



Hello!

We've got some great news to share with you in this newsletter, and lots of events, courses and initiatives that you can hopefully take advantage of. It's a long newsletter, so I'll say no more!

Jaki



Rebuilding Together success

Lottery support to make Cumbria more resilient

We've been celebrating some fantastic news! The Big Lottery Fund announced a £1 million package enabling us and partners to help Cumbrian communities become more resilient in the wake of December's devastating floods.

The 'Rebuilding Together' programme will take place over the next three years, helping local people, communities and organisations to prepare for similar events in the future. Cumbria Council for Voluntary Service (CVS) will lead and deliver the programme, in partnership with CAfs and Action with Communities in Cumbria (ACT).

CAfs will offer a host of support and guidance to households and communities, with a focus on refurbishing properties to make them more resilient to flooding while improving their energy efficiency. For individuals, we'll provide advice and energy audits, for example. For communities wanting to take action to tackle climate change, as one of the root causes of recent flooding, we'll support them to develop low-carbon, sustainable projects. Many of these will generate income for the local community. Another exciting aspect of the programme for us is around building environmental good practice into property refurbishment in general.

Along with Cumbria CVS and ACT, we'll start work on the programme next month. Meanwhile, there's [more information on our website](#) and we'll keep you updated here.

Get free advice on flood retrofit

Drop-in events across Cumbria in October

If you're refurbishing your property after flooding or want to make your home or community building more flood resilient, drop in at one of our advice sessions around the county next month.



There's no need to book a place - just turn up. Emma Greenshaw from CAfs will share expert advice to help you reduce the impact of future flooding, while also making your building more energy efficient.

- **Cockermouth** Thu 20 Oct, 11am-2pm
Christ Church Rooms, South Street
- **Kendal** Thu 20 Oct, 4-7pm
Castle Street Centre
- **Appleby** Fri 21 Oct, 11am-2pm
Appleby Hub, Chapel Street
- **Carlisle** Tue 25 Oct (time to be confirmed)
Greystone Community Centre, Close St
- **Keswick** Thu 27 Oct, 11am-2pm
Moot Hall, Market Square
- **Penrith** Thu 27 Oct, 4-7pm
Penrith Library, St Andrew's Square

It's just one of the things we're doing in partnership with Cumbria CVS to help Cumbrians recover from last winter's flooding and become more resilient in the future, thanks to funding from Cumbria Community Foundation.



Booking open for Level 4 courses

Some fully-funded places available, CPD certified

You can now book for two new CAfS courses coming up in October and November, tailored for building professionals and well-informed householders.

These Level 4, CPD-certified courses will increase your knowledge and skills in two crucial aspects of construction or retrofitting, especially for traditional buildings.

18 October 2016 – [Retrofitting for Flood Resilience and Energy Efficiency](#)

10 November 2016 – [Ventilation, Airtightness Testing and Project Managing a Retrofit](#)

For full details and to book, click on the links above for each course.

There are fully-funded places available on the flood-retrofitting course, thanks to support from the Cumbria Community Foundation. Please book quickly to make sure you don't miss out.

This training is part of our series Retrofitting Buildings for Energy Efficiency, but they're standalone courses and there's no need to have attended any of the others. We're grateful to South Lakeland District Council and Kendal College for their support.

Sustainable Future - apply now

New programme for young people

Just a quick reminder that the deadline's coming up to apply for a free place on our brand-new Sustainable Future scheme, for 18 to 24 year olds. We're particularly keen to attract attendees from the Workington area, but please contact us if you're from elsewhere and would be interested.



Attendees will take part in a three-day residential course at the Blencathra Centre in the heart of the Lake District, packed full of hands-on workshops on all-things-environmental. Then, they'll have lots of support to run a waste-reduction event in their community as a small team.

They'll improve their CV by gaining new skills and knowledge, and it could also help anyone trying to break into a career in environmental work. We're able to offer 12 fully-funded places thanks to grant support from the Hadfield Charitable Trust and the Abbeyfield Carlisle Society Community First Fund, via Cumbria Community Foundation.

