



Thank you so much for being part of our session. We thought it might be useful to have a few pointers to groups & activities

## WHATSAPP GROUP

Want to join a whatsapp group with the other mums at the session? Please email your name, number & Leyton/Hackney/Online (depending on session) to [amothersvoiceplay@gmail.com](mailto:amothersvoiceplay@gmail.com)

## TRANSITION NETWORK

A worldwide movement of communities coming together to reimagine and rebuild our world. Find your local group at: <https://transitionnetwork.org>

## LOCAL EXTINCTION REBELLION (XR) GROUPS

Extinction Rebellion (abbreviated as XR) is a global environmental movement with the aim of using nonviolent civil disobedience to compel government action to avoid tipping points in the climate system, biodiversity loss, and the risk of social and ecological collapse: XRMothersGroup invite link:

<https://chat.whatsapp.com/F6A8Ljq0n1Y9ug2suAXlIA> Extinction Rebellion Families (FB)  
[@extinction.rebellion.families](https://www.instagram.com/extinction.rebellion.families) (insta)

## OTHER GROUPS

Some other groups active in combating climate change, promoting sustainability and empowerment are [Friends of the Earth](#), [TCV The Conservation Volunteers](#), [Parents for future UK](#), [Wildlife Trust](#) and [Soka Gakkai International](#) buddhist network.

## OUR FAVOURITE RESOURCES

BOOK [All We Can Save](#)

APP [Earth Hero](#)

PODCAST [How to Save a Planet/Living on Earth](#)

WEBSITE [agreensolution.co.uk](http://agreensolution.co.uk)

## DONATE TO CLIENT EARTH

If you are looking for somewhere to donate, <https://www.clientearth.org> is an environmental charity with a unique approach - they use the power of our laws to protect life on Earth.

## ZERO WASTE SHOPPING

Seek out local refill shops where you can bring your own containers. Some can be found at <https://www.thezerowastenetwork.com> although our local one was not on it so ask around!

An online option is Good Club which delivers waste-free groceries to your door.

<https://www.goodclub.co.uk>

## ACTIVE HOPE COURSE

Free 7-week online course designed to strengthen your ability to make a difference in the world <https://www.activehope.training>

If you would like to take part in this free course as part of a group, a few mums are hoping to run it later in the year. To be kept in the loop email [amothersvoiceplay@gmail.com](mailto:amothersvoiceplay@gmail.com)

## CREATE AN ECO-FRIENDLY HABITAT IN YOUR GARDEN

Create habitats for insects and birds in your gardens/balconies or support tree planting.

## MAKE A SWITCH

**BANK-** Move your money to an ethical bank such as Triodos, Nationwide, Starling or Monzo  
**ENERGY PROVIDER -** Move to a sustainable energy provider such as Ecotricity, Good Energy or Green Energy UK

## GET INVOLVED

Some other groups active in combating climate change or promoting sustainability are Friends of the Earth, TCV The Conservation Volunteers, Parents for future UK and London Wildlife Trust.

## REMEMBER YOUR POWER

You are showing up. And you are not alone.