



GET THINKING

GET TOGETHER

GET INSPIRED



GET THINKING

We hope that you enjoyed Vicko's story 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 your experiences relate to climate change and what you do as individuals and as a community.

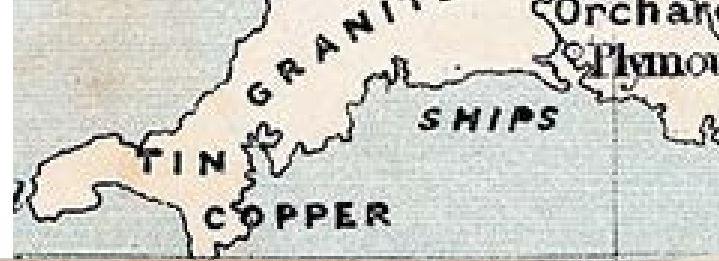
The good news is that our community has all the tools and knowledge we need to avert the worst effects of climate change, so all we need now is for everyone to act!

“

I think the seasons
have changed here.
It's not so
predictable now...



SPACE FOR



THE CLIMATE IS CHANGING

In the UK the effects of climate change are not as obvious as they are in other countries around the world. But they're happening here already.

We live on a planet with one continuous atmosphere which means our choices impact on a global level often affecting the poorest and most vulnerable people the worst.

Vicko's story indicates how climate change

has affected Bude already. As the climate gets hotter we are experiencing more chaotic weather such as fiercer storms, extreme heat, extreme cold, flooding, drought and wild fires. Our unique geography means that we are on the sharp edge of climate change for the UK and will feel it sooner than somewhere like Sheffield or Bristol.



STORMS

As temperatures increase, the amount of water that evaporates into the atmosphere increases and is released as extreme rain, hail and snowfall. Storms passing over warmer water absorb more energy, increasing wind intensity. In Bude this means an increased risk of storm surges and flooding. Numerous waterways in and around Bude put many of us in river catchments and we therefore need to think seriously about how we can adapt to flood

risks. Floods damage not only our homes and livelihoods, but also impact on water safety. Our outdated drainage systems cannot cope with additional water flows, which leads to sewage being discharged into rivers, making its way onto our beaches at Crooklets and Summerleaze.

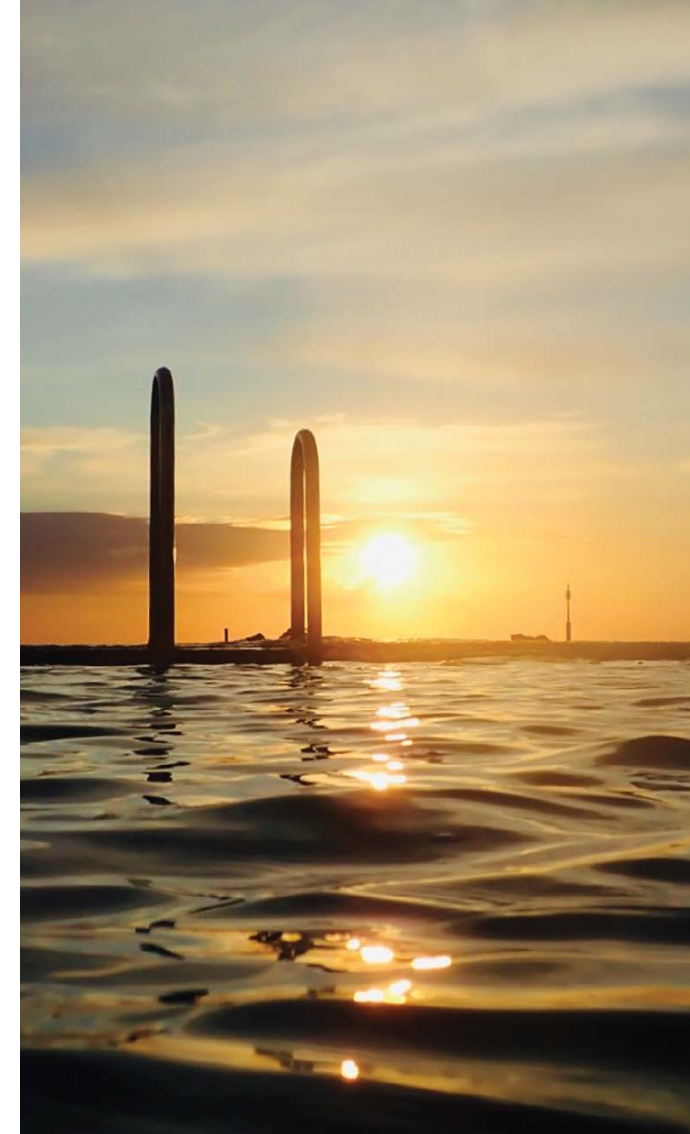


HEAT WAVES

In the UK we now experience twice as many warm spells a year as in the 1990s.

