



Green Groups in the Shelfords, Stapleford and Sawston (2G3S) aims to promote a positive vision of a society that enhances, rather than degrades, the natural environment on which we all depend. We hold events online and in our constituent villages and spread information to raise awareness of green issues and to show how we can work together, both at an individual and at an organisational level, to make changes to our way of life that will lead to a more stable and sustainable future.

Contact us at greengroupssss@gmail.com. Website: <http://2g3s.staplefordvillage.org.uk>
Facebook <https://www.facebook.com/2G3Sgroup/>

2G3S NEWSLETTER SUMMER 2022

Hello everyone – and as usual an especially warm welcome to those receiving this newsletter for the first time. It comes out roughly quarterly. The next issue is due in November; contributions should reach me by the end of October. You can unsubscribe at any time (or send items for inclusion) by contacting me at greengroupssss@gmail.com.

Linda Whitebread

UPCOMING 2G3S EVENTS

Events may be in-person, online, or a combination: if not stated, watch the website for details and email greengroupssss@gmail.com for the zoom link

Book Club Thursday 25 August 7.30 pm



After an interesting evening talking about **'Doughnut Economics'** by **Kate Raworth** at our first meeting, we are again assembling at The Rose, Stapleford, at 7.30 pm on Thursday 25 August.

The book we have chosen this time is not so much theory, more one person's very readable account of how we can build a liveable future for all in response to the climate crisis. It is **A Bigger Picture: My Fight to Bring a New African Voice to the Climate Crisis** and is written by **Vanessa Nakate**, a climate activist from Uganda. Vanessa has noted that African countries bear a disproportionate share of the problems occasioned by the climate crisis, while at the same time black voices are not being heard as much as those of white activists.

The book has been recommended by Katie Williams, who will lead the discussion. Do come and join us at the meeting – having read the book is preferable but not compulsory; you might just want to find out about the ideas and join in the discussion. Your ideas for future books will also be very welcome.

If you are coming, or would like to be involved but can't make the meeting on 25th, contact us at greengroupssss@gmail.com with the header line Book Club. Or just turn up!

(Note: I have nearly finished reading my copy; email me at lindawestern2001@yahoo.co.uk if you would like to borrow it.)

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Nature walks (Saturdays at 2 pm)



You are invited to join me for a walk around the Nine Wells nature reserve from 2 pm on Saturday 20 August to observe the interesting flora and fauna of this woodland site. Nine Wells is of historic and geological importance as the chalk springs act as the source for Hobson's Conduit and traditional water supply to Cambridge. Further details of the reserve, including location, can be found at <https://www.cambridge.gov.uk/nine-wells-local-nature-reserve>

Assemble at the noticeboard at the western entrance to the reserve (the one nearest the DNA path to Addenbrookes). Note: there is no car parking near to the site but it can be reached via a public footpath from Granham's Road or the National Cycle Network path that runs between Shelford and Addenbrookes (the DNA path).

As before stout footwear is advised and also long trousers as a precaution against any nettle/brambles. Sun protection is also advised if appropriate and water if it's a hot day. This walk will be at participants' own risk.

After this, our next walks will be:

17 September – Wale Field and woodland path, Little Shelford

15 October – Dernford Lake

John O'Boyle



2G3S Fruit and Veg Swap Sunday 28th August 2-4pm

Jubilee Pavilion, Stapleford

Bring any surplus fruit or veg from your garden or allotment and swap it for others! If you don't have any fruit or veg but would like some, please make a small donation. All fruit, veg and money remaining at the end will be given to a Cambridge-based charity.



Social Cycle rides (Mondays at 10 am)



Mondays 19 September, 17 October, 21 November (then pause until March 2023) starting from **Stapleford Pavilion** at 10.00 am. Join us for a leisurely ride of around 20 miles on quiet roads and traffic-free paths, to include a coffee stop. Returning to Stapleford by about 1pm.

Contact me to book at greener@sawston.org

Yasmin Emerson

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Green Energy: linked talks about low carbon heating and retrofitting

(and see this month's *Last Word* by Bart Hommels)



Both talks will be from 8 - 9.30 pm
in the Johnson Hall, Gog Magog Way, Stapleford; or by Zoom*
The talks are free, but cash donations are welcome to defray costs

*For the link, email greengroupssss@gmail.com with the header line Pope or Hommels.

