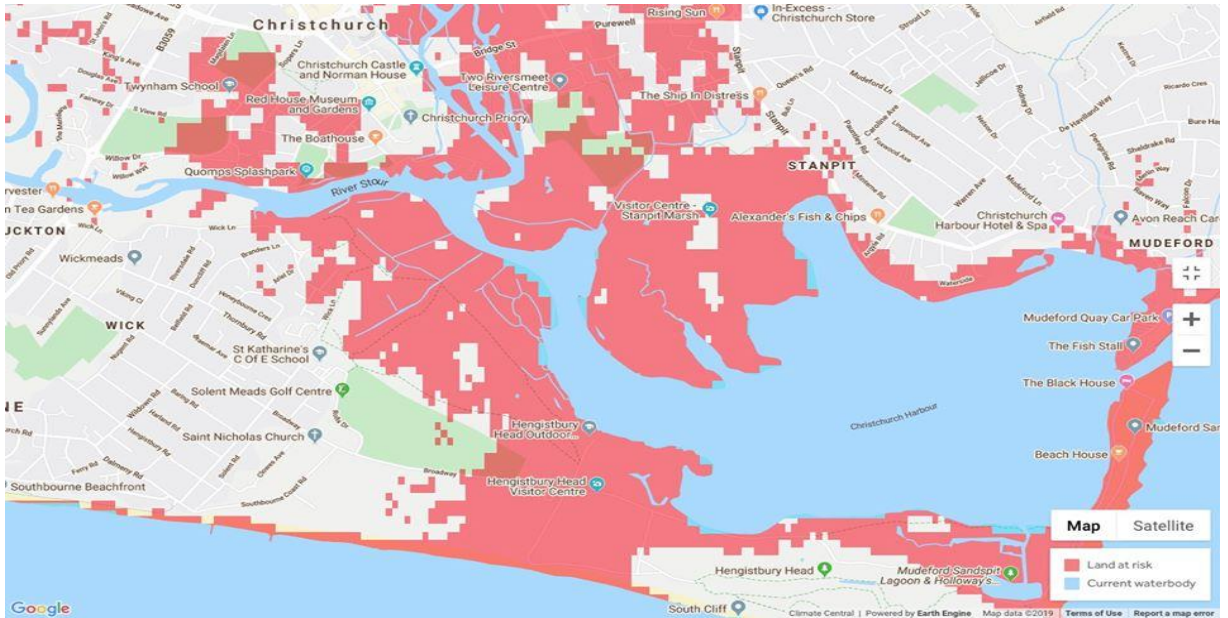


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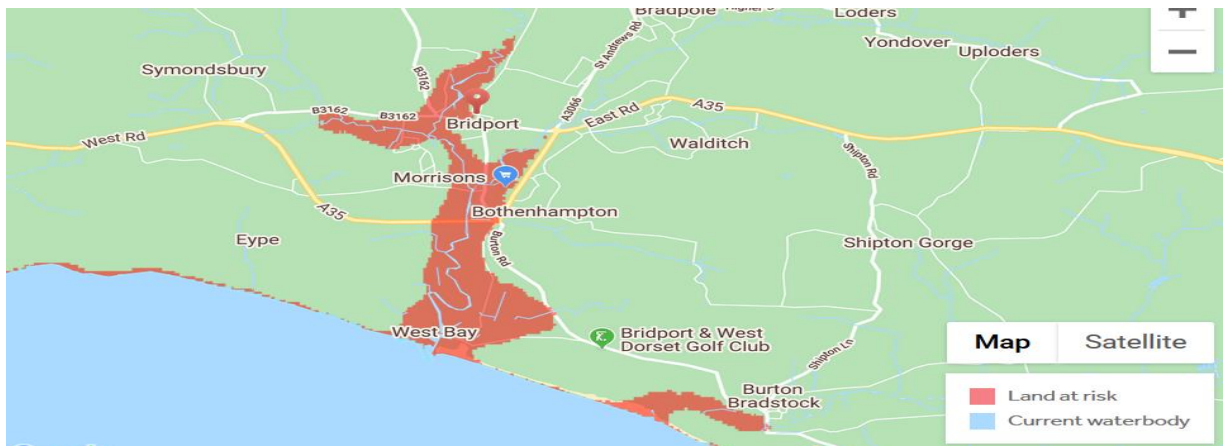
1.9 CLIMATE CHANGE effects Dorset maps



