



awaz
CLIMATE CHANGE PROGRAMME
ABC INITIATIVE
ADVICE-BIKE-COOK

HOW YOU CAN HELP TO SAVE YOUR PLANET

- ENERGY EFFICIENCY
- COMMUNITY CYCLING CLUB
- COOKING CLASSES & FOOD WASTE
- SWAP SHOP/RECYCLING CLOTHES, SHOES & BAGS
- SEWING CLASSES

Keep Scotland Beautiful
Climate Challenge Fund

Craig House, 1st Floor,
64 Darnley Street, Pollokshields,
Glasgow, G41 2SE
0141 465 6197
yasmeen@awaz.org.uk
ameera@awaz.org.uk



SWAPSHOP
Don't want it? Swap it!
10 DATES AVAILABLE | 1PM - 3PM

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SAVE THE DATE

SWAP SHOP WORKSHOPS COMMENCES ON:

- June 20th 2018
- July 25th 2018
- August 22nd 2018
- September 26th 2018
- October 24th 2018
- November 21st 2018
- January 23rd 2019
- February 20th 2019
- March 20th 2019

COMING SOON!

- COOKING CLASSES
- SEWING CLASSES

MORE INFORMATION

For more information on the ABC Initiative, the workshops and how to get involved in the Energy Efficiency Home Visits. Please contact us.

FREE CYCLE WORKSHOPS:

- July 4th 2018
- August 8th 2018
- September 5th 2018
- October 3rd 2018
- November 7th 2018
- December 5th 2018
- January 9th 2019
- February 6th 2019
- March 6th 2019



BY TELEPHONE:



BY EMAIL:



DROP IN AT:

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ABC INITIATIVE

WHAT'S IN STORE THIS YEAR

Workshops:

- Cycle
- Cooking
- Sewing
- Swap Shops
- Home Energy visits

WANT TO VOLUNTEER?

We are currently looking for volunteers to get involved with the ABC Initiative. If you have some spare time and can lend us a hand,

Call Us On:

0141 465 6197

Email Us At:

Yasmeen@awaz.org.uk

Ameera@awaz.org.uk

INTRODUCING THE NEW ABC INITIATIVE



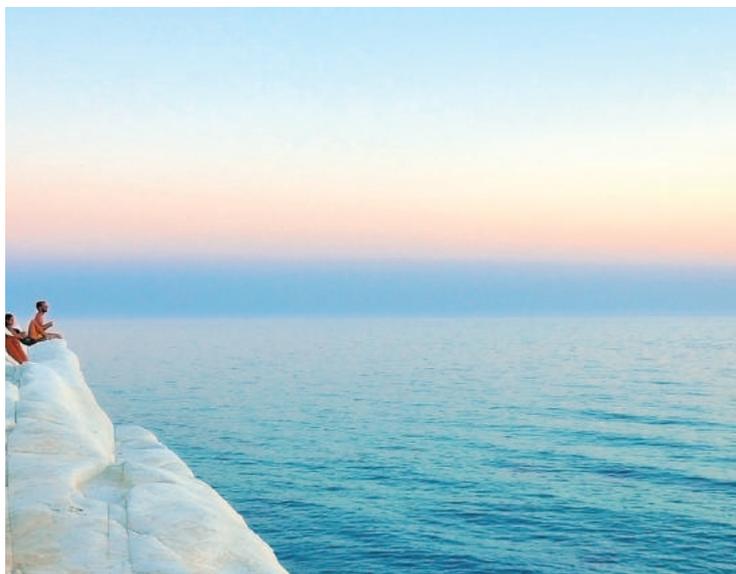
From L to R, Yasmeen Chaudhry, Ameera Hassan, David Gunn (Keep Scotland Beautiful) and Rizwan Ahmed.

Awaz- The Voice of Community is pleased to announce the new ABC Initiative.

The ABC Initiative is a two year project, which is been funded by the Scottish Government, as part of the Climate Challenge Fund. The project employed two outreach development officers Yasmeen Chaudhry and Ameera Hassan.

Both will work alongside the project manager Rizwan Ahmed.

The outreach development officers will provide awareness, support and advice to the BME Community in Pollokshields, Shawlands and Pollokshaws (G41). Kinning Park, Ibrox and Cessnock (G51). Gorbals and Govanhill (G42).



WHY SHOULD WE CARE ABOUT CLIMATE CHANGE?

