

Tools for Community Climate Care



HomeWorks

**This toolkit is for anyone
who would like to take
climate action in the home.**

Whether you're a single person, a small group of friends, neighbours or a community group, this toolkit is designed to help you get some people together and start taking climate action in the home, together.

PREFACE of CARE

Taking Climate Action in the home is not an easy task. It can be overwhelming, frustrating and isolating.

The HOMEWORKS toolkit combats some of these feelings, empowering people and communities to support one another to take climate action in the home, **together**.

Nourishment
Hope
Joy
Safety
Care

This toolkit has care at its centre

Every element of this toolkit has care at its core - care for the planet, care for communities and most importantly reminds us to care for ourselves, climate action can be exhausting work.

This toolkit was co-created with a diverse group of people in a safe and inclusive space

Including people that are often left out of community and climate conversations* has resulted in a far more powerful and inclusive toolkit and puts some agency back into their hands.

*Despite the fact that they often are most likely to be affected by the adverse effects of climate change and have unique strengths in adversity and coming together and mobilising as communities.

This toolkit meets people and communities where they are

The tools in this toolkit are designed to help with actions of all shapes and sizes - don't worry about how big your idea or project is, the most important thing is to jump in and start and you'll learn and improve as you go!

This toolkit is designed to care for the planet

To minimise waste, all tools can be printed on a single A4 page and we encourage communities to be mindful and only print the tools they intend to use. The tools are also fully designed in black and white to minimise ink and energy use when printing.

This toolkit is designed to be accessible for all

Each of the tools have been outlined in the simplest way possible with both written and visual guides. We have also included a guide for hosting more inclusive sessions to ensure everybody is welcomed and empowered to take action.

This toolkit reminds people and communities to care for themselves

Care, rest, and nourishment are key elements of the toolkit in order to combat against mental fatigue and burnout for truly sustainable and long lasting change.

HOW to USE

We don't want this toolkit to be prescriptive, use this toolkit in whatever way works for you and your group.

We've provided a few ways of using it below but it has been designed to be a pick and mix of tools that can be used and changed as you see fit!

Tool by Tool

If you are starting from scratch, feel free to follow this toolkit in the order it is set out. You will start as a single person and end as an empowered group with a collective goal and an action plan to carry it out!

Whatever way works for you

Take what you need, when you need it! There is no magic formula for taking climate action, or maybe you see a use for one of the tools that has nothing to do with climate action at all! Feel free to use these tools in any way or place you see fit.

Skip to the tool you need

Maybe you already have the people that you want to bring together, maybe you even know the action you want to take together. In these cases, feel free to skip some of the tools. We have created a quiz below to help you figure out which tool is best to start from.





TIPS & TRICKS

(for organisers)

1. Set your time and place for meet ups and reach out to people in advance

2. Keep sessions short and engaging (max 90 mins)

3. Keep sessions action focussed

4. Try your best to open up and diversify your group

5. Take breaks and keep people moving

6. Ensure there are multiple ways for people to engage

7. Ensure everyone has a chance to speak

Don't be afraid to politely cut people off if someone is taking over the session

Invite quieter participants to offer their opinion if they haven't contributed in a while

8. Summarise sessions at the end so that people feel heard and listened to

9. Take a breath, you've got this!



write



people learn in different ways! It's important to accommodate this in your sessions

SPEAK!



1. Come Together

Eat, Protest, Play!

Getting people together is the first step to taking action - rally a couple of your friends, neighbours, or head down to a community group in your area and ask if they'd like to take on a mini project with you.

Or, maybe you already have a group of people to take action with, we'd still recommend you do one of the following activities to bring people together and get to know each other, the climate action will come after.

Eat,

Invite a small group of people over to your house for a dinner or, if the weather is nice, head outside and have a picnic. You could host a potluck dinner, where everyone brings something or maybe you find it less stressful to cook for everyone. We've included a recipe submitted by one of our toolkit co-creators, Eileen, that's simple but perfect for sharing!