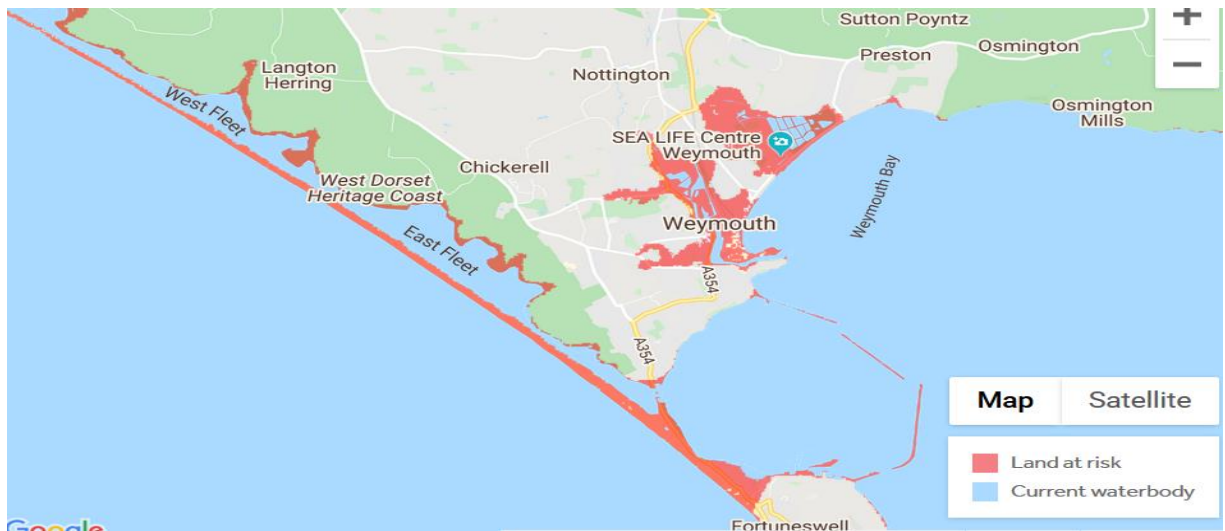
Christchurch 2050



Bridport 2050

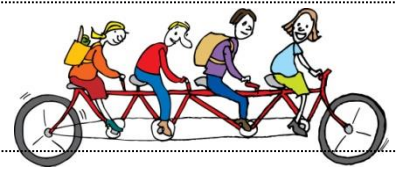


Weymouth 2050



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1.10 INTRODUCTION cont.



Who's behind the project?

We all have a part to play in reducing the dangerous levels of carbon and methane in our atmosphere and this guide is here to help you embark on a journey (or for some, to continue) to a lower energy lifestyle, saving money and carbon emissions as you go.

The support of your fellow group members, the people in other Dorset green living groups and Sustainable Dorset, will help keep you motivated and make the experience pleasurable as well as effective.

This workbook has been developed to help you, and the people you live with, to make simple, practical changes to your home and to your habits. It brings together in one place over 50 money saving actions. Each action gives clear, specific advice about how to carry it out including lots of useful hints and tips. Use this guide to inspire you to ask questions about what's available locally to you and find out what solutions friends have already adopted.

This programme aims to bring lots of sound, practical advice together into one simple programme with a very local feel. Other sources that have been used are referenced for further information or included in supplements at the end of each section. Use it as a springboard for your own exploration.

