



GET THINKING
GET TOGETHER

GET INSPIRED

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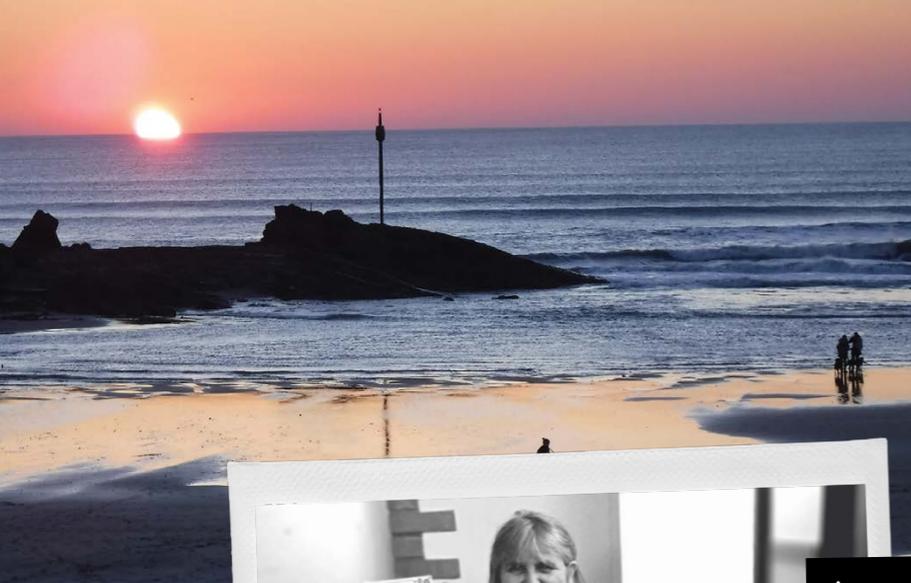


GET THINKING

We hope that you enjoyed Michael and John's story about their experience of Bude's Repair Café and shared some of your own memories and experiences using the prompts in the envelope above. We now invite you to delve a little deeper and explore how this relates to climate change and what we can do as individuals and as a community.

The good news is that our community has all the tools and knowledge we need to avert the worst effects of climate change, so all we need now is for everyone to act!





Bude is way ahead of the curve when it comes to forward thinking. Repair Café Bude is one shining example of many climate-savvy initiatives and businesses that have emerged from our area in response to the challenges we face.



As well as thinking ahead to the future, there's also great value in reflecting on the past, when we naturally lived a lot more sustainably.

Before the advent of the 'consumer society' and technology we are familiar with today, many people used the materials they had around them to make what they needed and repaired when necessary. As a result, they built up a library of skills that were then passed down. As goods became more readily available, the temptation to buy rather than make or repurpose increased and as a result, valuable skills were lost. Many of us will remember this way of living and may still have skills from that time that we still use or could pass on.

We all know by now that we need to reduce how much we buy and use, but knowing and doing are very different things. It can be very hard in our day-to-day lives to consume in an environmentally responsible way, especially as sometimes it feels like our current system makes it difficult. The truth is, it does a bit. But that is why community organisations like the Repair Café are invaluable. The more we make use of community cooperation like this, the more likely it is to keep popping up, and the easier it will be to reduce our contribution to climate change.



HAPPY CUSTOMERS AT
REPAIR CAFÉ BUDE

THINK CIRCLES!

The easiest way to reduce waste is to aim for sustainability and circularity.



What does that mean? For many of us it is a way of living that we have experienced in the past.