Protest,

Climate Action and activism have a long relationship. A great way to get people together and motivated to make change is to come together over a cause you all believe in. We've included a few ways to find a cause that means something for you and your group and different ways for you to get involved.

Play!

It's easy to become bogged down and overwhelmed with the seriousness of climate issues. Play and games are a great way to build relationships and trust between your group and boost imaginative and creative thinking. Come together for a games night before you take action or start each of your sessions with an icebreaker game to inject more play into your project.

Decide which of these three activities would work best for the group of people you have in mind, then get together!



EAT, PROTEST, PLAY!

Eat, Protest, Play!

Hosting a potluck or community dinner? Try Meera Sodha's simple but delicious recipe below which is suitable for both vegans and vegetarians

"My favourite recipe for groups is a tomato, coconut and cashew pilaf (via Meera Sodha) that is so easy to make and ideal for a pot luck"

Eileen's Tomato, Coconut and Cashew Pilaf via Meera Sodha

Ingredients

Cup Basmati Rice
Fresh or dried curry leaves
A cinnamon stick
1 large onion finely sliced
4 Cloves garlic crushed
1 Green chilli (or chilli flakes will do)
Cashew nuts
Tin tomatoes
Tin coconut milk
Salt

Method

1. Soak the rice
2. Fry cinnamon and curry leaves for a minute then fry the onion until soft and golden
3. Add chilli, garlic and cashews and fry for 2 min add tomatoes and cook all together for 5 mins
4. Add drained rice, coconut milk and half cup water
5. Bring to boil, stir, then cover and turn heat right down to lowest and cook for 15 minutes
6. Take off heat - leaving lid on for 10 minutes to let it cook in its own steam.

- Eileen, Residency Participant
and Toolkit Co-Creator

Community Climate Action #1

Could your shared meals be part of your climate action? Maybe you could grow some of your ingredients in a communal garden, or, if you don't have access to one, perhaps you and the people in your group could each grow one or two ingredients in your home - creating a dissected community garden! Pool your ingredients together and you'll have meals that are healthier for yourself and the planet.

Look at www.cgireland.org to see if there is a community garden near you, or get in touch with them if you would like support setting one up!



Eat, Protest, Play!

Activism probably makes you think of pickets and protests, while these are powerful ways to make change, they can be overwhelming for people to engage with. Below are a mix of quiet and loud ways to protest, all as powerful as the next!

EAT, PROTEST, PLAY!



Take Part in a Protest

Make a plan to attend a climate protest as a group. You could even meet up beforehand to make banners and signs to take with you.

Support Protesters

If being front and centre of the action is too much for you, you could support protestors in other ways - bring down drinks and snacks and offer words of support.

Sign a Petition

Come together and research some active petitions in the climate change space, discuss them over a cup of tea and decide on one as a group to sign together.

Write to Your TDs

Is there a climate issue that the government should be acting on? Arrange a meet up for your group and draft letters on the issue to your local TDs together, you could even post them together once you've finished.

Check your Finances

Did you know that most Irish banks and pension funds invest in fossil fuels? Changing your bank or pension fund is a simple but powerful way to protest this, which has more impact than switching to a vegetarian diet, changing your energy supplier and stopping flying combined. But! changing banks can be boring. Meet up as a group and organise yourselves and get through the boring forms and blare some music to get you through!

Project Highlight #1

Follow [@climateireland](#), a grassroots environmental community, on Instagram for events, activities and ideas related to climate activism.

EAT, PROTEST, PLAY!

Host a Games Night

For your first get together you could ask everyone to bring their favourite game, don't worry about the games not being climate related, games are a good way to connect, build relationships and have fun together before you jump into taking climate action!

Ice-Breaker Games

Use an ice-breaker game at the start of each of your sessions to loosen people up and get things going. Try human bingo and fill the bingo card with different climate actions so you can see just how much people are already doing in their everyday lives.