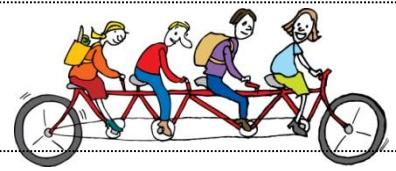
Hopefully by now you have all signed up on the Sustainable Dorset's website to become part of a growing community working towards a brighter low carbon future. If not, you can do so by going here and registering: www.greenliving.sustainabledorset.org/

This project is available for free thanks to funding from the National Lottery Community Fund and is a project initiated by Sustainable Dorset.

The Dorset Green Living Guide is based on an original project called 'Transition Together', written and run by Transition Towns Totnes and has been expanded and adapted by Sustainable Dorset.

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1.11 HOW IT WORKS



How it works

The programme is based around 8 or so group sessions. The first and the final chapters of this guide start and close the project, and the other 6 cover lifestyle changes to reduce your carbon footprint and save money. These include energy, food, transport, waste and water. The final session has a focus on expanding your group via local community building.

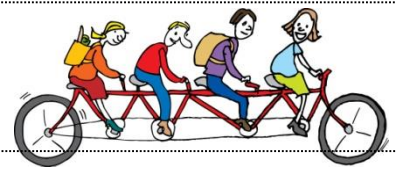
We suggest that groups meet about every 2–3 weeks for at least 2 hours. People in the group could take turns to host the meeting at their home, alternatively, the group could decide to meet in the local pub or café. People also take turns to co-ordinate/lead each session, so that it is truly a group effort and not all driven by one person. Ideally, the host is not the co-ordinator too, otherwise it's a bit too much to take on.

It is important that the co-ordinator for the session keeps good time. It's easy to get off track, and not get through everything you mean to. At each of the 6 core sessions, the group can follow the suggested meeting outline provided at the end of this section. It's also useful to for each member of the group to take notes. Good record keeping helps future groups and projects learn from your experience.



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1.12 THE FIRST SESSION



This first session

At the first session, take a look at the rest of this workbook and start to get familiar with the sections and the layout. Then work through the following tasks:

- Agree the group timetable for the rest of the sessions.
- Share contact information. Perhaps set up a group on Facebook or WhatsApp.
- Have a discussion about joining the website Nextdoor.co.uk. This get you connected and give you an insight into what is happening locally
- Agree some guidelines so your group will work well.
- Think about your main objectives.
- Complete the initial evaluation form.
- Find out about other support available.
- Review the agenda for future sessions.

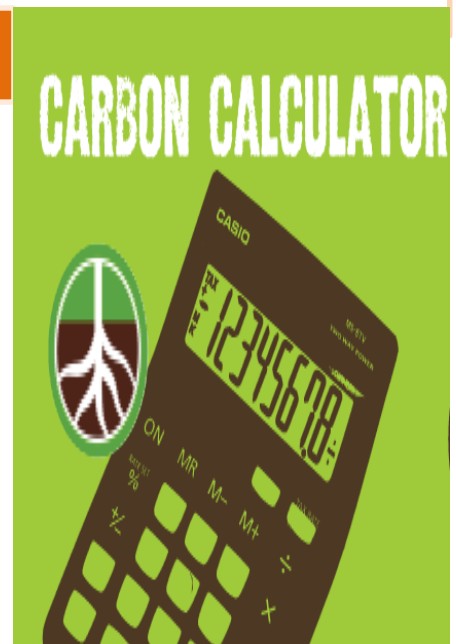
Many of the actions are based on a range of credible information provided by the Energy Saving Trust and Waterwise, for example. Some actions, particularly related to food and transport, are difficult to estimate at all due to the wide range of factors involved. However, simple things like buying local and choosing your feet or bike instead of the car will obviously save you lots in carbon points.

Before you meet with your group again

Head to

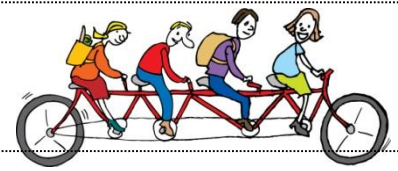
www.resurgence.org/resources/carbon-calculator.html and measure your carbon

footprint. Then on completion of this guidebook, you can go back in and measure it again to see how much it has reduced. Please record both readings for the purpose of this project and let us know. We will not display your personal readings anywhere.



