2013 ANNUAL REPORT

CAMBRIDGE CARBON FOOTPRINT
‘WORKING TOGETHER ON CLIMATE CHANGE’
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This year I’m focussing on **good communications**, because that’s the key to bringing in new people and keeping current CCF supporters involved. I’m delighted that we engaged with 1,377 people new to CCF at our events in 2013. Having effective conversations and connecting with the people’s interests towards starting or strengthening their low-carbon journey is at the core of CCF’s work. I believe we all have more to learn about doing this well.

It’s been a pleasure to learn more about communicating effectively from Sandra Boegelein a psychologist at the world renowned [Tyndall Centre](http://tyndall.ac.uk) for Climate Change Research in Norwich. We helped her with some research on the effects of subtly varied CCF messages on motivating action. This January she ran a great event for CCF on keeping motivated, translating the latest research results into fun and practical techniques which anyone can use.

Our [outreach team](http://www.carbonfund.org) play a big role in communicating with new people. Responding to requests from other organisations for workshops or talks on topics of their choosing, they delivered 15 events in 2013 to schools, festivals and the WI amongst others. Bev Sedley and Liz Serocold ran two training sessions for new members of the team.

A big thank-you to all of these people who volunteered their time throughout the year – and to the many other CCF volunteers, supporters and funders, many behind the scenes, who enable CCF to be so effective.

Let’s each find ways of communicating supportively with friends, family and colleagues on ways to help tackle climate change that appeal to them. Watch out for more CCF events on these lines, and let us know your ideas to help us communicate better.

Best wishes,

**Tom Bragg**  
CCF Chair of Trustees
Food, general consumption and home energy again formed the main themes for our activities during 2013. We continued to run a variety of events and activities in these areas, some designed to appeal to our current supporters, helping them with their low-carbon journey and some designed to attract a wider audience. We consider it important to provide for both groups. On the one hand, having an interest in climate change and reducing our carbon footprint does not by itself necessarily lead to behaviour change. A deeper involvement with the CCF low-carbon community helps people to stay engaged and make long term carbon reductions. On the other hand, we also want to attract new people to CCF and start to engage them with low carbon living. We seem to strike a good balance here, attracting 1377 people new to CCF during 2013.

There were numerous bright spots this year. Our food challenges and blogs continued to grow in popularity and we developed a programme of well-attended skillshare events and swaps focusing on low-carbon living. One of the highlights of our focus on consumption was our wildly popular Second Hand Style photo shoot and fashion show, which attracted a lot of young women new to CCF.

We estimate that our activities during 2013 saved 793 tonnes of CO₂.

Home energy was also a serious focus, with the ever-popular Open Eco Homes running again in 2013, as well as Warm Homes Mill Road, a successful event focusing on similar homes in the Mill Road area. For this we created another three short videos to add to the three from Warm Homes Trumpington – all are available on our website. Our thermal imaging program also continued to grow in popularity.

It has become more difficult to recruit participants for Carbon Conversations, although people who do attend continue to find the sessions as valuable and engaging as ever. During 2013 we developed a number of eco-coaching modules to be used more flexibly, either one-to-one or in families or small groups. We now have trained eco-coaches and look forward to rolling the project out during 2014.

We succeeded in attracting a good amount of media interest in our activities this year, with several radio interviews and a number of articles in the Cambridge News. In addition to these we were featured in a full double-page spread on our Second Hand Style fashion event, and also had a regular monthly blog spot on sustainable food in the Cambridge News.

None of these activities would be possible without the help of our wonderful volunteers, many of whom have been with us for several years. 179 people volunteered with us in some way during 2013 and we would like to thank them for the generous gift of their time and enthusiasm.
Concern about food issues seemed to grow in 2013 both nationally and locally, from concerns about the current food system’s damaging effect on the environment and contribution to climate change, to health concerns and issues of social justice. Although concern is growing, people are often surprised to learn that food makes up nearly a quarter of the average person’s carbon footprint in the UK. For these reasons we have again focused on sustainable food during 2013 running a variety of challenges and events, and coming together with Transition Cambridge and the City Council to launch Cambridge Sustainable Food.

CCF ran five food challenges during 2013, covering a diverse range of food issues. Our challenges included two Vegan Challenges, one Sustainable Food Challenge, one Eating Well on a Budget Challenge, and one challenge organised in partnership with ARU.