Eat, Protest, Play!

Here are a few ways to incorporate games and play into your project, whether it's a games night to get things started or a sprinkle of play throughout the project, it's important to loosen up and have a bit of craic!

Dance!

- Get the group to stand in a circle
 - Ask one person (person 1) to turn away from the group
 - Choose another person (person 2) to make up a dance move, the rest of the group has to copy the move
 - Person 2 will keep changing the dance move but has to try to do it when Person 1 is not looking
 - Person 1 has to guess who has made the dance moves and chaos ensues!
- This is a great way of re-energising a group and to get people laughing



HOST A SKILLSHARE

Find out the skills people want and the skills people have

At the end of your 'Come Together' session break up into smaller groups of 3 or 4. Get people to write their name and the skills they'd like to learn on a post it, and their name and any skills they would be happy to share on another. If you can't think of a skill to share, think about the things you love to do and write them down.

Decide which skills to share

Take a look at the two lists of skills and see if there is any overlap. Choose 3 skills that you think the group would like to learn.

Set a day, time and place

Get in touch with the 3 people who offered to share those skills and ask if they need anything on the day to help them share the skills with the group. Set a day, time and a place for the skillshare to happen.

Share your skills!

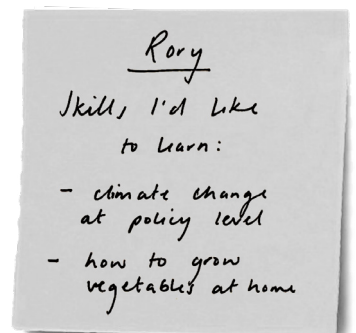
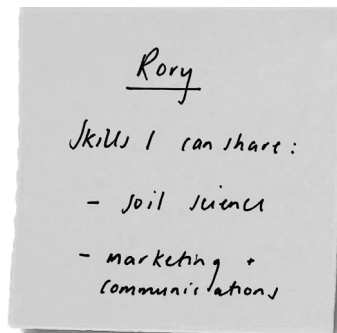
Host your session giving each sharer 15-30mins to host their mini session. They might have a short presentation, might read some notes from their phone or might get their hands dirty if it's a practical skill! Keep a note of all skills people suggested, including the ones that weren't shared, and create a skills library for future projects.

Remember, These skills don't have to be climate related, and everyone has a valuable skill to share!

2. Share your Skills

Host a Skillshare

Before you decide on what action you're going to take, it's good to know the different kinds of skills you have as a group. Skillsharing focusses on what you have and can do which builds confidence and enables action. These skills don't have to be climate related, part of the fun is applying these skills in a whole new way - the most important thing to remember is that everyone has a valuable skill to share.



3. Identify a Climate Action

From **HOMEWORK** to **CO-WORK**

Now it's time to start thinking about actions! We can see how it might be difficult to see how taking climate action in the home can be supported by a community. This activity will help with this and help you decide on the climate action you want to take, together.

Project Highlight #2

Clonmany Community Pantry is a community food sharing initiative based in Donegal. In 2022 they collected and redistributed over 16,000kg of food (the equivalent of about 38,000 meals!) that would have otherwise been household waste and is a great example of how a community action can support individuals to make a sustainable change in their life at home!

From **HOMEWORK**

The first task is brainstorming some **HOMEWORKS** you'd like to carry out. A **HOMEWORK** is a climate action in the home **eg. buy local food**. We've selected the themes Home/Energy and Food/Waste to keep the focus to the home and have given you a few ideas to get started.

to **CO-WORK**

The second task is to think about a **CO-WORK** that could support each of your **HOMEWORKS**. A **CO-WORK** is a community action **eg. a community food library**. We recommend trying to come up with at least one **CO-WORK** for each of your **HOMEWORKS**.

