



CCF

CAMBRIDGECARBONFOOTPRINT.ORG

ZERO CARBON CITY TRAINING

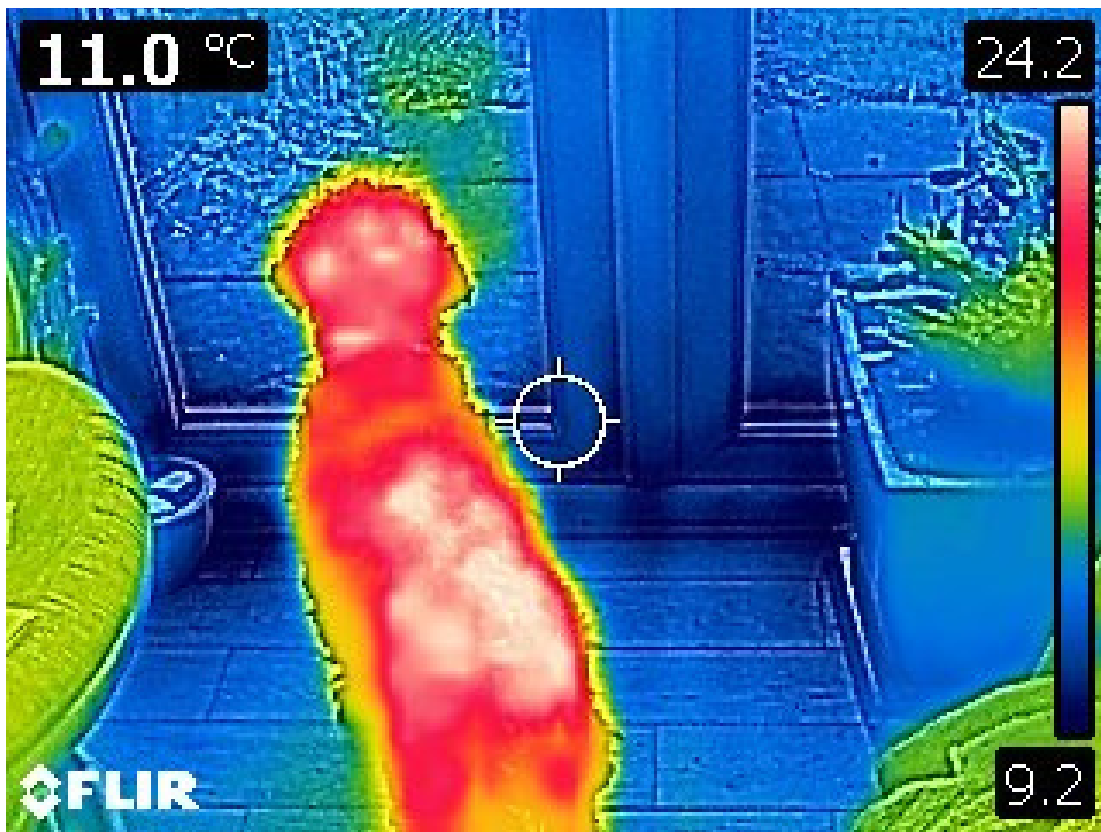


Cambridge
**Carbon
Footprint**



CAMBRIDGE CARBON FOOTPRINT

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WHAT IS HOLDING PEOPLE BACK FROM ACTION?

74% OF THE UK ARE CONCERNED ABOUT CLIMATE CHANGE

ONS, Oct 22

However, we perceive those around us to care less about climate change than ourselves

National campaigns struggle to engage communities on a local level and provide actionable information

How do we change this?

Zero Carbon City Training sessions bring people together to share ideas for tackling the climate crisis, starting with where we have agency. Through this we

Build strong, interconnected & resilient communities

Resistant to the effects of climate change, but proactive in their steps to mitigate it

HOW WILL IT WORK?

What will sessions look like?

- ZCCT can be run in a variety of formats, such as: lunch-time seminar/workshop/talk or as a stall.
- CCF will provide a speaker, materials, and follow-up advice on information and action points on our website
- Sessions are 1-2 hour long featuring interactive bite-sized pieces of information that can be tailored to suit the interests and needs of the community/audience.

The purpose of these sessions is to engage people with what they can tangibly change about their carbon footprint. Focusing on the co-benefits of taking action such as reducing bills, improved well-being and community building. Sessions will bridge the gap between people's knowledge and ability to take action, using these opportunities as outreach for our local services.

WHAT WILL IT COVER?

THE CURRENT CLIMATE & ECOLOGICAL CRISIS

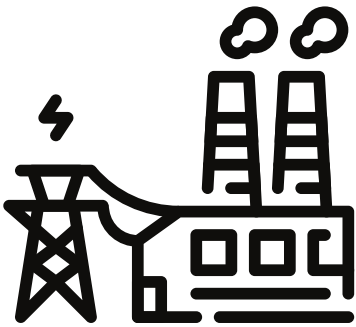
Doom & gloom does little to stave off climate apathy. However, understanding the climate crisis, its impacts and how to fight it are important.