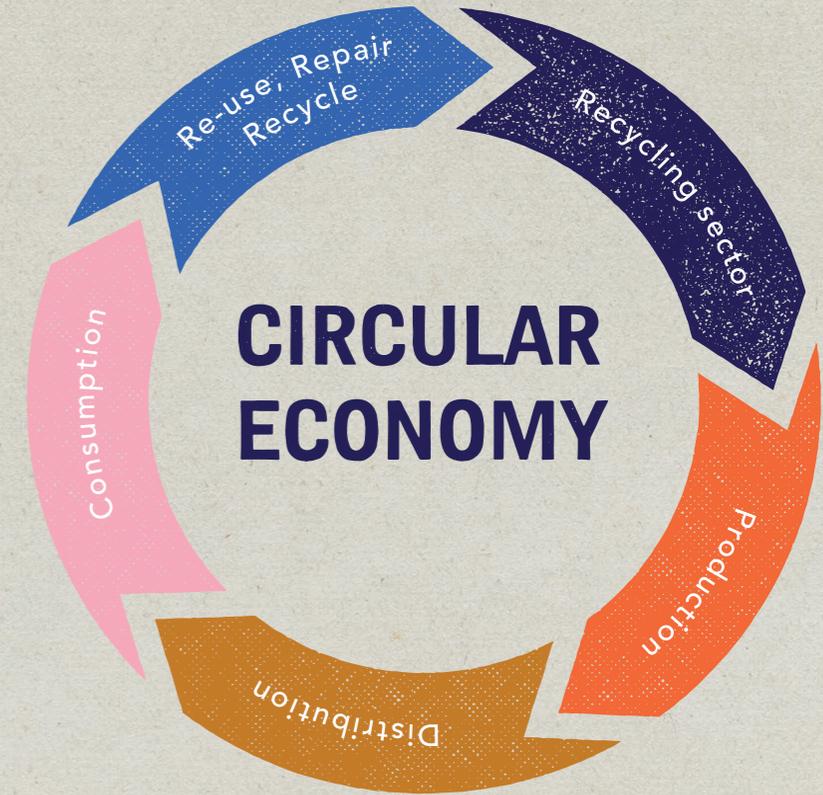
In nature there are no waste products. Everything is reused to form something new, such as the carbon

dioxide that we breathe out is taken in by plants to help them to grow. Materials flow like this through the entire web of life, one process feeding another. When these processes are in balance we say they are sustainable. It means that humans and nature can thrive together in harmony.

Currently our system is linear, which means we extract materials, manufacture a product, use it, then throw it away. Organisations and businesses around the world, including Cornwall Council, are now moving to a circular system, where materials are kept in the system

by being reused, repurposed, or as a last option, recycled. The most important change we need for a more balanced way of life is to slow down how much we buy and use.