Prioritise and **Select** your **CO-WORK**

We've come up with a way to prioritise your **COWORKS** to help selecting just one a little bit easier. Feel free to use this method or go with your gut and choose the **COWORK** your like most or are most excited about as a group!



From HOMEWORK to CO-WORK

From HOMEWORK (15 min x2)

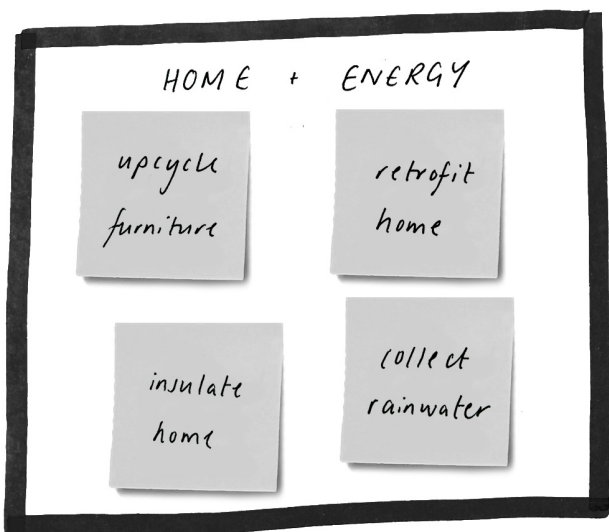
Prompt 1 - When it comes to **Home and Energy**, what actions could people take to live more sustainably in the home?

Prompt 2 - When it comes to **Food and Waste**, what actions could people take to live more sustainably in the home?

Get everyone in the group to individually start jotting down ideas on post its and adding to the large sheet/wall/window.

Spend 15 mins per prompt.

You should only have one idea per post it and remember it's about quantity over quality at this point.



What you will need:

Post-its

Markers/Pens

Small dot stickers in red, yellow, green and blue

OR

Red, yellow, green and blue markers

Flipchart **OR** A1 paper **OR** wall/window space

If you have a different focus or already have your topic feel free to skip straight to here, the most important thing is to fill your sheet with actions



to CO-WORK (20 mins)

Get a new sheet/space on the wall/window.

Working together, come up with at least one community action that can support each of your HOMEWORKS.

Again, make sure you only have one idea per post it.



Prioritise your CO-WORKs (15 mins)

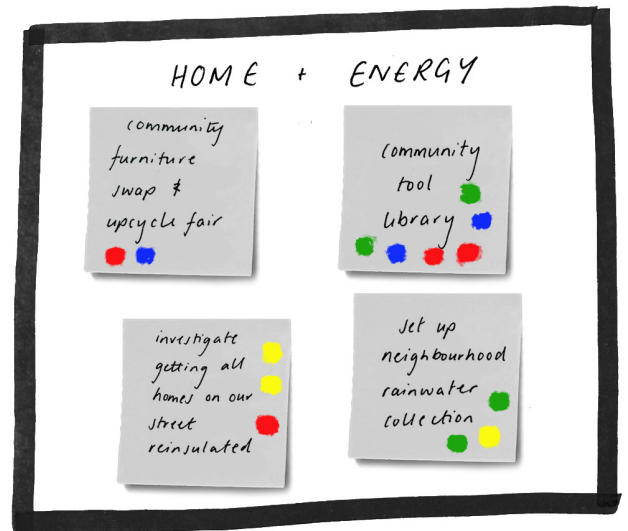
Look at the ideas you have come up with as a group

Each person should take four stickers, one of each colour. Each person should put a sticker down for each priority below, you can put multiple stickers on the same idea.

1. Ease - put a red sticker down on the idea you think matches the groups' skills best or the idea you feel would be the least resource intensive
2. Joy - put a yellow sticker down on the idea you would love to do most
3. Impact - put a green sticker down on the idea you think will have the most impact for the planet
4. Local Value - put a blue sticker down on the idea you think has the most value for a local community



You can use coloured markers to mark the post its with a dot instead of stickers!