With a combined total of 27 individuals, we were joined by some familiar faces and many new ones; one participant shared the experience from Edinburgh! Three of the challenges ended with a potluck dinner in order for participants to share their experiences with the challenge, and recipes as well. Several participants wrote about their food journey on our Sustainable Food Blog, which were complemented by Bev Sedley’s monthly contributions to the Cambridge News Sustainable Food Blog.

The challenges varied in length from two weeks to four. Although some found four weeks a little challenging, they found it was long enough for their old habits to start changing and new habits to be formed.

While the first four challenges of the year took a similar form to previous challenges, in October five participants agreed to do the final challenge in the name of science. Nutritionist Dr Marie-Ann Ha and her student Amita Jumiarti of ARU conducted a study to examine the food we eat from three perspectives: environmental, ethical and economic. The goal was to determine what helps to motivate people to make substantial diet changes, with a focus on low-carbon diets and ethical choices.

The six participants kept two two-week food diaries: the first to establish a baseline of ‘normal’ eating habits, and the second to document their low-footprint ‘sustainable food challenge’ journey. The results of the study were presented by Amita at the Food for a Greener Future conference in February 2014.

Our food events in 2013 were mostly fun hands-on affairs. We kicked off the year with Keith Jordan’s Grow Your Own Year Round workshop in January. This very well attended event stepped participants through the growing year, with a particular focus on the ‘hungry gap’. Following this Oscar Gillespie and Tehnuka Ilanko ran a series of 3 hands on vegan and vegetarian cooking classes. At these events participants got hands on in the kitchen learning how to make fantastic veggie burgers, bake tasty vegan cookies and make super salads.
In February we held a local food networking event. Facilitated by Anne Miller from The Creativity Partnership this event brought together farmers, bee keepers, allotmenteers, council sustainability officers, producers, and community groups to talk about sustainable food in Cambridge. To launch our Food Campaign for the 2014 Food for a Greener Future Conference we held a sustainable feast at Fitzbillies. With speeches from Bev Sedley and Duncan Catchpole from Cambridge Organic Food Company it was fun, tasty and informative.

“Tonight’s Vegetarian Cooking Workshop was enjoyable, practical and useful. I appreciate the time your two volunteer workshop leaders spent in shopping and setting up a wonderful selection of vegetables, spices and other ingredients for two very delicious salads.

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“The atmosphere at this tutorial as well as the knowledge of both leaders went a long way to encourage the group’s interest in the vegetarian way of life. I quickly realised I was in the company of people who led by example and came away with a renewed interest to ‘make a difference’ in my own carbon footprint.”

Images taken at Fitzbillies ‘Food for a Greener Future’ event
CCF has a strong tradition of partnership working in the sustainable food arena. Two years ago we were part of the Cambridge Sustainable Food Alliance. The Alliance held a number of successful events, but at the time we and our partners did not have the resources to continue. In early 2013 CCF held a local food networking event, which made it clear that there was still interest in taking food partnership further. In July 2013 the national Sustainable Food Cities Network was launched, and so in November CCF, together with Transition Cambridge and Helen Brookes from Cambridge City Council organised a consultation meeting to gauge the interest in forming a Cambridge sustainable food city.

55 people attended this highly successful meeting, representing 37 different organisations and projects. We also had 2 speakers (Ben Reynolds of Sustain, director of Sustainable Food Cities, and Katrina Kollegaeva of the Soil Association) and six Cambridge University students helping us as part of their Social Innovations Project. The meeting was very lively, with many suggestions for taking sustainable food forward in Cambridge. There was also overwhelming support for Cambridge to become a member of the national Sustainable Food Cities Network and for the creation of Cambridge Sustainable Food.

Following the consultation a steering group of 12 members was formed, meeting for the first time in December 2013. The group includes a nutritionist and members representing Cambridge City Council, Cambridge Organic Food Company, Cambridge Colleges Catering Managers, Cambridge University Environmental Consulting Society, CCF, Transition Cambridge, the Liberated Feast and LEAF (Linking Environment and Farming). It was also decided to become a member of the national Sustainable Food Cities Network in time for the Food Greener for a Greener Future conference on February 8\textsuperscript{th} 2014. The steering committee also produced a draft Sustainable Food Charter which was launched at the conference for consultation.
The steering group have chosen three key areas to focus on; Creating a Food Hub for Cambridge, Food Waste, and Healthy and Sustainable Diets. These were all ideas put forward at the initial consultation meeting.