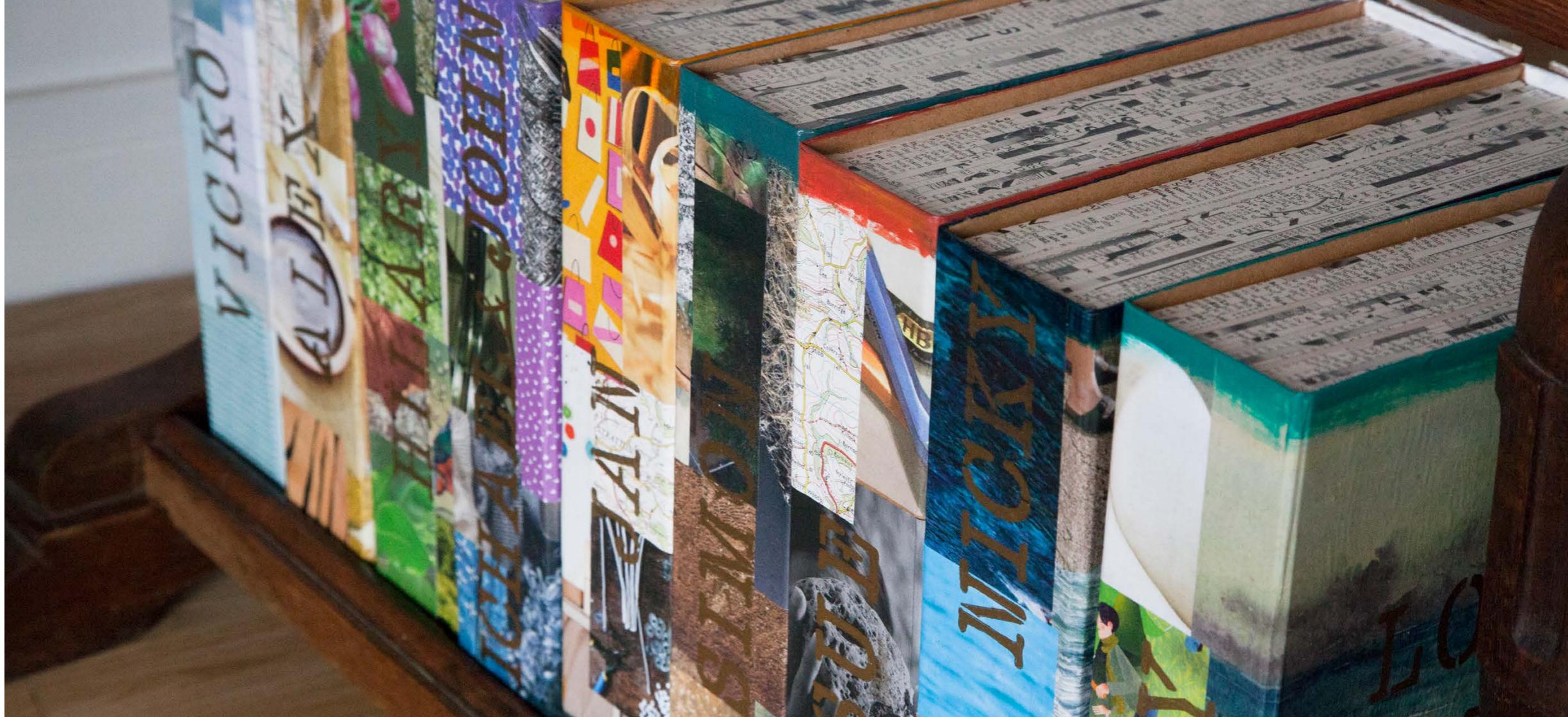
Over time our culture has become used to buying cheap products that do not last long and end up in landfill. Things are slowly changing, so in the future items we purchase will hopefully be better quality, last longer, be relatively easy to fix and less expensive in the long run. Remember the old saying – buy cheap, buy twice?



GET TOGETHER

If you're part of a local group and would like to explore this theme more through additional activities, then you might like to use our 'Hands On' toolkits. Contact the Bude Climate Partnership to find out more.

Teachers wanting to use these stories in the classroom can download additional resources for Vicko's Story, Lochy's Story, Simon's Story, Hilary's Story, Jan's Story and Alex's Story, via the 'Local Voices' pages on the Bude Climate Partnership website.





GET INSPIRED

Although it can be tempting to point at China or India as heavy polluters, we consumers are responsible for a lot of their emissions as they make a lot of our products. In fact, the UK

is responsible for 5% of all global emissions to date.

The average UK citizen uses roughly 1.5 times more energy than an average Chinese citizen and nearly six times more than the average person in India.

So rather than placing the burden on developing nations, we need to do our bit by considering our own lifestyles and making positive changes.

We have compiled some tips on what we can do individually and as a community to make the most impact – changes

that not only reduce our contributions to the climate crisis, but also improve the quality of life for everyone in our area.

All of us have invaluable skills and knowledge that the wider community would benefit from. In fact, many of the ideas we've suggested below may have been instilled in you as children or might remind you of how things used to be in the past.



*Did you know
Bude has a
Toy Library?*

Did you know...

Fast fashion is responsible for 10% of global emissions. 350,000 tonnes of clothes go to landfill or are incinerated very year in the UK alone.



BUY MINDFULLY

Look around your home. Do you know where things have come from and what impact they've had on the environment? Consider buying second-hand and if you are going to buy new, do your research. Think about where you're buying from, how it was made, and if it's designed to last. Go for quality over quantity. From toilet rolls to fashion, cosmetics to food, businesses offering more sustainable options are springing up everywhere. It might require a bit of research and planning, but once you've made the shift (to bamboo toilet roll for example) then it becomes second nature.