Select your CO-WORK (10 mins)

Working as a group, look at the ideas that you've prioritised, use the priority stickers (or your gut!) to help decide your group's best idea.

You will be developing this idea in your next session so choose wisely!



TAKE a BREAK

Mind

It is so important to mind your mind throughout this process. We recommend getting outside to your local forest or woods and using the **Healthy Minds Club** beginners guide to forest bathing as a mindfulness exercise to do together. Follow this up with a chat about how you're all feeling or a group art therapy session.

We have also included a number of mental health resources in our resource list for anyone that's finding things particularly difficult.

Body

Follow the [@theworkoutwitch_](#)'s guides on instagram for some gentle somatic exercises to relieve stress and tension. You could set time aside for a movement session and follow a couple of these videos or maybe you'd like to kick off each of your sessions with a new video for some gentle and stress relieving movement!

Rest

In this busy world, rest is radical. Maybe your group doesn't need to come together for their break and would rather each set aside time to rest and relax in a way that feels best to them.

Take a break whenever you feel you need one, and take as many as you need throughout the process.

4. Take a Break

Take What You Need

Climate change can be an emotional topic and taking action can be exhausting. In order to prevent burn out it's important to take a break and look after yourself when taking action. We've included this as tool 4 but feel free to take a break whenever feels right and take as many breaks as you need during this process!



5. Mobilise as a Community

Form your Meitheal

Making any kind of change to the way we live isn't easy, in order not to burn out it is important we lean on others for support, in the knowledge that they will be there to lean on us too in times of need.

Meitheal is an old Irish term that describes how neighbours come together to assist in the saving of crops or other tasks.

We want you to come together as a Meitheal and explore how you can help one another make your chosen idea happen.

Get on the same page

First thing is to have a chat about your CO-WORK and what exactly it is, we've included a few prompts to make sure you're all on the same page before going any further.

Assign Roles

Next, it's time to assign roles to each other, you already know each others' skills and now it's time to lean on them. You'll be amazed how much you can achieve when you split up the work.

What else do you need?

Chances are you probably need a few things to get started. It's good to get these down on paper and figure out how you might be able to get your hands on them.

Who else do you need?

Even though you can do loads as a small group, getting other people involved can only make your CO-WORK even stronger, take some time to think strategically about who might be the best people to get involved and reach out to them.



What you will need:

Markers/Pens

Flipchart **OR** lots of paper!

1. Get on the same page

Take some time to give your idea a name and sum it up in a single sentence..

<p>Name of Idea:</p> <p>Sum it up in a single sentence:</p>
--

2. Assign Roles

Imagine you are piloting your idea, what is one action each member of this Meitheal can do to help make the idea happen?

Name:	Role:
Name:	Role:
Name:	Role:
Name:	Role:

3. What else do you need?

What other resources do you need to help run this pilot? eg. Materials, Money, Skills, People

Materials	Money
Skills	People

4. Who else do you need?

Who do you need to introduce into your Meitheal to help and what do they need to do?

General Public	Industry
Councils / Government	Other

Time to Act!

Hopefully this toolkit has helped you come together as a group and decide on an action you'd like to take, now it's time to make it happen. Don't worry about being perfect, or waiting for the right time (there's never a right time) or doing it all at once - just make a start and we promise you won't regret it!

Resources

Follow the QR code opposite for a list of resources that has been built as part of the process, feel free to add your own suggestions and our moderator will accept them.

Thank You!

We would just like to say a huge thank you to everyone involved in making this toolkit come to life, from the residency participants, to the all staff in Common Knowledge and Connect the Dots, without your support and collaboration this toolkit wouldn't be where it is today.

Let us know how you get on

We'd love to see our toolkit out in the wild! Feel free to send any feedback, photos or videos of the toolkit in action to aoife@ourcommonknowledge.org or tag [@common_k_](#) on instagram and X



Toolkit Co-Creation Process

led by



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by

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