

Aspects of Sustainable Living



A series of events by: **Sea the Change**

29 August 2019 7pm - 9.30pm,
5 & 12 September 2019 7pm - 9pm

Conference Rooms, YHA Berwick,
Dewars Lane, Berwick TD15 1HJ

Join us on three Thursday evenings for a series of events on sustainable living, which are designed to raise environmental awareness, and promote the protection and enjoyment of the natural environment.

The sessions will be delivered by local organisation, Sea the Change, and the following aspects of sustainable living will be discussed: (i) what to do about the growing problem of plastic in the oceans, (ii) how ideas from positive psychology can help us to connect with the natural environment and so promote wellbeing, and (iii) how it is possible to eliminate fossil fuels from the house and car, while providing a comfortable lifestyle, and reduced energy costs.

All are welcome, no prior knowledge is required, and sessions can be booked separately. Further information and booking overleaf.

29th August: A Plastic Ocean (Alice Fisher) – David Attenborough described *A Plastic Ocean* as “one of the most important films of our time”. It documents how plastics in the ocean break up into small particulates, which then enter the food chain and are eventually consumed by humans. The amount of plastic in the ocean is growing exponentially, posing a serious global threat to our natural and marine environments.

Following a screening of the documentary, there will be a discussion covering:

- the problems associated with plastics in the ocean;
- what is being done locally and nationally to help reduce the prevalence of plastics and
- how attendees can join in and support efforts to address the issue.

5th September: Natural Wellbeing (Juliana Amaral) – Spending time in the natural environment can improve our feeling of wellbeing. This session is designed to use ideas from positive psychology to identify simple ways to connect to the natural environment and so help to improve wellbeing. The session covers:

- the exploration of factors which can lead to a better life;
- videos, discussion and outline of research designed to foster wellbeing and
- the application of these newly-gained skills.

The session is designed to be inspiring and interactive, however, it is not a therapy group.

12th September: The (Eco) House that Dick Built (Richard Bond) - Richard will provide a personal and technical account of a self-build eco house project, which shows that it is possible to become carbon neutral by eliminating fossil fuels from both the house and car, and generate domestic energy, while providing a comfortable lifestyle, and reduced energy costs. His talk will include:

- Management of the build project;
- Technical design and construction requirements for 'Passive Solar' build;
- Results of the SAP tests to assess the energy performance of the property and
- Current energy-related financial results.

The cost of the talks is: All 3 £16.00; 29th £6; 5th £6; 12th £6, including refreshments.

If you supply us with your personal data (name, address or email), we will hold this in accordance with our privacy policy, available [here](#) or by request to BEA, 7 Ravensdowne, Berwick-upon-Tweed TD15 1HX. If you have any queries, please email berwickea@gmail.com or phone Cian McHugh on 01289 303254.

To book online, please click [here](#) (All 3), [here](#) (29th only), [here](#) (5th only) and [here](#) (12th only).

To book by post, please fill in the booking form below, and post it to BEA, 7 Ravensdowne, Berwick-upon-Tweed TD15 1HX, along with a cheque in favour of BEA.

Name:

Address:

Tel No:

Email:



Cheque enclosed: All 3 £ 29th £ 5th £ 12th £ (Aspects of Sustainable)