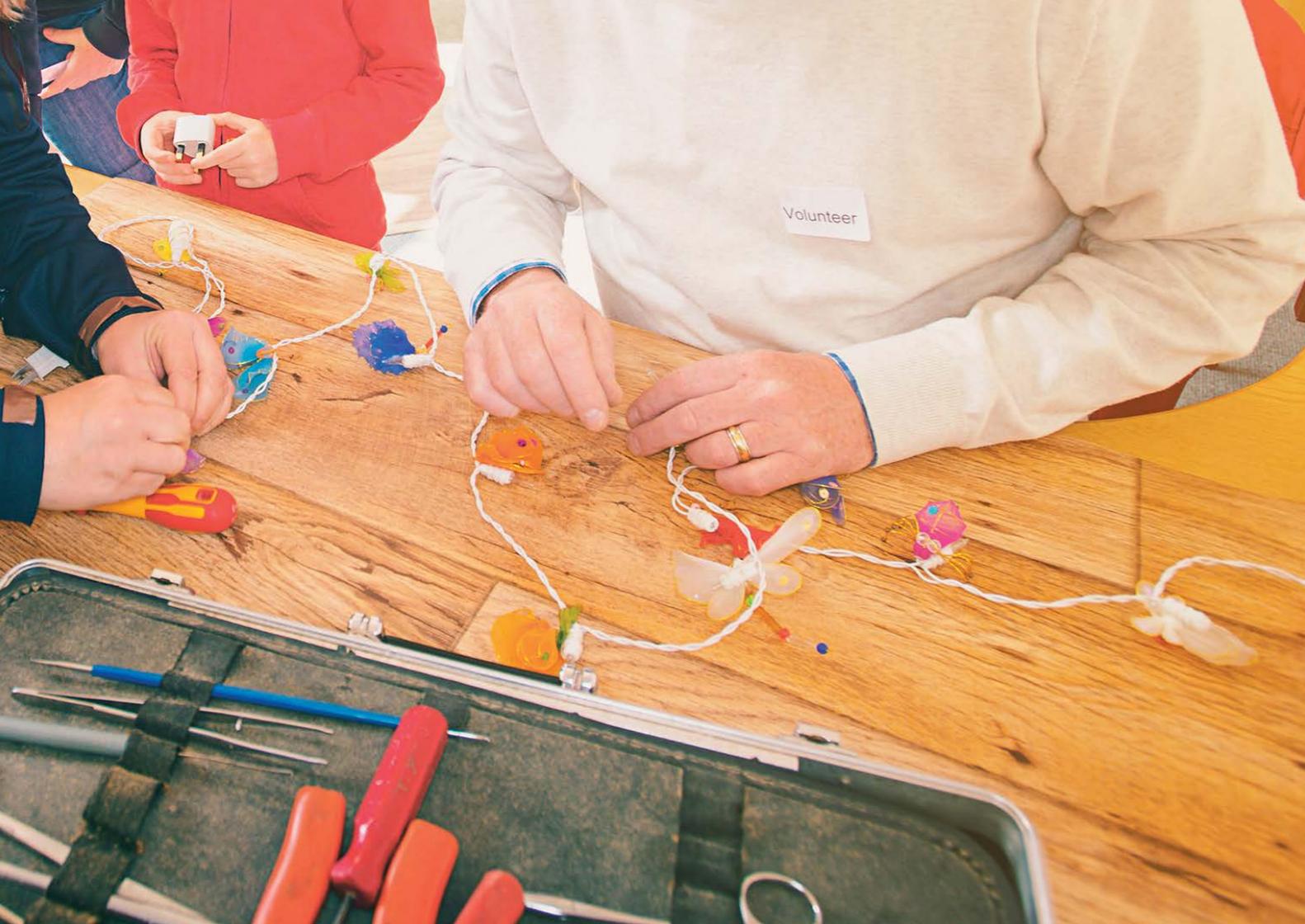
HAVE A CLOTHES SWAP

We all have items of clothing we no longer wear and are cluttering up our wardrobes and cupboards. So why not organise a clothes swap in your street or locality to share your garments and pick up some new ones?