This is a very exciting initiative, with interest from a wide range of organisations and CCF has agreed to host the new Cambridge Sustainable Food City for the time being until it can become self-supporting. The aim is for the new initiative to make a big difference locally, encouraging a reduction in the consumption of meat and dairy products and a focus on eating more food cooked from scratch using fresh, local, seasonal vegetables. To learn more, visit www.cambridgesustainablefood.org.

“The most interesting thing for me was seeing the enthusiasm from so many different groups to make Cambridge a sustainable food city. Thank you!”

Bev Sedley addresses the Food for a Greener Future conference
Consumption

Encompassing all of the goods and services that we buy (excluding food and fuel) our consumption accounts for over a quarter of the average UK person’s carbon footprint. Sharing creative ways to consume less formed a key part of CCF’s activities over 2013, and one of our most popular strands of work.

Events

In 2013 we ran several very popular skillshare workshops, with participants learning how to make their own moisturisers and balms, how to fix their gadgets, make their own tote bags and do basic mending. Our biggest event run in partnership with Transition Cambridge, was the November SkillsFest which brought together a whole host of skillshare workshops, including draught-busting, baking German Christmas cookies, composting, cycle maintenance, needle-felting, making deep south biscuits, upcycling t-shirts and jeans, knitting, singing and more.

We also ran a very popular program of swaps in 2013, including 2 clothes swaps, a gadget swap, and one big general swap at our Living Well with Less Stuff event. The Living Well with Less Stuff event marked the one year anniversary of the Living Well with Less Stuff Challenge. At this event 44 people came to put questions to the panel of five who had participated in the challenge all year. The swap shop was a great success, with an incredible range of things from evening dresses to kitchen equipment and CDs to compost worms.
**Second Hand Style**

Led by Stephanie, the Second Hand Style volunteer team did a marvellous job putting together a photo shoot and fashion show to demonstrate just how fashionable and affordable second hand clothes can be. Together the team created 15 outfits all from second hand sources, and divided up the tasks of securing a location, photographer, models, hair and make-up and catering for the day of the photo shoot, which took place at Clare College.

The photo collection was then launched at Arbury Community Centre with a second hand fashion show and a swishing (clothes swap). Over 100 people attended this glamorous evening. The photos and the full costs of the clothing featured in them were on display throughout the evening.

There was a great energy about the event, with attendees gasping when told the prices of some outfits. Of those surveyed 84% said they had never been to a swishing before and 64% had never been to a CCF event. Nearly all of the attendees who gave feedback said they would be likely to buy second hand clothing, 1/3 because they already did and roughly 2/3 as a result of the event.

Following the event the photos and some of the outfits were displayed in the Sussex Street Changing Spaces gallery. A video of the fashion show was also uploaded to YouTube and is available on the CCF website.

This project was part of the Wear it Love it Share it! campaign to promote the reuse and recycling of textiles, supported by the Cambridgeshire and Peterborough Waste Partnership and Amey Cespa.

“The show was excellently narrated. I think this was a great event to highlight that you can still be fashionable at the same time as saving the planet and your pennies!”
Top left: Felicia on the catwalk at Second Hand Fashion. Top right: Audience awaiting the show.
Home Energy

On average, each of us is responsible for 2.5 tonnes of CO₂ emitted by the energy used to heat and light our homes and power the increasing number of appliances we use. Our projects are aimed at helping people to reduce these emissions, through both major structural changes and also through changes in the way we use our homes, which can cost us nothing except a change in our behaviour. Whatever our income and situation, there is always something we can do.

Open Eco Homes

Open Eco Homes provides a showcase for the work that local residents have put into building and/or retrofitted their homes to reduce their energy consumption and their carbon emissions. Homeowners run tours to open these homes to the public to encourage behaviour change on a wider level. In addition to the tours, each home is described in a comprehensive case study showing details of energy saving measures taken, details of suppliers used and the costs, and where possible details of energy bills both before and after changes.

We had 16 homes open for viewing in 2013, with a good variety on show including several new builds, both Edwardian and Victorian retrofits, as well as eco homes from the 1920’s, 1930’s and 1950’s. They demonstrated a range of different technologies and approaches to sustainability and carbon reduction, including different sorts of renewables, passive heating, under floor heating, all different sorts of wall, floor and loft insulation, and air source and ground source heat pumps amongst other things.

Overall we had 254 visits in 2013. Nearly 70% of visitors had not been to an Open Eco Homes event before.