In 2020, 2,556 heat-related deaths were recorded, a figure predicted to increase threefold by 2050. What may feel to some like a beautiful summer's day can put others under extreme stress. People with underlying health conditions or over 65, as well as young children and those

on low incomes are particularly vulnerable to heat stress as they are less able to adapt to the heat. But as temperatures continue to rise we are starting to see fit and healthy people being affected too.





DROUGHTS & WILDFIRES

As the climate changes, we'll experience more rain falling but less frequently, which means more flash floods and more periods of drought. Wildfires will become

more likely as land and vegetation dry out. Already we're seeing changes – in 2020, Cornwall Fire and Rescue attended 80% more wildfires than the previous year.



EXTREME COLD

Weather systems are highly complex, so climate change also increases the risk of extremely cold weather events, as we saw in March 2018 with the 'Beast from the East', which brought icy temperatures and snow even to Cornwall.



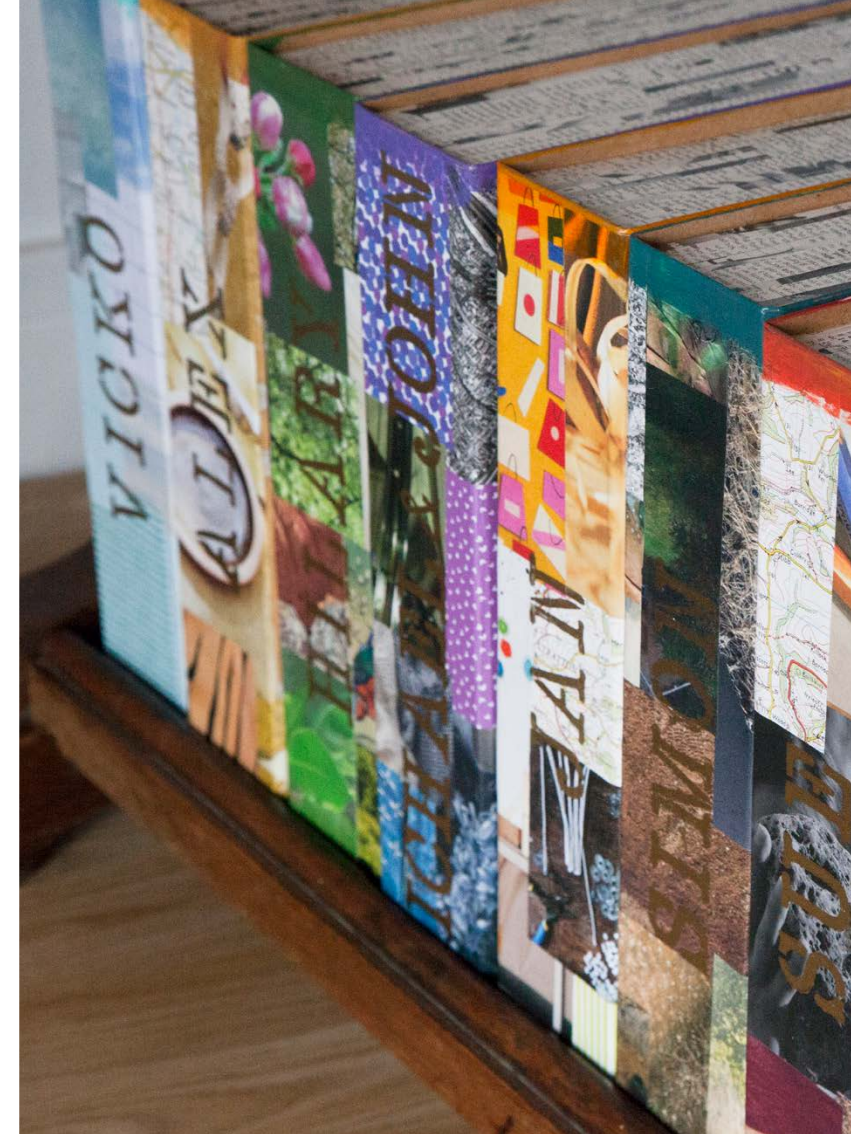
WATER SHORTAGES

By 2050 water demand will outstrip supply as the population continues to grow and water availability reduces, according to predictions by the UK Committee on Climate Change. In the UK we use an average of 143 litres per day per person and water conservation is essential for reducing drought and wildfire risk.

