

August 2018 Newsletter

'Y' Climate Challenge Project

The Fund

The Cumbernauld YMCA has been awarded a grant of £159,902 until 2020, from the Scottish Government's Climate Challenge Fund to develop and implement a community led carbon reduction programme within the Cumbernauld area, targeting key themes of energy efficiency and food, to work towards becoming a Low Carbon Community.

The Project

The funding has been awarded to help bring forward improvements within the YMCA centre to become more energy efficient and reduce our carbon footprint. Through this fund, we will also develop a community food garden that will be open to all to get involved in and help maintain and grow. We will also offer free, unbiased advice and home visits to the residents of the community on how to save money on energy bills, make your homes warmer and ultimately reduce your carbon footprint. Over the course of the project, we will also be hosting several workshops and drop in sessions including energy efficiency workshops, cookery classes and gardening groups.

So far

With the recruitment of our new Climate Change Project Coordinator, Natasha Kumar, the project was briefly introduced to the community at the Cumbernauld YMCA Family Fun Day at the end of July. We work in partnership with Home Energy Scotland who we will be receiving referrals to follow up on home visits which we will provide to the community.



Coming soon

As we continue to develop our project, we will begin to initiate major changes within our building and grounds. As we develop our Community Food Garden, we will be installing a secondary fence on our property lines where we will be developing our Community Food Garden. The YMCA Centre main building will also undergo changes as we upgrade the energy efficiency measures such as changes to lighting to LEDs, insulation and heating upgrades, etc.

Look out for

Job vacancies relating to the Climate Challenge project:

- *Finance assistant* – supporting the Climate Challenge project on a part-time administrative basis
- *Gardener* – part-time role to help grow and maintain our community food garden



Sign-up sheets for:

- Gardening groups and gardening sessions
- Cooking classes and workshops
- Energy efficiency workshops

Sign-up sheets will be displayed within the reception area and notice boards and will be available at workshops. A schedule of the above mentioned workshops and drop-in sessions will be published soon on our website and social media pages.

Top Green Tips

Remember to follow these tips in your homes to save money and reduce your carbon footprint:

- ✓ Turn your *thermostat* by 1°C
- ✓ Shut down your *devices* instead of using standby when not in use
- ✓ Fully load *washing machine*
- ✓ Wash *laundry* at 20°C or 30°C
- ✓ Switch to *renewable energy* suppliers
- ✓ Take shorter *showers*
- ✓ Avoid charging *mobile phones* overnight
- ✓ Turn off *lights* when not in use
- ✓ Use *radiator* foils and reflectors
- ✓ Draught-proof *windows* and *doorways*



Green Champion



Our monthly newsletters will feature a guest Green Champion, including those from our YMCA centre, the Cumbernauld community, or professionals working in Sustainability, highlighting how they incorporate sustainability and green practices within their daily lives.

For August, we have **Elle Campbell from the Cumbernauld YMCA**, known to us as our Green Champion within the centre for her work ensuring that the YMCA users are following proper recycling practices and reducing food waste where possible. Elle has also been responsible for sourcing and switching our energy suppliers to mostly renewables. See what Elle say to say below:

Tell us a bit about yourself?

I'm a Finance Manager, which means I'm always busy keeping our accounts system up to date and checking everything is correct. Paying staff and assisting my colleagues on a daily basis with all the programmes the company offers. In my spare time, I am usually with my horses however, I always make time for family and friends. I attend various events whether its music, horses or vegan festivals.

What is your job like on a day to day basis?

Although not part of my job, I keep an eye on the bins to make sure people are recycling. Also check they aren't throwing out perfectly good food items. I collect items that are being thrown out to take to the recycle centre in my personal time, so they aren't thrown in out general bin e.g. wires, keyboards, batteries.



What interests you about sustainability, the environment and/or climate change?

Everything, I want to do my bit to protect our planet and every living thing on it. It hurts to see the damage that is being caused by man and I don't want to be part of that.

What environmental issues are you particularly concerned about, and are currently working towards?

All of them concern me and I do my bit to tackle every one of them either personally within my daily life or by signing petitions for various causes to do my bit for bigger issues.

What changes have you adopted in your daily life to become more environmentally friendly?

Recycle everything possible at home and in work. Take clothes, batteries, broken electrics, etc., to the local recycling rather than using the general waste bin to avoid it going to landfill. I limit my car journeys however I need my car daily so I can only do so much. Turn off lights and all appliances when not in use. All lights are energy saving. My energy supplier is 100% green energy. Always encourage friends, family and work colleagues on various things. Share various things on social media to make people aware of things happening and petitions I think are important. I was vegetarian from 6 years old and went vegan a few years ago. I have organic veg delivered weekly that is sourced from local farms as much as possible and they have a zero plastic policy. I limit shopping trips by stocking up as much as possible. I use food before it goes bad, so my food wastage is minimal. I have purchased bamboo straws for home and work. I also have reusable cups for buying any hot drinks away from home. I use eco cleaning products. I have biodegradable bin bags and poo bags for cat waste.

What changes are you planning to adopt in your daily life to become more environmentally friendly?

I hope to one day have an eco-home and the ability to grow some of my own food. Have a more eco car. To find suppliers for everything I buy, that don't use single use plastic.

One piece of advice you would like to give someone who is unsure on how to lead a more sustainable, eco-friendly lifestyle

I found out most things about the damage to the environment and how to make changes by reading online and watching documentaries about people and charities that are working on various things around the world, be it the ocean, animal welfare, human health or plastic waste. As a result, I paid more attention to what I was buying and thinking about the consequences of my decisions. It may take a while to make all the changes you can but once you do you'll wonder why you didn't do it earlier. None of the changes I made have cost me anything extra, they have saved me money and made me feel amazing. You can make a difference!

Get in touch!

If you would like to feature or nominate someone as a Green Champion, or take part in any upcoming workshops or classes, please get in touch with us via [Facebook](#) or on nkumar@cumbernauld.org.uk.



Look out for more updates from our project coming soon!