Sessions take a science-led and practical approach, to motivate people to take action at an individual and community level.

We'll consider how environmental justice can help people emotionally connect with the issues in their community, and those around the world.



4 ELEMENTS OF THE CARBON FOOTPRINT



ENERGY

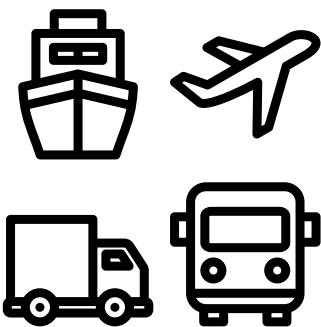
Energy goes beyond just electricity, it also includes the energy we use for heating and cooling our homes. This training will focus on enhancing home energy efficiency, with practical tips on improving insulation and optimising heating systems to make homes more comfortable and sustainable.

Agriculture is not only the second-largest contributor to global emissions but also a major driver of biodiversity loss. This training will explore sustainable dietary swaps that prioritise health, affordability and the well-being of our planet.



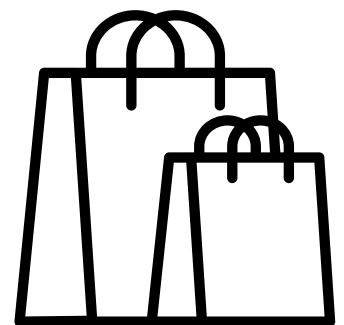
FOOD

In Cambridgeshire, personal transport makes up the second largest part of our carbon footprint. We will look at aviation but focus on reducing car dependence by using public transport and active travel such as cycling.

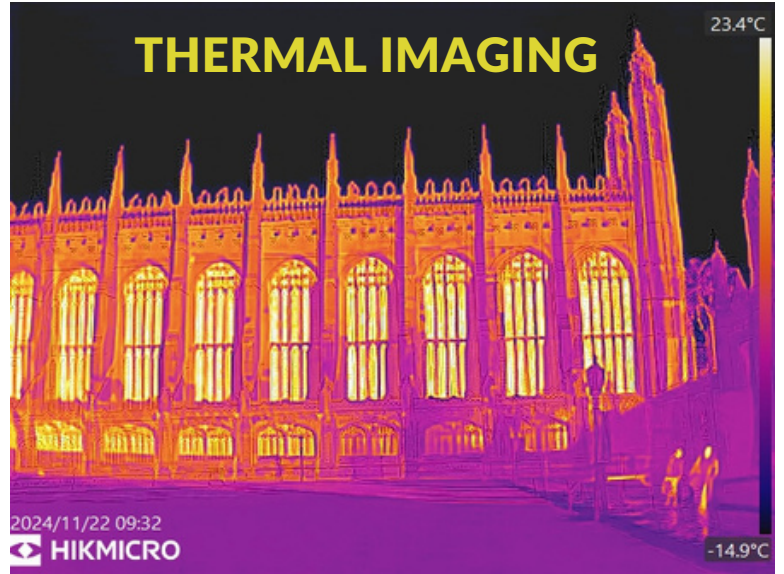


TRANSPORT

Our clothes, tech, and appliances carry significant embedded emissions from production and transportation. The growing demand for tech has also increased the need for rare-earth metals, impacting the communities where they are mined. This training focuses on practical ways to reduce, reuse, repair, and recycle to minimise these impacts.



GOODS & SERVICES



We have 14 thermal imaging cameras distributed across the wider Cambridge area. These can be loaned for free alongside training.



The majority of the clothes we own aren't worn on a regular basis. Our very popular Swishes allow communities to come together and swap clothes that they don't wear anymore.



"Absolutely inspirational!"

12 Sept - 18 Oct 2022

The best advice from local householders and experts

- 9 home tours online & in person
- 5 home improvement talks & events

Thanks to our funders and supporters:



We run Open Eco-Homes to facilitate discussion and knowledge sharing between those considering retrofitting and those who have already.



CCF runs & supports Repair Cafes across Cambridgeshire. Fixing things from kettles & blenders to jeans & stuffed toys. Items are fixed by a team of talented repairers.



HOW CAN YOU BOOK / REQUEST A SESSION?

If you are part of a community group/business owner/employee or any organisation that would be interested in learning how to reduce their carbon footprint then contact us at:

Mitchell

Project Officer

Email: mitchell@cambridgecarbonfootprint.org

Office

Telephone: 01223 301842

Website

(hosting local resources, upcoming sessions, detailed info)

cambridgecarbonfootprint.org

This project is funded by Cambridge City Council.

Please note these sessions are for those living within the City of Cambridge and will run until the end of March 2025.