Feedback was very encouraging, with 96% of attendees surveyed saying that they were very satisfied with the visits that they had made – the highest possible rating! Better still, over 80% of those surveyed reported that they felt better informed about the subject, while over half said they had gained more confidence to create significant changes.

“All tours were interesting and it was very useful to talk to people who had already undertaken the sorts of projects that we are considering doing ourselves. In particular, getting recommended contacts and suppliers (the supplied list of contacts at each home was much appreciated). If all goes well, we hope to be able to get more involved with the scheme ourselves in a few years’ time.”

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“It’s a huge privilege to visit people’s homes and be shown what they have done and how they went about the process. Tremendously inspiring. Thank you very much both to CCF for organising and to the homeowners for their generosity with time and knowledge”.

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We also held Eco Renovation Question Time again in 2013, giving interested participants the opportunity to have their own questions answered by experts in the field of eco renovation. In addition to the question time, there were stalls from our sponsors Midsummer Energy, Cambridge Solar, Cambridge Classics as well as Transition Cambridge, SPEP and CCF. Julian Huppert (MP for Cambridge) attended the event, officially launching Open Eco Homes for 2013. Case studies of the 2013 Open Eco Homes were on display, and attendees were encouraged to book.

“Thank you for yesterday’s excellent meeting. The panel was very well chaired and its members made innumerable excellent contributions, giving a lot of important technical and general information. I think the event enabled people who were already seriously interested in the subject, from a practical point of view, to advance their knowledge towards their next practical steps.”

One of our bigger home energy events was Warm Homes Mill Road in November, focusing in particular on the Victorian and Edwardian terraced houses common in that part of the City. In the morning four homes with a range of energy improvements were open for hour-long visits (31 visits, with 27 different individuals attending), while in the afternoon 54 local people came to a full programme of talks and workshops, including the showing of three videoed interviews with home owners who had made significant energy savings in their houses. (These videos can now be viewed on the CCF website.) There were three talks on insulating solid wall houses; improving energy efficiency in pre-1920s housing; Funding opportunities, including an update on the Green Deal and three workshops: ‘Getting the most out of your home at no extra cost’, DIY small jobs and a workshop for tenants. There were also several stalls from various suppliers, who were happy to give advice to individuals. The event was very popular and almost everyone stayed for the whole afternoon.
In this project we train volunteer surveyors to visit householders who request a survey. They fill in a survey form with the householder, gathering information that’s converted by software into a draft report, recommending priorities for improving the property’s energy efficiency and listing sources of practical help and funding. The surveyor may add their own recommendations or answers to specific questions. Then the surveyor helps the householder make a plan for improvements, answering any further questions.

In 2013 we trained 6 surveyors and did 9 surveys. Although the surveys can result in major home-energy improvements and carbon savings, we’ve been finding it harder to find volunteers and to resource the considerable work involved. Recently in 2014, with the increasing popularity of professional Green Deal surveys, now subsidised, we’ve decided to end the Climate Friendly Homes scheme.

Thermal images are brilliant for showing householders where their homes are losing heat due to problems with insulation or draughts. They also reveal defects with central heating systems and give residents a whole new way of visualising their homes.

Since 2009 CCF has been training volunteer surveyors to use thermal imaging cameras and interpret their images for householders who request a survey. In April 2013 demand had been so high that Cambridge City Council gave us a grant towards a second camera, which has been in use too over this winter.

In 2013 we trained 22 surveyors and completed 52 thermal imaging surveys, covering schools, a Quaker meeting house, college accommodation and the University Library, as well as many homes.
Events are one of our key tools at CCF. They allow us to reach out to new people, while continuing to support those already involved with us. Though it does provide many opportunities for joy and creativity, living sustainably is a challenge, and we find events are a great way to connect like-minded individuals whether just starting, or well engaged with the low-carbon journey.

In 2013 CCF organised 27 events with a combined attendance of 469. In addition to the food, consumption and home energy events already described, we also ran film screenings of Trashed, Peak, and Wild Thing in partnership with the Arts Picturehouse. We also held very well attended talks with Dr Rosie Robison of ARU on Climate Change in the Media, and Ann Miller on her experiences in Antarctica. We also organised a tour of Mill Green Brewery, who describe themselves as “possibly the greenest brewery in England“.
Members of our Outreach Team conducted workshops, facilitated discussions or gave speeches at 15 different events in 2013. Among other things, we chaired three discussions at film showings, spoke to a hundred young people at an international school, presented the possibilities of low carbon fashion to Barton WI and spoke at the inaugural meeting of the Cambridge Sunday Assembly. These events, together with our other workshops, talks and Carbon Conversations tasters, are a very valuable way of engaging more people in finding their way to low carbon living. Overall we estimate our outreach team engaged with over 700 people over the course of the year.

