



Hello!

The newsletter's packed with free opportunities for you this time... free training in reducing energy use at home; a free film night; and a free factsheet to help you adapt your home or building to cope better with flooding, along with advice drop-ins. Places are limited and deadlines are nigh on some of these, so please book quickly if you'd like to take part. *Jaki*

Guide for people in flood areas

Practical tips to make your building cope better

We've just produced a new factsheet with lots of practical tips for improvements you can do to your home, community building or business if you're in a flood-risk area.



The building materials you use when refitting after flooding, or just while you're doing other works, can help get your building back into use more quickly if you are flooded in the future. The right building methods can also make a big difference.

You can [download the factsheet from our website](#) and printed copies will be available to pick up in flood-risk areas soon. If you'd like one posted out to you, please email emma@cafs.org.uk.

You can also get personalised advice at one of our drop-ins around the county. The session that was due to happen in Kendal today was re-arranged to be part of the SLDC Flood Fair earlier this month, but here's a reminder of the drop-ins still to come:

- **Appleby** Fri 21 Oct, 11am-2pm | Appleby Hub, Chapel Street
- **Carlisle** Tue 25 Oct | 1.30-4pm @ Greystone Community Centre, Close Street
5-7pm @ Foxy's Lounge, Carlisle Utd Football Ground
- **Keswick** Thu 27 Oct, 11am-2pm | Moot Hall, Market Square
- **Penrith** Thu 27 Oct, 4-7pm | Penrith Library, St Andrew's Square

We've been able to provide the factsheet and drop-ins thanks to funding from Cumbria Community Foundation.

Ventilating traditional buildings

Places available on Level 4 CPD-certified course

If you work on traditional buildings, whether you're a property manager, a contractor or tradesperson, you'll know how tricky ventilation can be.



Our course on 10 November at Kendal College will help you work out the best solution for any given building. You'll get a good overview about why ventilation is so important and the different methods of ventilating, along with considerations like Building Regs.

This full-day course also includes a site visit, where you'll see an airtightness test being carried out. It's CPD-certified, so you'll accrue CPD hours by completing the course. It's also suitable for well-informed householders.

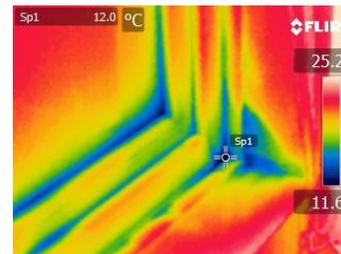
[Visit our website to find out more and book your place.](#)

Our thanks to South Lakeland District Council and Kendal College for their support.

Free training on home energy use

And help people in your area stay cosier this winter!

If you live in Copeland, Allerdale, Carlisle or Eden, you can take advantage of a free two-day training course on energy efficiency in the home, and then use your new skills to help your friends, family and neighbours cut their energy bills.



We have up to 12 places on our newly-extended Energy Champions scheme. You'll get comprehensive training on how to assess a house for ways to reduce energy use, such as finding draughts and bulbs that could be replaced with LEDs. All we ask is that you drop in with half a dozen or so friends and neighbours over the winter and do an energy assessment in their home.

The best bit is that CAFS will then send in a professional installer to do the draught-proofing and fit the new bulbs that you identify. The materials and fitting are all free of charge, thanks to support from the Ebico Trust. You can start with your own home! We'll also show you how to help people check for a better energy tariff, to reduce their bills even more.

To find out more and snap up a place on the scheme, email frankie@cafs.org.uk or call us on 01768 210276.



Free film night

'Disruption' comes to Cumbria!

"When it comes to climate change, why do we do so little when we know so much?" That's the question posed by 'Disruption', a documentary film that explores the role of grassroots action and activism in tackling climate change.

"We're the first generation to feel the impacts of climate disruption, and the last generation that can do something about it," the film's synopsis compellingly states. It calls for bold action that is strong enough to tip the balance to build a clean-energy future.

The film's around an hour long, giving us ample opportunity to discuss the themes it raises

afterwards, and how they might apply to us here in Cumbria.

Eden Arts are hosting the evening for us at the Old Fire Station in Penrith, on 16 November. You can arrive any time from 6.30pm. The bar will be open, and we'll kick off with a brief introduction at 7.15pm, followed by the film.

Entry is free of charge, thanks to a grant from the Cumbria Community Foundation, but please [book your seats online](#).

Brampton home energy scheme

Learn how to reduce energy use in your home

We're working with Sustainable Brampton to train a team of volunteers who'll help local residents save money on their energy bills and use less energy in their homes.



CAfS will provide the training thanks to funding from the William Milburn Charitable Trust, and Sustainable Brampton will support the volunteers in arranging opportunities to advise households.

Options could include speaking at coffee mornings, lunch clubs, parent and toddler groups, knit and natter sessions and drop-ins at the Brampton Community Centre.

If you would like to know more, please email timothycoombe@aol.com or call 016977 48833. The training will take place next month.



Want to be a CAfS Poster Pal?

Volunteers needed to help spread the word

If you can spare an hour or two once in a while and you enjoy a wander round your town or village, we have a volunteer role that's right up your street.

We're building a network of Poster Pals across the county to help us when we need to put up posters or flyers for events and initiatives. We might only call on you once or twice a year, but it would make a huge difference to us.

We also have a volunteer role that would be perfect for anyone hoping to break into marketing. In return for helping us with marketing tasks for a few hours a week at busy times, we'll help you develop your skills and gain experience. There's no prior knowledge needed, as we'll give you full support.

If you're interested in either of these roles, please email jaki@cafs.org.uk for more details.

Forthcoming Events

Living, Working & Science in Antarctica | 21 Oct | Maulds Meaburn Village Inst

Find out what it's like to be a scientist working in Antarctica, and the key science questions being addressed there, with experienced Antarctic research scientist Dr Mike Bentley.

Kendal Green Drinks | 27 Oct | Vats Bar, Brewery Arts Centre, Kendal

An informal gathering of people who are interested in environmental issues.

Brampton Farmers Market | 29 Oct | Moot Hall, Brampton

Monthly market by Sustainable Brampton.

Glaciers & Climate Change | 8 Nov | Friends Meeting House, Penrith

Free talk by Prof Michael Hambrey on why glaciers and climate change matter to humanity. He'll also consider the impact of Storm Desmond. Organised by PACT.

Got a sustainability event you'd like us to mention next time?

Email details to jaki@cafs.org.uk



How low can you go?

A topical tip this time... Greenpeace released [new research](#) this week suggesting that if all the UK's lights were LEDs, it would halve the amount of electricity we use for lighting. Incandescent bulbs have all but disappeared from shop shelves, following EU regulations, but it's not uncommon to see them in

people's homes. If you still have a few hanging around, now's a good time to replace them with LEDs before we head into winter. Or how about some LED bulbs as a stocking filler at Christmas for a loved one who's yet to make the switch?! Lighting accounts for almost a third of total winter peak electricity demand, according to the Greenpeace report, so you'll also be helping to reduce peak demand for power in the darker months.

CAFS is registered company 6492907 and a registered charity 1123155

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