



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

## LOCAL RESOURCES AND COMMUNITIES

### Sustainable Hackney

Information hub for Hackney events, projects, resources and community

[Sustainablehackney.org.uk](http://Sustainablehackney.org.uk)

@sustainablehackney (insta)

### Community Closet

Volunteer led Children's Clothing, Equipment and Toy Bank [Community-closet.org](http://Community-closet.org)

@hackneycommunitycloset (insta)

### Plastic Free Hackney

Campaign group and Events

[Plasticfreehackney.com](http://Plasticfreehackney.com) @plasticfreehackney

### Local Extinction Rebellion 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

Extinction Rebellion Hackney (FB)

Extinction Rebellion Families (FB)

@extinction.rebellion.families (insta)

## 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)

## ZERO WASTE SHOPPING

Top Up Truck- Hackney based mobile refill shop  
[Topuptruck.com](http://Topuptruck.com) @topuptruck (insta)

Bulk Market

[Bulkmarket.uk](http://Bulkmarket.uk) Arch 6 Bohemia Place, E8 1DU

Get Loose Foods

[Getloosefoods.com](http://Getloosefoods.com) Hackney City Farm, E2 8QA

Grains and Greens- 214 Mare St, E8 3RD

Jarr Market

67 Stoke Newington High Street, N16 8EL

Re:Store -Hackney Downs Studios, 17 Amhurst Terrace, E8 2BT

## ACTIVE HOPE COURSE

<https://www.activehope.training>

Free 7-week online course designed to strengthen your ability to make a difference in the world

If you would like to take part in this free course as part of a local 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.