GET SEWING

Did you make your own clothes in the past or have you ever fancied giving it a go? Could you try altering old clothes to give them new life? These are valuable skills, so can you think of someone younger who you could pass these on to?





REPAIR

If you've not done it before, have a go at mending, you might surprise yourself! There are lots of videos online to guide you if it's a trickier repair. We've also got the fabulous Repair Café Bude based at Neetside Community Centre, so if you need something mending

then there is free help available. Central to the idea of Repair Café is skill sharing so as well as learning, you might be able to impart your knowledge.

BUY LOCAL

Not only does it support our local farmers and business owners, but it also

cuts down on the miles things travel to get to us.

AVOID SINGLE USE PLASTICS

Consider alternatives to single-use plastic that are reusable, recyclable or compostable. For example, why not try a bar of soap instead of a plastic soap bottle?

They are available for lots of uses from cleaning floors to washing your hair.

REFILL!

At first it may look like more work, but refilling reduces the amount of recycling we need to do and with planning can work out cheaper too. You might be surprised at what can be refilled. At the ReFILL shop in Bude you can stock up with kitchen cupboard essentials, herbs and spices, nuts, crisps, toiletries, and cleaning products, all without plastic.



Did you know

Over 6 months Repair Café Bude repaired more than 103 items, saving them from going into landfill.

IS IT REALLY WASTE?

As the saying goes, "One man's rubbish is another man's treasure." Why not post unwanted items on Bude's Facebook pages 'Bude Bargains' and 'Bargains in Bude' or use the Freecycle website where you can exchange items you no longer need? Lots of people place surplus produce, vegetable plants, books, clothes or even small furniture on their doorsteps free- it might be what someone passing by is just looking for. Or better still arrange a yard

sale once a month on your street/area.

RECYCLE

If you cannot re-use or repair something then make sure to recycle it. As well as our household recycling that's collected by the council, there are many other recycling schemes and charities set up to recycle those more obscure things such as aerosols, medicine waste, contact lens capsules, batteries, clothes, mobile phones, glasses and even bras! So, do your research and cut down on what goes in the bin.

For your household recycling, wash it well and pay attention to what our council accepts. There are detailed guidelines online. Incorrect or unwashed recycling materials can contaminate an entire batch, so it's not always best to put it in and hope.

SHARE MORE

Whether it's a lawn mower shared with neighbours or farm machinery pooled between farmers, there are lots of ways to share. So, for things you don't use often, why not pool our resources and share?





A LIBRARY OF THINGS

Similar to a book library, this is a community resource that allows you to borrow from a library of items that are often expensive to buy and not used very often. For example, DIY and gardening tools, BBQs,

camping equipment or, sound systems. Bude is working towards setting up a local 'library of things', but you might also like to check out this example from Totnes, called Share Shed, for inspiration. Did you know Bude also has a toy library?