<p>Monday 5 September Heat Pumps and other low-carbon heating options Warren Pope, Volunteer Trustee for Peterborough Environment City Trust Warren is an ESOS Lead Assessor for buildings, processes and transport with extensive experience in the built environment, including consultancy for the selection of renewable technology, energy management and retrofit. His talk will help us understand how heat pumps work, how they are designed and installed and why they are a good option for improving energy efficiency. He will also investigate alternative low carbon heating options and new technology; followed by a Q&A including some common "is it true?" questions.</p>	<p>Monday 3 October Less Carbon, More Comfort? Retrofitting your home Bart Hommels, DIY low-energy retrofitter Retrofitting your home for energy efficiency means lower energy bills and more comfort: a win-win situation! From easy wins (low cost, relatively simple measures most people could do themselves) to more extensive retrofits, Bart will talk us through what is involved and answer questions such as: what are the risks? What is the right balance between insulation and ventilation? When should you call in the professionals? etc.</p>
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REPAIR CAFE

Saturday 10 September 10 am - 12.30 pm
Free Church, Ashen Green, Great Shelford CB22 5EY

We are grateful to the Free Church for inviting us to be part of their Eco Festival. This is a free event, but donations are welcome. Lots of tea and cake of course!

Bring along your broken item and a skilled volunteer will help you fix it! We can tackle a wide variety of repairs including clothes and fabrics, electrical items, jewellery and other items. We may be able to accept some repairs on the day, but please note that for electrical repairs in particular it is better to book in advance.

You will be able to book your item in from Friday 19 August until Sunday 4 September, via the following link: <https://cambridgecarbonfootprint.org/events/shelford-eco-festival-repair-cafe/>

If you have any questions, please email southcambsrepaircafe@gmail.com

Volunteers wanted: Admin/catering helpers particularly needed! It is hectic, but very rewarding and great fun! Please get in touch with us at greengroupssss@gmail.com

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Other 2G3S events for 2022

- * Wednesday 2nd November: Strategic Planning Meeting (Planning for 2023!)
- * Wednesday 7th December: Christmas Social

PAST 2G3S EVENTS

Action for Climate Justice Workshop Monday 6 June

Katie Williams from the UK Youth Climate Coalition led this workshop at the Cox's Close Community Room in Stapleford. We looked at the following issues:

- What is climate justice?
- How are people around the world affected by climate change, and what are they doing about it?
- How is Cambridgeshire affected by climate change, and what can we do about it locally?

Afterwards we had a more general discussion and shared recommendations for books, websites, podcasts etc.

Stapleford Jubilee day, Saturday 4 June; Shelford Feast Sunday 4 July

2G3S had stands at both. Lots of interest, and several sign-ups for this newsletter. Congratulations to Colette Patterson of Little Shelford, who won a veg box from Cambridge Organic in our Planet Hero Challenge!

Whittlesford Repair Café Saturday 30 July



2G3S supported the new Whittlesford Eco group's first Repair Café at the United Reformed Church, Duxford Road.

There were 12 repairers, 45 bookings and 9 walk-in repairs. The repair success rate was just over 60%. Everyone was very pleased with the help and advice they received, even when the item couldn't be repaired.

Excellent refreshments - some of the repairers managed three slices of cake!

Other Whittlesford RCs are planned for the future.

OTHER GREEN NEWS/EVENTS

Cam Valley Forum: In the last issue we invited volunteers to help test the effluent discharging from the Sawston Sewage Treatment Works at Dernford and also the Cam at Great Shelford rec. If you would like information on what the testing showed up, email Mike Foley at mfpfoley@gmail.com; or for general enquiries about Cam Valley Forum, contact Stephen Tomkins at spt22@cam.ac.uk.

Future Repair Cafes: Bassingbourn 24 September; St Ives 8 October; Chesterton 15 October; Cambridge city centre 29 October; Fulbourn 12 November.

Go to <https://cambridgecarbonfootprint.org/repair-cafes/> and click through.