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

We need governments all over the world to make big changes in the way our societies live and work in order to transition to a green economy.

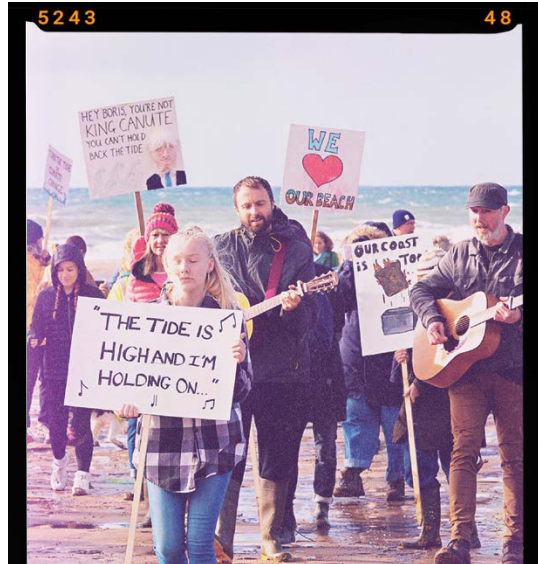
Sometimes the scale of the challenge can feel overwhelming. It can be tempting to delay thinking about it, especially if it feels like our individual actions are pointless. But the truth is collectively we can all make a big difference.

60% of global emissions are the result of our personal choices.

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.

Flooding is an important issue for our community, so we have covered it in depth in Simon's Story.

The following tips relate to what we can do in response to extreme temperatures and droughts and wildfires.





ADAPT YOUR HOUSE

One of the most effective long-term protections from extreme temperatures is better insulation. It keeps warmth indoors in winter and with good shading keeps heat outdoors in summer. And a cosier, more

energy-efficient home saves money and reduces emissions. Other measures include painting your home a lighter shade to reflect the heat of the sun. Incorrectly applied insulation increases the risk of damp, so always speak to a trusted specialist first.

WHOLE STREET RETROFIT

If your home needs updating it's likely your neighbours would also benefit from retrofitting energy-saving measures. There are fantastic community-led examples of whole streets being

retrofitted, which offers a more efficient, cost-effective way of getting a job done.

PROVIDE SHADE

Keeping the full glare of the sun off your home is one of the most effective steps you can take, reducing overheating by up to 50 percent. Trees are best, but we don't have time for them to grow, so look at other options that are decorative, such as louvered solar shading.



MAKE SIMPLE ADJUSTMENTS DURING HEATWAVES

Open your windows in the evening when the outside air temperature is cooler than inside, but keep them closed when it is hotter during the day.

Close curtains and blinds on windows that face the sun

Wear loose-fitting, light-coloured clothes

Stay in the shade, where it can be up to 15° cooler

Sometimes it is hotter inside than outdoors, particularly in attached houses, flats and top floors

Use your oven less

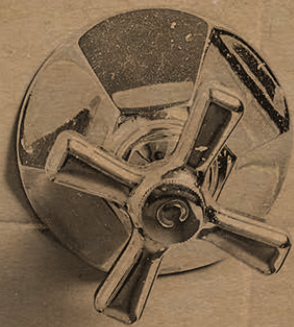
BUDDY UP

Do you have vulnerable residents who may need help in your area? Can you team up with neighbours to prepare your homes for winter and to check-in on each other in extreme weather events? Vulnerable neighbours may need prompting to dress appropriately or to turn up the thermostat. People who live alone are most vulnerable to the cold and may need financial help or support to heat their homes.

DISCUSS DIFFERENT SCENARIOS

In severe storms, floods and power cuts a pre-considered community response can make a huge difference. It's worth having conversations within your community about where you might use as a distribution centre and safe space for residents affected by extreme weather. What equipment and resources do you have access to? What skills do you have that you could offer?