Organisations with or for whom we ran outreach events in 2013:
CATS College International School
Asian Women’s Network
Cambridge Climate Forum
Cambridge Science Festival
Bangla Women’s Group
Picturehouse Film Festival
Barton Women’s Institute
Newnham Labour Party
Sunday Assembly, Cambridge
Cambridge Festival of Ideas
University of the Third Age
Cambridge University Environmental Consulting Society
Eat Cambridge Festival

Liz Serocold and Bev Sedley also ran two training sessions for the Outreach Team, training four new members. Welcome to Sophie Bretonnet, Clio Edgington, Tom Barden and Alana Sinclair!

Stalls remain a valuable way for CCF to get out and talk to members of the public. In 2013 we estimate that our volunteers spoke to 320 people on our outreach stalls. As well as having stalls at most of our own events, in 2013 we also attended and ran stalls at:

Eat Cambridge
Mill Road Winter Fair
Queen Edith’s Wellbeing Day
Grafton Centre Eco Day
Cambridge Food Garden and Produce Stall
The Carbon Conversations course offers inspiration and practical methods for reducing personal carbon footprints, focusing on the four key areas of home energy, travel, food and consumption. The six meetings offer a lively and engaging way for participants to explore in some depth the issues of climate change, their personal responses to it, together with the difficulties and also the attractions of a low carbon future.

The Conversations originated in work pioneered by Ro Randall and Andy Brown for CCF, and have been running for eight years now. The first groups met in Cambridge in 2006-7 and CCF continued to be the base for the programme until 2010. As the Conversations went nationwide, the Climate Outreach and Information Network (COIN) took over central co-ordination, later handing on administration to a Community Interest Company, The Surefoot Effect. The Conversations now take place all over the UK.

Carbon Conversations has continued to be a valuable part of the way we support people in reducing their carbon footprints. In 2013 three groups, with 26 participants in total, took place. The Carbon Conversations handbook is currently undergoing a major rewrite, which it is hoped will be completed in 2014. We look forward to the new handbook carrying the Conversations forward to inspire yet more participants.
Continuing Carbon Conversations provides Carbon Conversations graduates with continued support on their low carbon journey. There was one Continuing Carbon Conversations group in 2013. It met 4 times to share a meal and look together at creative solutions for carbon reductions in food, consumption and waste, travel and home energy.

CCF Book Group

The Book Group currently has a dozen members. We met six times in 2013, to discuss some provocative and interesting books about sustainable living and the environment. They included Felicity Lawrence *Eat Your Heart Out*, James Lovelock on *Gaia*, Barbara Kingsolver’s rich and moving novel *Flight Behaviour* and Mike Berners-Lee and Duncan Campbell on *The Burning Question*. Some members have been known to allege that the group is mainly an excuse for getting together to share excellent meals, since we each bring a dish for a supper before we discuss the book. But we do have very lively discussions as well.

"I found the Carbon Conversations workshops to be enlightening, encouraging and thought-provoking. I am beginning to incorporate new ideas into my life to reduce my carbon footprint and I feel much better about taking this on as a step-by-step process, rather than feeling it is 'all or nothing' - this is thanks to the support of the Carbon Conversations facilitators and the accessible handbook."

Shared meal at the CCF book group
2013 proved to be another successful year for CCF fundraising. Our income (higher than last year at £53,042) was very slightly less than our expenditure (£53,199) but the trustees had decided during the year to begin spending our reserves down to the point at which they would cover between a minimum of three months’ and a maximum of six months’ expenditure. At the end of 2013 our unrestricted reserves stood at £43,531.

As in 2013 the largest contribution to our income (£33,374) came from private donations, both from regular standing orders and from one-off gifts, almost all of which could attract gift aid. Particular thanks are due again to Jane Heal for her very generous monthly standing order and to two anonymous benefactors who made large one-off donations, but we would like to thank all our financial supporters, who make our work possible through their generosity.