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1.14 SHARE GROUP CONTACT DETAILS



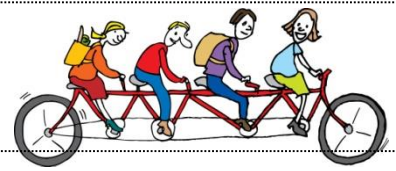
Name	Phone	Email	Address	Agreed to share



Please remember how important it is to keep everybody's data safe. It must be kept out of sight and not shared with anybody outside of the group unless formal consent is given.

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1.15 YOUR GROUP AGREEMENT



Suggested ground rules for the group

It's important to agree some guidelines for how your group will work so it will be a better experience for everyone. The following agreements are suggested to help ensure the success of your group overall.

All group members should agree to these at your first session. Add or amend items as required.

Commitment: We agree to attend all the sessions where possible and to let the other group members know if they can't make it. Someone else can attend in our place if we can't come, but it is important that they know what's been discussed previously. We also commit to reading the relevant workbook section before each session and to imagine ways of trying out the actions.

Confidentiality: We agree to respect the privacy of any personal or sensitive information shared within the group.

Punctuality: We agree to arrive in time for each session to start promptly so that everyone can benefit from the full 2 hours.

Respect: We will endeavour to ensure that the time is shared equally between team members in terms of speaking and listening, and that differences of opinion can be allowed for, and respected. Our abilities to change will vary, whether it be related to income or time, age or disability. We also agree to be non judgemental at all times.

Support: Where possible we will offer practical and emotional support to any group member who is experiencing difficulty in attending the sessions (or achieving the actions!). If we encounter problems in maintaining the group, we will ask for support from Sustainable Dorset.

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1.16 SUPPORT AVAILABLE



Website

If you have internet access you can get some tips and information from

www.sustainabledorset.org

Transition Town Totnes created the original concept behind this project and their scheme, Transition Streets has been running for many years. For some helpful info you can go here:

www.transitionstreets.org.uk. You could also look at the following videos together in your group:

<https://youtu.be/NVpNds94IzE>

https://youtu.be/r1y_6MT_M0c

There are some Transition Town groups in Dorset – have a look on the Sustainable Dorset website for one near you.

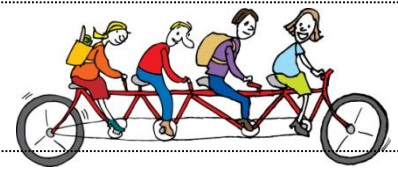


Hotline

If you have any questions about the programme, the actions or the other support on offer, please contact Rachel Lamb by emailing earthjamb@outlook.com

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1.17 FUTURE SESSIONS



Suggested agenda

This agenda can be used at all of your meetings. You can adjust it to suit yourselves.

For the next session on energy, try this proposed timing and see how it works. The energy section is quite long so you may need two sessions to cover everything. Given you are not starting your action plan until then, the first agenda item is not needed for the next session. You will probably use this 'spare' time talking about the actions. It's a good idea to nominate a time-keeper.

Section	Timing (2 hours total)
Review actions & progress from previous session	15 minutes
Discuss the facts & the actions for this session	70 minutes
Write personal action plans	10 minutes
The Bigger Picture – discussion	20 minutes
Re-confirm next meeting	5 minutes

Acknowledgements

This workbook aims to bring together a wide range of credible, expert advice that covers cost savings, energy reduction, CO2 emission reduction and general sustainability, across all areas of our lives. Our intent here is to compile it into a single, localised reference source for use by people in the Dorset Green Living Project– with clear links back to the source material used in each section.

The main sources used include the [Energy Saving Trust](#), the [Soil Association](#), [Waterwise](#), [Sustrans Sustainable Dorset](#) and our local authorities, to all of whom we offer our thanks.