Did you know?

*One steak uses 50
bathtubs of water
to produce.*

CONSIDER YOUR WATER USAGE

It's easy to take clean water for granted, but it's a precious resource and we should all be mindful of our usage.

FIX LEAKS

Fixing leaks could save up to 21 litres a day! Fixing dripping taps and repairing pipes can save a surprising amount of water.

SHORTER AND LESS FREQUENT SHOWERS

Do you shower everyday? Or even more than once a day? Try reducing your showers and see how it feels. For some people with particular issues this may be necessary, but really it is a cultural habit we have all adopted.

FLOW RESTRICTION DEVICES

These can be placed on taps and shower heads, slowing the amount of water pouring out of your taps. It is surprising how quickly

you can get used to this, and it will save you money on your water and energy bill!

REUSE YOUR GREY WATER

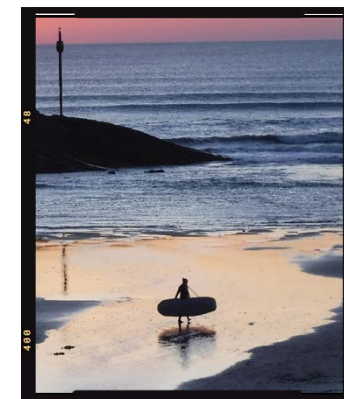
Most household soaps are safe to use in the garden (but not bleach), so collect water from the dishes and shower and use it outside.

FLUSH LESS

Not every trip to the toilet requires a flush, so stop and think before you do.

EAT LESS MEAT AND DAIRY

The water used to produce animal products puts a significant burden on our water supply. So, if you can, buy less and buy better, such as local and organic grass-reared meat.





BE GARDEN SMART

SWITCH FROM HOSE PIPES TO WATER BUTTS

You can attach a water butt to your guttering to collect rain water,

which your plants much prefer to tap water.

MOW LESS OFTEN

Not only are longer grass and weeds better for nature, they also reduce the amount of water lost through evaporation. Anyway, neatly mown lawns are so last decade. No Mow May allows

more wildflowers to grow so pollinators can collect more nectar.

PLANT SMART

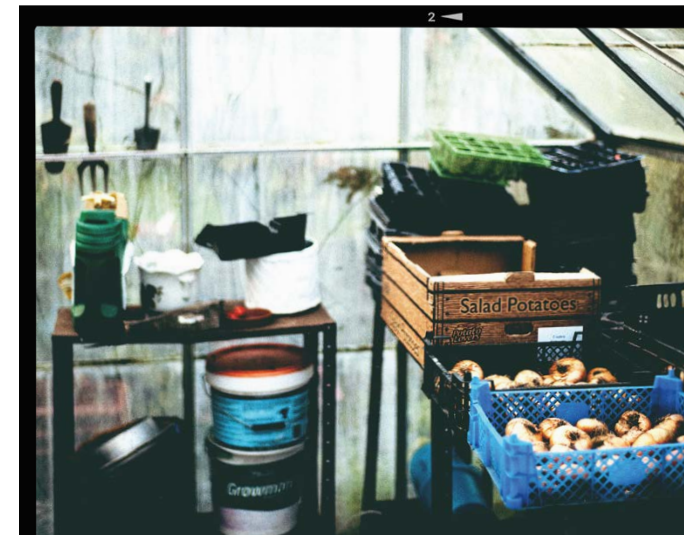
Many drought-resistance plant species thrive in the UK, saving you the job of watering as they will survive a prolonged drought once established.

MULCH!

Adding an organic mulch to your soil reduces moisture loss by upto 75%, whilst adding nutrients back in and stopping weeds. You can recycle grass clippings and straw or use homemade compost.

AVOID PRESSURE WASHERS

They may be convenient, but most things – cars especially – are just as easily cleaned with a bucket of water and a sponge.