The second largest contribution to our income (£13,865, all for restricted funds) came from grants, mainly from Cambridge City Council for our Low Carbon Living Programme (events and other projects), Eco-coaching, Open Eco Homes, Warm Homes Plus and for a second thermal imaging camera. In addition Amey Cespa supported our Second Hand Style fashion project to reduce the amount of clothes going to landfill. (It has not been possible for us to obtain core grant funding and all our grants have been for specific projects.) We are most grateful to our grant funders, in particular the City Council, who have supported us most generously for several years.

The third largest contribution to our income came from fundraising events (£1,608 from our thoroughly enjoyable auction of goods and promises, to which many people and organisations generously donated) and sponsorship (£2,817 for Open Eco Homes)
We our aim to use our website as a platform to provide new and innovative resources for low carbon living. In 2013 we added new videos on home energy improvements, as well as resources on reducing electronic waste and how and why to eat vegan.

Social media has been an increasingly important way of communicating with our supporters and reaching out to new audiences. Our Facebook listing for the Second Hand Style event had over 1100 people invited to attend. Our social media volunteer Emma Langham has contributed greatly to the success we have achieved in this area.

Throughout 2013 CCF was present in local and national media. We had an article featuring one of our eco homes in the Telegraph, as well as various articles in the Cambridge News and Cambridge Edition. CCF members featured on the radio on BBC Cambridgeshire and Media mentions for OEH, Second Hand Style Cambridge News printed a short article on 26th February about Second Hand Style, there was also a two page spread in the April Cambridge Edition, plus a 1/3 page write up on the event itself.
The myriad of activities detailed in this report would not have happened without the support of our volunteers (including trustees). In 2013 179 people volunteered with us. Thank you Ruth Sidell, Sally Pearl, Ellen Robertson, Sophie Deas and Wupya Nandup, who volunteered in the office during 2013 and to all you other volunteers and supporters who help CCF involve, inform and inspire more new people to live lower-carbon lives.

CCF is committed to providing training for our volunteers. Some of this training is informal, such as the training our office volunteers receive in admin, WordPress and social media, however we do also run formal training sessions. In 2013 we ran 2 thermal imaging training sessions, a Climate Friendly Homes training workshop and training for our outreach team.

“With CCF I can contribute to climate change solutions that I couldn’t begin alone: its rewarding working in teams to a common purpose. The variety of activity is great and supportive people help work together through the difficult bits and celebrate our successes.”

... 

“I love facilitating Carbon Conversations groups - participating changed my life and it is good to see other people responding in a similar way. I also love running workshops for new audiences, hearing their views, getting new ideas.”

Volunteers prepare for the Second Hand Style photo shoot
Many of you will already know our paid Coordinator Alana Sinclair who is very much at the hub of CCF. After joining us in late 2012, she really got into her stride in 2013, improving the way CCF works and supporting other staff and volunteers in her friendly, helpful way.

Stephanie Ferguson excelled as our part-time Volunteer and Events Organiser (VEO), recruiting teams to organise great 2013 events, like those on consumption and second-hand fashion along with a successful fund-raising auction. In June she returned to Canada, much missed.

Joss Cutler joined as our new VEO in June and was quickly involving volunteers in projects and events, like swishing and skills-shares. In January Joss started maternity leave – her daughter, Frida, was born in February! Nicole Barton joined us early 2014 and is covering the VEO role or Joss’ maternity. She brings lots of useful experience of recruiting and supporting volunteers from Friends of the Earth and Papworth Trust.

After volunteering with us, Elaina Roilo joined in a part-time paid role to lead preparations for our “Food for a Greener Future” conference in February 2014 and its build-up, including the November “Celebration of Local Food” at Fitzbillies. It’s coincidence that Elaina, Alana and Joss are all from Australia!

Continuing the antipodean theme, Helen Karapanzic, a lively CCF trustee with a flair for publicity, moved to Australia in April. Ian Collins, a trustee for 3 years, much involved with Open Eco Homes, stood down in November. Many thanks to Helen and Ian for their important contributions.
Collaborations

Events

In 2013 we worked with Transition Cambridge to put together several of our key events, including SkillsFest and Warm Homes Mill Road. We again collaborated with the Arts Picture House, providing facilitators and speakers to accompany Q&A sessions for screenings of Trashed, Peak and Wild Thing. CCF volunteers Fiona Riggall and Lesley Guebert taught a sewing workshop at Parkside Community College at their open day. CCF also worked closely with Fitzbillies to host the launch of our Food for a Greener Future Campaign.