Climate change is caused by factors such as biotic processes, variations in solar radiation received by Earth, plate tectonics, and volcanic eruptions.

Certain human activities have also been identified as significant causes of recent climate change, often referred to as global warming. Delayed efforts to mitigate either carbon dioxide or short-lived climate pollutant emissions will have negative, and potentially irreversible, consequences for global warming, rising sea levels, agricultural yields, and public health.

MORE ABOUT THE ABC INITIATIVE

ABC Initiative stands for Advice, Bike and Cook. The outreach development officers will be providing education on how to change your buying and cooking habits. Looking at alternative modes of transport. Wanting to see individuals getting involved by cycling to work instead of using the car.

Once a month we will be holding a range of monthly workshops allowing individuals to help play a part in saving the environment.

WHAT CAN YOU EXPECT FROM THE MONTHLY WORKSHOPS?

1) Swap Shops

Holding 22 swap shops over the next 2 years. Will be encouraging individuals to recycle their clothes, this stops clothes going into the landfill sites.

2) Free Cooking Workshop

The aim of the cooking workshop is to try and introduce healthy cooking to BME community. We will be looking at changing the shopping habits and giving tips on how to shop and to buy healthy groceries. Encouraging the BME community to eat less fast food which in return will reduce the waste packaging.

3) Free Cycle Workshop

ABC Initiative will be purchasing new bikes so that up to 100 people can get trained on how to ride a bike over the next 2 years. Confidence building workshops will motivate individuals to start cycling to work instead of using their car. Individuals will be taught on how to maintain and repair their bikes. For those individuals who do not feel comfortable with cycling we will look at providing information on public transport, route options and times. Not only is this good from a health perspective but also allowing individuals to take care of the environment. Fewer cars on the road equals less CO₂. So why not leave the car this summer and begin cycling?

4) Free Sewing Workshop

Previously the Awaz Climate Change Programme conducted sewing classes which were very successful. This year the ABC Initiative is bringing the sewing classes back and is in partnership with Glasgow Clyde College. The aim of the sewing classes is to help individuals recycle old garments and create something new.

5) Energy Efficiency Home visits

The outreach development officers will be educating and raising awareness to the BME and Roma Community on Climate Change. Over 400 household will be visited in the G41, G51, G42 areas over the next 2 years. We will be providing individuals with meter readings, calculations and helping individuals to monitor their fuel bills.

We will be looking at ways to reduce CO₂ for instance, switch of lights when not using them, change to energy saving bulbs and take a shower instead of a bath.



From Left to Right Manjulika and David

KEEP SCOTLAND BEAUTIFUL

David Gunn from Keep Scotland Beautiful, appeared on Aaj-Kal with Manjulika on Wednesday 6th June from 10.30am until 11.00am.

The ABC Initiative has been funded by the Scottish Government as part of the Climate Challenge Fund, which will be running for the next two years. Keep Scotland Beautiful provides environmental campaigns, services and practical initiatives that help address Scotland's environmental ambitions and problems. David Gunn is the project manager for the Climate Challenge Fund.

Since May 2018, every Wednesday Manjulika has been hosting a number of different guests. Kash Butt from Boots and Beards, to Kim Young from Zero Waste Scotland. Keep listening in every Wednesday from 10.30am until 11.00am. You will learn more about different organisations working together to protect the environment.

TOP 3 TIPS ON WHAT YOU CAN DO TO PROTECT THE ENVIRONMENT

1. WATER USAGE

Pay attention to how you use water. The little things can make a big difference. Every time you turn off the water while you're brushing your teeth, you're doing something good. Got a leaky toilet? You might be wasting 200 gallons (757 liters) of water a day [source: EPA]. Try drinking tap water instead of bottled water, so you aren't wasting all that packaging as well. Wash your clothes in cold water when you can.

2. ALTERNATE TRAVEL

Leave your car at home. If you can stay off the road just two days a week, you'll reduce greenhouse gas emissions by an average of 1,590 pounds (721 kilograms) per year [source: EPA]. Combine your errands - hit the post office, grocery store and shoe repair place in one trip. It will save you gas and time.

3. TAKE THE BIKE

Walk or ride your bike to work, school and anywhere you can. You can reduce greenhouse gases while burning some calories and improving your health. If you can't walk or bike, use mass transit or carpool. Every car not on the road makes a difference.