



Planet Earth Needs Our Help – 2024-2025 Programme **Action Speaks Louder: *Caring for ourselves - Caring for our planet.***

AIM:

To present sustainable, creative, art-based activities and community resources which

- complement and support the Climate and Ecological Emergency Declarations in Bournemouth, Christchurch and Poole, and in,
- helping local residents, schools, organisations and visitors to engage with the BCP Council's *Climate and Ecological Emergency Action Plan*.

OBJECTIVES:

To change lifestyle from unhelpful to helpful, through thoughts, actions and habits by:

- Focusing on “re-thinking, refusing, re-using, repairing” our consumption
- Working with BCP Library Services and local community groups
- Creating a new “Planet Earth” story about Climate Anxiety – Health & Well Being
- Offering sessions on how to use this project to schools and communities
- Developing supporting resources and links on the Planet Earth website.

THEMES:

1. Back to the garden:

Connecting with the natural world - the science behind gardens as ecosystems.

2. Household stuff

What to do about unsustainable consumption: “*stuff*”.

Conserving energy and reducing pollution by “re-thinking, refusing, re-using, repairing”

3. Managing Climate Anxiety

How does climate change impact on our health and wellbeing and that of our planet?

4. Community - working together to make a difference.

Sharing and caring; neighbourhood & community. A data base of what's on offer locally: what, who, where? Links to BCP climate emergency declaration action plans/updates.

“Planet Earth Needs Our Help” Project 2024 Calendar

January – March (link with BCP Library for October 2024)

Back to the garden - connecting with nature at home; understanding eco systems

April - June; (link with BCP Library for October 2024)

The food we eat: Locally sourced food, food from your garden, creative recipes, food waste, food and health.

August - October.

Caring for ourselves - caring for our planet. Managing climate anxiety through habits and lifestyles. How the body works, healthy lifestyles and the role of nature in physical and mental well-being. Living with Eco Anxiety: Annie & Tilly's story.

November – January 2025 (link with BCP Library for October 2024/Spring2025)

Household Stuff! Consumption and our environmental impact. The things we use and misuse. How to Rethink- Refuse - Repair - Reuse.