HELG

The Home Energy Liaison Group was initiated by CCF in 2008 and continues to be a useful, lively forum for professionals and others involved in local low-carbon housing. Members, including local councils, companies, social landlords, academics and community groups, meet 8 times a year. We share plans, co-ordinate actions and discuss national and local issues and opportunities - for example getting the best outcomes from the local Solid-wall Insulation Fund and national Green Deal Home Improvement Fund for local households and businesses.

Cambridge University

CCF and Transition Cambridge worked with the Catering Managers’ Environmental Group and were invited to speak to the committee. We collaborated on two projects: the Committee’s Environmental Awards and an exciting new Low Carbon Meals scheme. The committee is now represented on the Cambridge Sustainable Food steering group.

As well as running a workshop at the Climate Change and Sustainability Forum, Festival of Ideas and Science Festival, CCF took part in the Hub’s Social Innovation Programme by having a group of six students working with us for five weeks on our Cambridge Sustainable Food consultation. The students interviewed people inside and outside Cambridge about whether Cambridge should aim to join the national Sustainable Food Cities Network and produced a useful report recommending that we go ahead. They also helped at the consultation event itself. Their work was so helpful that we are intending to work with a new group of students in this way during 2014.

CCF has worked with the Cambridge University Environmental Consulting Society in various ways during 2013. We were invited to give a talk about sustainable food to a group of CUECS members and college green officers and also put CUECS members who are writing guidelines for May Balls committees in touch with local suppliers of sustainable food. There is a CUECS representative on the Cambridge Sustainable Food City steering group.
CCF facilitated a Carbon Conversations group at ARU during 2013. We also collaborated with Dr Marie-Ann Ha, Senior Lecturer in Public Health, to analyse the nutritional value of the food eaten by participants in a CCF sustainable food challenge. The six participants kept food diaries both while they were eating normally and when participating in the challenge. The results will be available during 2014.

Dr Rosie Robison from the ARU Global Sustainability Institute gave a fascinating talk about her work on climate change and the media.

CCF is also involved with the Cambridge Retrofit partnership “working together to reduce Cambridge’s CO2 emissions by 25% by 2050 by retrofitting”.

We are a member of The Climate Coalition (formerly Stop Climate Chaos), a coalition of more than 100 organisations, including environment and development charities, unions, as well as faith, community and women’s groups. The Climate Coalition is the UK’s largest group of people dedicated to action on climate change.

In 2013 CCF as a member of The Climate Coalition lobbied the UK government to stand by the Climate Act and to decarbonise UK’s electricity supply by 2030.

We participated in consultations on the Cambridge Local Plan, particularly towards requiring lower-carbon new buildings and extensions.
The Year Ahead

CCF has already delivered a wide variety of events and activities in 2014, with lots to come.

Food

CCF’s *Food for a Greener Future* conference was a major Cambridge event in February. It brought Cambridge Sustainable Food to a wider audience. This network, involving over 40 varied organisations is now working to improve Cambridge’s food waste, food enterprises and healthy & sustainable diets, as part of the national Sustainable Food Cities Network. It’s currently hosted by CCF, but in the year ahead it will stand free and CCF looks forward to continuing as an active member of the network.

Over Lent the 5:2 Good Food Challenge was a great success, with 52 people taking part. We’ll be running more creative challenges (not just food), because they encourage and support people to step further in going low-carbon, than they would otherwise, often with permanently changed habits.

Home Energy

It’s our fifth year of Open Eco Homes and we plan to attract more visitors than ever. DECC is supporting us via the national Green Open Homes network – they understand that householders, showing visitors how they make big home-energy savings, are the most engaging and credible messengers. We’re also partnered with Cambridgeshire Councils, helping promote their Solid Wall Insulation Fund, which is a great incentive to help fix Cambridge houses’ biggest heat leakage. We’re following up Open Eco Homes with 5 practical events to help visitors turn their inspiration into energy-savings.

In the autumn we’ll re-launch our seasonal thermal imaging project – with improvements.

Consumption

Practical CCF events like skill-shares, second-hand fashion and repair cafés provide engaging alternatives to mad consumerism that many people find exciting, helping normalise more sustainable consumption.

You may have spotted a growing CCF theme: working in partnership with more organisations, as with Cambridge Sustainable Food and those involved with Open Eco Homes. We also plan to partner with other groups, helping them deliver their own effective low-carbon messages.