Please tell anyone you know who might benefit from the programme! [Visit our website to find out more and book a place.](#)



Peek into green homes

Private buildings open this weekend across Cumbria

There's a rare chance to delve into private houses and buildings across Cumbria with this weekend's open eco homes.

You'll be able to pick the owners' brains about improving your insulation, draught-proofing and airtightness, as well as finding out about types of renewable energy you can install at home. Solar PV and thermal, biomass boilers, wood-burning stoves and ground/air-source heat pumps are among the options you'll see in action.

You can even learn how to reduce your water bill and environmental footprint by using rainwater to flush your toilets. It's also a chance to explore inspiring examples of sustainable living, from veg growing to upcycling.

Saturday's open homes, part of the Cumbria Green Build Festival, are in Garrigill near Alston, Broughton-in-Furness and Gretna, while on Sunday we're off to Cockermouth, Ulpha, Kendal, Walney Island, Gretna, Carlisle, Greystoke and Glassonby Beck near Penrith.

As they're private homes, places are very limited and booking is essential. [Visit our website to find out more and book your free places.](#)

Sustainable Carlisle's busy year

Projects tackle local food, cycling, trees & housing

We were blown away by the amount Sustainable Carlisle are achieving when we went to their AGM last month. In the past year, they have:

- successfully run a local food distribution project (Fair Food Carlisle),
- delivered a meals-on-wheels scheme using local food (Fair Meals Direct),

- run a fantastic organic community garden at Water Street Hostel,
- run a monthly Conversation Café to support, encourage and inspire,
- continued with tree-planting projects around the city,
- jointly organized a Health Mela,
- attracted funds to develop a cycle path,
- worked with Carlisle Food Bank to develop a project to use supermarket waste, and
- started a Community Land Trust group aiming to develop sustainable, affordable housing.

Fair Meals Direct
Carlisle 01228 267167

£3.70
main meal
£1.50
pudding

Freshly cooked, hot local food delivered direct to your home.

Impressive stuff for a largely volunteer-run organisation!

Speaking of which, they need volunteers for several projects, including the community garden, along with drivers and tree planters. If you could spare a few hours, please contact mark@sustainablecarlisle.org.

Forthcoming Events

[Freegle Give & Take](#) | 1 Oct | The Old Courthouse, Shap

Bring things to give away and take anything you want. Great way to reuse unwanted stuff!

[Apple pressing day](#) | 1 Oct | Vista Veg, Crosby Ravensworth

Don't let that surplus fruit go to waste - turn it into delicious juice!

[Investing in Local Community Energy & Thai meal](#) | 4 Oct | Factory Tap, Kendal

Hear about opportunities, existing schemes & impact of subsidy cutbacks. Speakers include Phil from CAFS/Community Energy Cumbria & John Fleetwood, founder of 3DInvesting.

[PACT Ceilidh](#) | 7 Oct | Orton Market Hall

Dances called by Chris Bland to live music from The Ceilidh Crew. Bring-and-share supper.

[Apple Day](#) | 9 Oct | National Trust Acorn Bank

Learn about growing apples, try local food & see traditional crafts

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

Email details to jaki@cafs.org.uk.

CAfS office move - phone & email disruption next Thu

We are moving to a new office within our building next week. Our phones and IT will be down for a short time on Thursday (29 Sept), so we apologise in advance that it might take us a bit longer than usual to respond to emails and phone calls. For anyone visiting us, our new office is next door to our current one.

How low can you go?



If you were to stroll around your house right now, would you see any little red lights? The average house has dozens of gadgets these days, from TVs and phones to printers, and they spend a lot of their time in standby mode. Some use almost as much power on standby as when they're running, accounting for a whopping 10% of domestic energy use by typical estimates. That means if everyone in the UK switched off all their standby kit, we could close some fossil-fuel power stations! It just shows how seemingly small changes could add up across the country.

CAfS is registered company 6492907 and a registered charity 1123155

Cumbria Action for Sustainability | Eden Rural Foyer, Old London Road, Penrith, Cumbria CA11 8ET United Kingdom www.cafs.org.uk

[Unsubscribe](#)

[Update Profile](#) | [About our service provider](#)

Sent by jaki@cafs.org.uk in collaboration with



Try it free today