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Transition Cambridge: Saturday 24 September, 10.00 am – 4.00 pm:

Responding to the Eco Crisis: Soul Progression and the Restorative Spirit

Friends Meeting House, Jesus Lane, Cambridge. £20 (£15 if booked before 24/8/22)

Full day workshop with Mick Collins on co-creating soulful and spiritual responses to the global-eco crises, drawing on ideas from his book, "Soul Progression and The Restorative Spirit". More information and booking: <https://www.eventbrite.co.uk/e/soul-progression-the-restorative-spirit-tickets-385211145907>

CAMPAIGNS/CONSULTATIONS

You might be interested in the '[Stop the Arc](#)' group, who are campaigning for "an end to the Oxford-Cambridge Arc while supporting fair, democratic, local development"

Greater Cambridge Partnership: Busway through green belt in Shelford/Stapleford.

The consultation has been relaunched, and the closing date extended. There is considerable local opposition to these plans, including from our MP Anthony Browne. In a recent email, Howard Kettel of Stapleford PC wrote:

- *Our take is that Option 1 is preferable because Option 2 creates an infill site ripe for development, which option 1 does not create. This is perhaps the most significant consideration. It's also worth noting that the more detailed plans illustrate how the busway carves a much bigger area of uneconomic farmland behind the houses on Haverhill Road, all the way from the busway stop through to the Granary and then on towards Sawston.*
- *It's worth pointing out that we don't want the busway here anyway because it would work better as bus lanes along the A1307 with a busway direct into Cambridge Biomedical Campus, and so avoid damage to the chalk hills and the countryside park.*
- *It's also worth noting that a couple of footpaths are planned to cross the busway in order to link the retirement village to the countryside park; with all the implications for older or less mobile residents trying to cross safely.*

The deadline for responses is **midday on Tuesday 30 August 2022**. If you want to comment, go to the GCP website at <https://consultcambis.uk/engagementhq.com/gcp-cset-2022-stapleford>

INTERESTING LINKS

Three positive developments (all via a daily newsletter called Ecowatch):

- Cleaning up PFAs, or 'Forever Chemicals' – using a plant-based material to absorb pollutants <https://www.ecowatch.com/forever-chemicals-cleanup-science.html>
- Unlike chimpanzees, their near-relatives bonobos are peaceful and co-operative. Can we learn from them? <https://www.ecowatch.com/bonobos-relationships-human-peacemaking.html>
- Solving the plastic crisis through community empowerment <https://www.ecowatch.com/plastic-pollution-solutions.html>

Many people feel that to **solve the climate and biodiversity emergencies** we need to radically reform our approach to economics. For an in-depth, fascinating discussion of 'Appropriate Technology, Traditional Cultures and Degrowth' see [this article from Local Futures](#)

The next newsletter will be published in November. But now turn over for this issue's *Last Word* from Bart Hommels, our October speaker, on retrofitting your home. Thanks to Bart!

Linda Whitebread

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LAST WORD

A chance for readers to have their say about something relevant to 2G3S. This could be, for example, a description of a green community project or personal hobby, ideas for green things we could do either individually or as a group, or just an opportunity to let off steam! The item will be the views of the author and not necessarily those of 2G3S. Send 300 words (pic optional) to me at greengroupssss@gmail.com

BRINGING DOWN THE CARBON COST OF LIVING

By Bart Hommels



We are all aware that carbon emissions must reach net zero to prevent runaway climate change. Heating our homes is a recurring (carbon) cost, and home retrofitting is an effective way of bringing this down.

2G3S has arranged two talks on this topic: on heat pumps by Warren Pope, a seasoned building professional and retrofit expert, on 5 September; and on home retrofitting by me (by no means a building professional) on 3 October.

My retrofit journey started when I got a home energy display. It made me acutely aware of our energy consumption and I was mesmerised by the stream of numbers. The game of bringing these down quickly caught on! It led to fitting solar panels a year later, another device producing many numbers to look at.

When the opportunity arose to extend our 1940s semi, I wanted this to be the starting point of a whole-house upgrade instead of increasing energy consumption. Little did I know this would take many years to complete!

I managed the build and chipped in with specific eco jobs, doing a lot of homework to better understand low-energy retrofitting practices.

The result is almost complete, and I want to share my experience with you because, besides the lower fuel bills, I am over the moon with the transformation in comfort. In winter, we used to huddle in the living room and have blankets within reach, and in summer we would swelter. Now, the whole house is at an even temperature throughout the year: warm in winter and cool in summer, at a fraction of the carbon footprint.



With my talk I hope to enthuse, motivate and empower you to start retrofitting your home and begin enjoying the benefits!

Bart Hommels



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