

## 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.

## So far

Our Project Coordinator, Natasha, and our Gardener, Donna, are now well underway with our project. We have been busy organising contractors for changing our lighting to LEDs; installing insulation in both lofts; changing the windows within the learning centres; installing smart thermostats throughout the premises; and upgrading taps and water systems with energy efficient alternatives. We have also installed food-waste bins throughout the centre.

## Coming soon

Most of our building works will commence in November. We will have the following taking place:

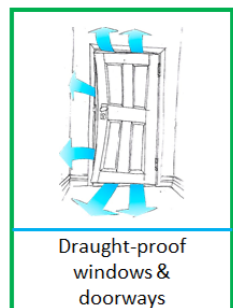
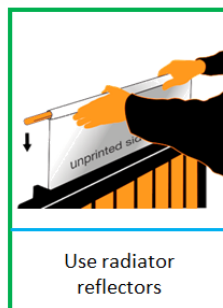
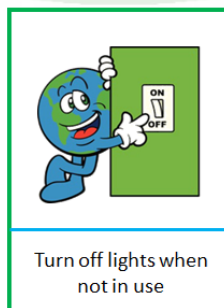
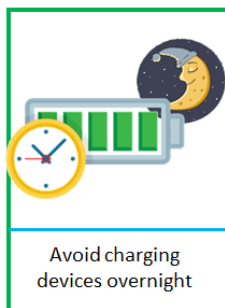
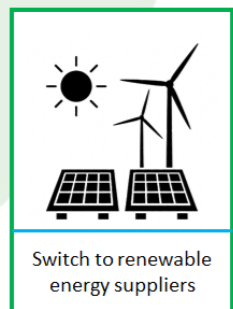
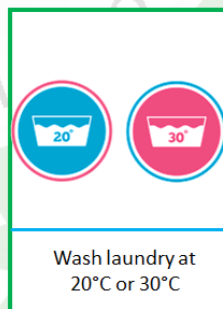
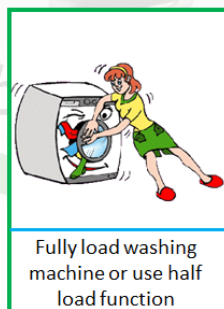
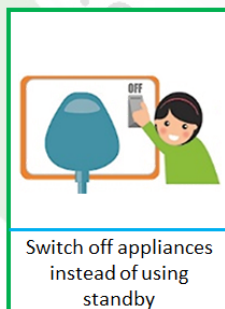
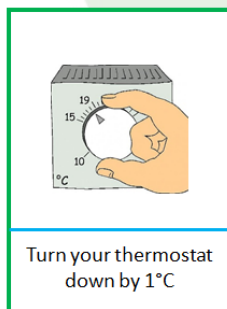
- Loft and pipe insulation throughout our building
- Changing all our lighting to LEDs and installing smart thermostats
- New windows will be installed within our Learning Centre
- Construction work near the play area for a secondary fence to go up

## Look out for Workshops

- ❖ After school gardening – fortnightly on Tuesday 4-6pm (starting 30th October)
- ❖ Drop-in sessions for Gardening and Energy – every second Wednesday and Saturday of month at 11-1pm (Starting 10th November)
- ❖ Cooking courses for all (Cooking on a budget) – Lanarkshire Community Food and Health Partnership

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. Remember there will be **FREEBIES** at our workshops and drop-in sessions!

## Top Green Tips



## Green Champion

For our Green Champion for October, we have **Natasha Kumar from the Cumbernauld YMCA**, our Climate project coordinator. Natasha will be responsible for bringing about the wider changes to the fabric of our building and making it more energy efficient. You can catch Natasha during our workshops and home visits. See what Natasha say to say below:

### *Tell us a bit about yourself?*

I am currently the Climate Change Project Co-ordinator at the Cumbernauld YMCA. Alongside my work with the YMCA, I am also a director of Glasgow-based Community Interest Company, Big Green Feet, which also focuses on sustainable projects within communities. Outside of my professional commitments, I am completing my masters in climate change research, where I am building the past environments of an area within Arctic Greenland and Canada over the last 4000 years.

### *What changes have you adopted in your daily life to become more environmentally friendly? What are you trying to do differently?*

Over the years, I have slowly adopted environmentally-friendlier and sustainable options. Things from switching to plant based products or renewable energy suppliers; minimising my use of single-use items such as plastics; encouraging the switch over to lower energy appliances and lights within my own household. Finally, I use my car a lot so my aim is to eventually switch to an electric car and increase my use of public transport where I can. I am also trying to reduce the amount of waste I create and actively increase recycling.

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

Start small, especially if you're unsure. Swap out one single-use item for a reusable one. Just remember, if everyone did at least one small thing, that adds up pretty quickly in terms of the bigger picture. Also, encourage those around you to make similar changes and support each other to continue making such changes.

### **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@cumbernauldymca.org.uk](mailto:nkumar@cumbernauldymca.org.uk).

Look out for more updates from our project coming soon!



Natasha K. – Project Coordinator

Some of our vegetables and edible flowers

Donna R. – Project Gardener

CUMBERNAULD  
**YMCA**

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