



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)

## TRANSITION LEYTONSTONE

A community initiative that aims to make Leytonstone the best and most sustainable place to be. [www.transitionleytonstone.org.uk](http://www.transitionleytonstone.org.uk)  
[Community Garden](#) or [Community Fridge](#)  
[Green drinks](#) Tues 15th March 7.30-9, at Stone Mini Market. Join for drinks, chat and help plan ideas for a sustainable summer for leytonstone.  
Next meet-up date for those interested in joining the Transition team is Tues 22nd March 7.30pm message [stoneminimarket@gmail.com](mailto:stoneminimarket@gmail.com) for info

## 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 XR WF Family group / XR Leyton/Leytonstone Rebels [xrwalthamforest@protonmail.com](mailto:xrwalthamforest@protonmail.com)

## OUR FAVOURITE RESOURCES

BOOK - [All We Can Save](#)

APP - [Earth Hero](#)

PODCAST - [How to Save a Planet](#)

## ZERO WASTE SHOPPING

[Stone Mini Market](#) 721 High Road Leytonstone  
Stock up on an array of refills, Fair-trade & Organic products, helping customers switch to low-waste and ethical shopping

## 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)

## WRITE A LETTER TO YOUR MP

Write to your local Mp or councillor. Go onto XR Waltham Forest website to find a letter writing guide with a template and lots of different topic ideas. [www.xrwf.wordpress.com](http://www.xrwf.wordpress.com)

You could also raise your voice to oppose the Edmonton Incinerator rebuild:  
<https://stop-edmonton-incinerator.org>

## CREATE AN ECO-FRIENDLY HABITAT IN YOUR GARDEN

Create habitats for insects and birds in your gardens/balconies or support tree planting. Create a pond, plant a tree, plant some flowers to support pollinators.

## 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, Transition Walthamstow, Mums For Lungs E17, TCV The Conservation Volunteers, WREN Conservation, The Hornbeam, OrganicLea and London Wildlife Trust

## REMEMBER YOUR POWER

You are showing up. And you are not alone.