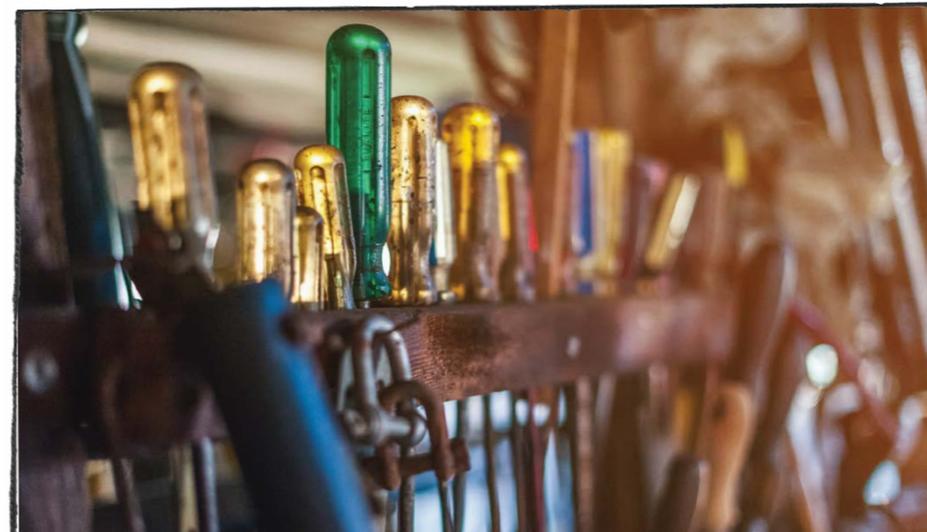
CHANGE THE NORM

Change happens much faster when we see others around us changing their behaviour too, so don't be scared to be a pioneer. You might like to come together as a community to make pledges on

the changes you all wish to make or share the changes you've made personally. For example, could you all agree not to buy any new clothes for a year? A fun challenge, and our needlework may improve at the same time!

SKILLS AND RESOURCES DIRECTORY

In your street or locality make a directory of everyone who lives there and find out what skills and resources they have and would be willing to share. Give everyone a copy so they know who they can go to if they need help.



GET INVOLVED

Bude is already bursting at the seams with enthusiastic environmental groups and great initiatives if you want to get involved. These are the future of our communities and the economy. Here's a few relevant to the theme of Michael and John's story.

BUDE AREA TOY LIBRARY

A group run by a small team of enthusiastic volunteers to encourage and support generations of local children to explore and experience our wide variety of toys in ways which are all inclusive and, most of all, fun.

www.budetoylibrary.co.uk



THE REPAIR CAFÉ

This group aims to reduce landfill by mending household items. Get items repaired for free or volunteer your skills.

www.facebook.com/RepaircafeBude

REFILL SHOP BUDE

Shop plastic free by bringing your own containers and refilling or volunteer at the zero-waste shop in the centre of town.

www.refillshop.co.uk



RECYCLE FOR CHARITY BUDE COLLECTION

Information about how and where to recycle items that Cornwall Council doesn't collect, such as crisp packets, hand pump dispensers and rubber gloves.

www.facebook.com/groups/3345625802181364



DIVE DEEPER

Below are some useful links to help you dive deeper into the science we've introduced in the 'Get Thinking' section.

COULD BUDE BECOME A FRONT RUNNER IN SETTING UP A MORE CIRCULAR ECONOMY?

Check out these links to find out more:

[www.ellenmacarthurfoundation.org/
topics/cities/overview](http://www.ellenmacarthurfoundation.org/topics/cities/overview)

[www.circularonline.co.uk/research-
reports/blog-circular-towns/](http://www.circularonline.co.uk/research-reports/blog-circular-towns/)

FOLLOW THIS LINK FOR A DETAILED DESCRIPTION OF CORNWALL

RECYCLING GUIDELINES:

[www.cornwall.gov.uk/rubbish-recycling-
and-waste/recycling/find-out-what-goes-
in-each-recycling-container/](http://www.cornwall.gov.uk/rubbish-recycling-and-waste/recycling/find-out-what-goes-in-each-recycling-container/)

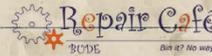


THANK YOU.

We hope our suggestions and advice leave you feeling inspired. Climate change can be challenging to think and talk about, so if any of your questions haven't been answered or you need support or you have an idea you want to pursue, then please get in touch with the Bude Climate Partnership. We're here to help you.

Email info@budeclimate.org

SUPPORTED BY:



This toolkit has been developed by Storylines, a Community Interest Company who use the common language of story to bring people together to share, celebrate, learn and connect.

For more visit www.storylines.org.uk. Designed by Georgia Byron.