Here’s looking forward to creating and participating in new and improved CCF activities together.
Status  Cambridge Carbon Footprint is a charitable company limited by guarantee, incorporated on 21 March 2006 and registered as a charity on 5 January 2009.

Cambridge Carbon Footprint was established under a Memorandum of Association, which was amended to reflect the objects and powers of the charitable company and is governed under its Articles of Association. Under those Articles the members of the Trustee Board are elected at the AGM, or can be appointed by resolution of the Board or co-opted by the Board.

The following people served as trustees of the charity during 2013:

<table>
<thead>
<tr>
<th>Trustees</th>
<th>Role</th>
<th>Elected</th>
<th>Resigned</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tom Bragg</td>
<td>Chair</td>
<td>31 Oct 2008</td>
<td></td>
</tr>
<tr>
<td>Carolyn Moody</td>
<td>Treasurer</td>
<td>19 May 2011</td>
<td></td>
</tr>
<tr>
<td>Bev Sedley</td>
<td></td>
<td>30 Nov 2009</td>
<td></td>
</tr>
<tr>
<td>Jane Heal</td>
<td></td>
<td>16 May 2013</td>
<td></td>
</tr>
<tr>
<td>Katharine Smith</td>
<td></td>
<td>16 May 2013</td>
<td></td>
</tr>
<tr>
<td>Ian Collins</td>
<td></td>
<td>25 Aug 2011</td>
<td>14 Nov 2013</td>
</tr>
<tr>
<td>Helen Karapandzic</td>
<td></td>
<td>28 Oct 2011</td>
<td>1 Apr 2013</td>
</tr>
<tr>
<td>Jonathan Salter</td>
<td></td>
<td>16 Jan 2014</td>
<td>6 Apr 2014</td>
</tr>
<tr>
<td>Jane Frank</td>
<td></td>
<td>8 May 2014</td>
<td></td>
</tr>
<tr>
<td>Vanessa Holzer</td>
<td></td>
<td>8 May 2014</td>
<td></td>
</tr>
<tr>
<td>Robert Nguyen</td>
<td></td>
<td>8 May 2014</td>
<td></td>
</tr>
</tbody>
</table>

Registered office: 6, Eltisley Avenue Cambridge CB3 9JG
Operational address: Citylife House, Sturton Street, Cambridge CB1 2QF
Independent examiner: Mr John Anderson, Anderson & Co., Sumpter House, 8 Station Road, Histon, Cambridge, CB24 9LQ
Bankers: The Co-operative Bank Plc, P.O. Box 250, Delft House, Southway, Skelmersdale, WN8 6WT.
Company registration number: 05750297
Registered charity number: 1127376
Website: www.cambridgecarbonfootprint.org
Email: info@cambridgecarbonfootprint.org
Telephone: 01223 301842
2013 IN NUMBERS

2 THERMAL IMAGING TRAINING SESSIONS HELD
3 ENVIRONMENTAL FILM SCREENINGS HELD
3 CARBON CONVERSATIONS GROUPS RUN
5 STALLS HELD
6 FOOD AND CONSUMPTION CHALLENGES RUN
12 OUTREACH WORKSHOPS AND TALKS HELD
16 HOMES THAT PARTICIPATED IN OPEN ECO HOMES
22 PEOPLE TRAINED TO USE THE THERMAL IMAGING CAMERA
26 PEOPLE WHO PARTICIPATED IN CARBON CONVERSATIONS
27 PUBLIC EVENTS AND WORKSHOPS HELD
33 PEOPLE WHO PARTICIPATED IN CHALLENGES
52 THERMAL IMAGING SURVEYS COMPLETED
127 PEOPLE WHO VISITED OPEN ECO HOMES
179 PEOPLE WHO VOLUNTEERED FOR CCF
254 OPEN ECO HOMES VISITS
320 PEOPLE WHO VISITED OUR OUTREACH STALLS
469 PEOPLE WHO ATTENDED CCF EVENTS
741 PEOPLE OUR OUTREACH TEAM ENGAGED WITH
793 TONNES OF CO₂ WE ESTIMATE TO HAVE ABATED
1377 NEW PEOPLE CONTACTED BY CCF
1889 PEOPLE THAT RECEIVED OUR NEWSLETTER
5849 HOURS OF VOLUNTEER TIME DONATED TO CCF
44 745 POUNDS WORTH OF VOLUNTEER TIME DONATED
(CALCULATED AT THE LIVING WAGE)