DIVE DEEPER

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

WHAT IS CLIMATE CHANGE?

www.metoffice.gov.uk/weather/climate-change/what-is-climate-change

THE EFFECTS OF CLIMATE CHANGE

www.metoffice.gov.uk/weather/climate-change/effects-of-climate-change

ADAPTING YOUR HOME

www.climatejust.org.uk/messages/adapting-buildings

ADAPTING YOUR GARDEN

www.rhs.org.uk/advice/gardening-for-the-environment

GET INVOLVED

Bude is already bursting at the seams with enthusiastic environmental groups and great initiatives if you want to get involved. Here's a few:

BUDE MARINE GROUP

Interested in marine life in the Bude area? Bude Marine Group can help you understand the marine environment and the influences on it, so that we can protect and enhance it for the benefit of all.

www.budemarinegroup.weebly.com

2 MINUTE FOUNDATION

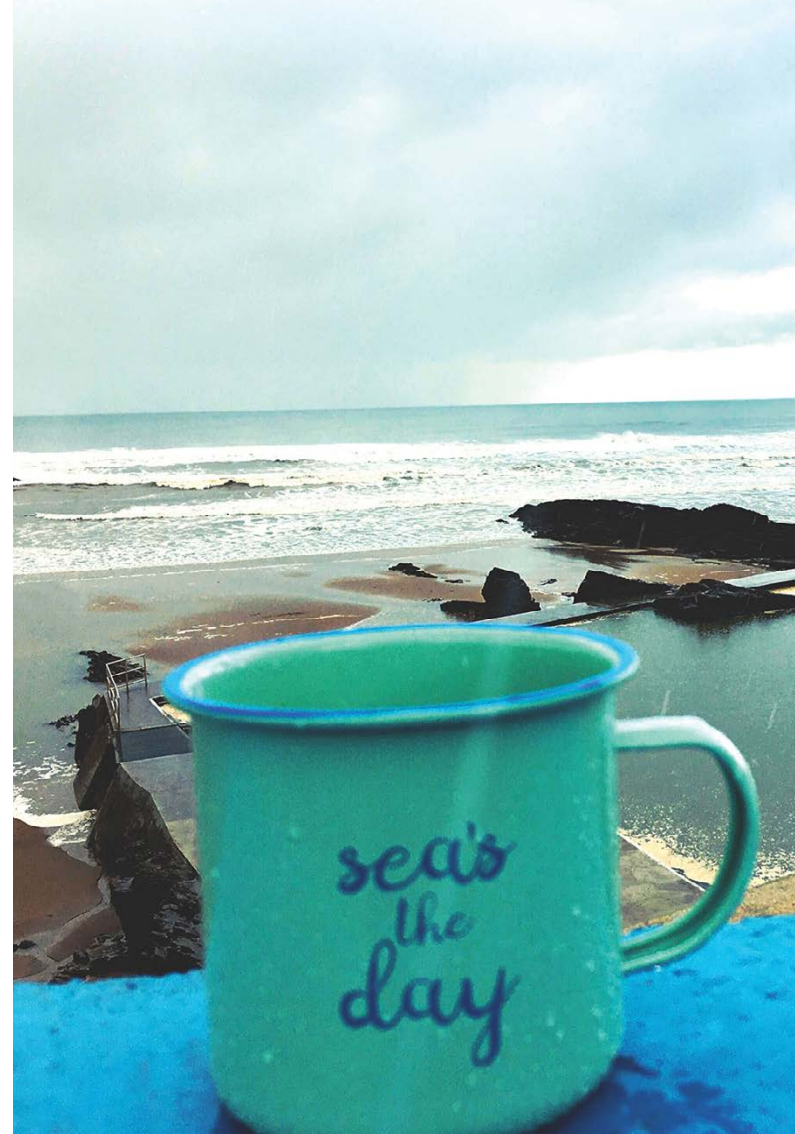
Help reduce plastic waste in the marine environment with a two-minute beach clean.

www.beachclean.net

WIDEMOUTH TASK FORCE

A group that gathers to litter-pick and rescue marine life on beaches between Widemouth and Millook.

www.facebook.com/groups/113788675375882



CLEANER SEAS PROJECT

A long-standing community project that cleans up pollution in our seas. Bude Cleaner Seas Project works with the local community to give Bude the cleanest water quality and the cleanest beaches in Cornwall.

www.cleanerseasproject.co.uk

FRIENDS OF BUDE SEA POOL

Join the group of volunteers that keep the sea pool open. www.budeseapool.org

BUDE'S FRIENDS OF THE EARTH GROUP

Working towards creating a flourishing environment and healthy food locally and globally.

Find them on Facebook.



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.