

# Coming Up @ CCCU

- **[Welcome Week](#)** - Tues 20th - Fri 23rd Sept, everyday across campus.
- **[Student Green Office & Carbon Literacy Pop-Up](#)** - Tues 20th Sept, 11am - 1pm, the Yurt on Anselm Lawn.
- **[Creativity at CCCU, MA Exhibition](#)** - Mon 19th Sept - Fri 17th Oct, Daphne Oram. *Opening Reception Tues 20th, 5pm.*
- **[Creepy Claws, petting zoo](#)** - Tues 20th Sept, 12 - 2pm, Chapel.
- **[Night Owls with Canterbury Nighttime, owls on campus for students](#)** - Tues 20th Sept, 12 - 2pm, Johnson Wellbeing Garden.
- **[Freshers' Fayre](#)** - Wed 21st Sept, 11am - 4pm, across campus; Verena Holmes Plaza; Anselm Lawn; the Chapel and the Food Court. *10 - 11am quiet hour.*
- **[Wilder Campus Scavenger Hunt](#)** - Wed 21st - Fri 30th Sept, across campus. *Pick up a map from the CCCU Bookshop or SGO stands.*
- **[Medway Welcome Fair](#)** - Thurs 22nd Sept, 10am - 4pm, outside Rowan Williams, Medway Campus.
- **[Carbon Literacy Taster Session](#)** - Fri 23rd Sept, 12 - 1pm, ER0.02. *Email [john.hills@canterbury.ac.uk](mailto:john.hills@canterbury.ac.uk) to book a slot.*
- **[International Tea Party, international student event](#)** - Fri 23rd Sept, 2 - 4pm, Augustine Hall.
- **[Canterbury Food and Drink Festival](#)** - Fri 23rd & Sat 24th, 10am - 6pm; Sun 25th Sept, 10am - 5pm, Dane John Gardens. *20th Sept - Fri 17th Oct, Daphne Oram. Opening Reception Tues 20th, 5pm.*
- **[Canterbury Climate Action Festival](#)** - Sat 24th, 10am - 4pm; Sun 25th Sept, 10am - 4pm, Augustine Hall. *Canterbury Climate Action Awards - Sun 25th, 4 - 5pm, Augustine Hall.*

# Us in the World

## THE CANTERBURY CLIMATE ACTION FESTIVAL IS HERE

by Bethany Climpson

The Canterbury Climate Action Festival and Awards has arrived for 2022!

The Festival is a celebration of all things green and environmentally friendly in the Canterbury District, from schools to local businesses.

The Climate Action Festival is a descendent of the 2021 Canterbury Climate Action Week, which involved talks; a public rally; a Fairtrade Fair; a Green Business Day; and an Education and Schools Day in collaboration with local schools, colleges and universities.

Following the success of the Climate Action Week, the Canterbury Climate Action Partnership (CCAP) is hosting the Climate Action Festival as a weekend of presentations, activities, and stalls displaying the work of community groups.



Photo by Zulfi Ali: Canterbury Climate Action Week 2021

There will be zones for presentations and talks, as well as climate-related family activities, such as creating bug hotels, bird feeders, and going on a wildlife scavenger hunt and designing wildlife-friendly gardens.

Talk subjects will include the CCAP Action Plan, energy solution, eco churches, the fashion industry, Wilder Blean's reintroduction of bison to Kent, and more.

On Sunday, there will be the presentation of the Canterbury Climate Action Awards. The two categories of award are Climate Action (for projects that present a reduction in carbon and/or increase biodiversity) and Leadership in

Innovation (for innovations of carbon reducing/biodiversity increasing) and numerous community groups have been nominated.

The Awards will take place in Augustine Hall on Sunday 25th, between 4 and 6pm.

This year's Climate Action Festival is homed at Augustine House and will run from 10am until 4pm on each day of the weekend. It is completely free to attend.

To find out more about this event, the awards, and how you can get involved, please visit [ccap.org.uk](http://ccap.org.uk).

**Turn the page for more sustainability stories**



## In Pictures: Pilgrims' Ale Hop Picking



# Us in the World

## Pilgrims' Ale Launches at Food Festival

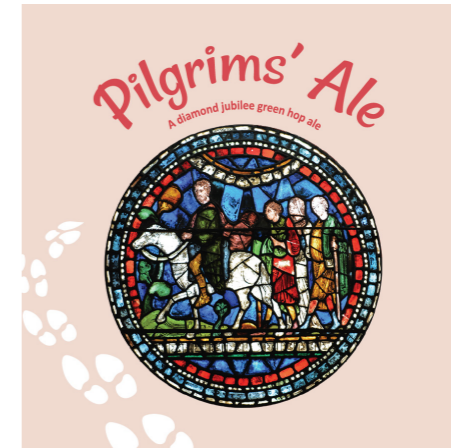
By Bethany Climpson

Christ Church's new ale is arriving at the Canterbury Food and Drink Festival at the end of September!

Like its predecessors – most recently The Three Choughs and Hop Picker's Tipple - Pilgrims' Ale is a heritage green hop ale, with the hops grown here on Canterbury Campus next to Moore building. We tended to our hops vines all spring and summer, and in early September, University staff, international students and local business partners gathered to harvest this year's crop by hand as part of the third Diamond Netwalking event for Christ Church's Diamond Jubilee Year.

As is tradition, they were then taken on the journey through Canterbury high street down to the Foundry, to be brewed into this year's Christ Church ale.

At the centre of the yearly ale project is a focus on heritage and the site Canterbury Christ Church sits on; once part of St. Augustine's Abbey. Above-



receiving nearly a million visitors every year, while names throughout Canterbury and Kent pay homage to the medieval pilgrimages that shaped our cultural history.

Today, pilgrimage's modern form is no longer about faith alone, but open for everyone to experience and enjoy. It invites locals and strangers alike to experience new places and people, and stands as a slower, more nature-centric activity in a fast-paced modern world. For this reason, the Pilgrims' Ale is being launched to coincide with the beginning of the Kent Pilgrims' Festival: five days of pilgrimage-and-medieval-inspired activities, events and walking routes to tap into the legacy of Kent's pilgrim history.

The Kent Pilgrimage Festival runs from the 21st to the 25th of September.

You can get a taste of Christ Church's brand new ale, however, from the 23rd to the 25th at the Canterbury Food and Drink Festival, situated at the Foundry beer tent at Dane John Park. It will be available in bottles from mid-October Touch-down Café and the Food Court.

*Turn the page for more sustainability stories*

## Positive Headlines

- [Waitrose has scrapped 'best before' dates on 500 products to help tackle food waste](#) - Sept 1st, Metro
- [A vaccine developed by the University of Oxford provides the most effective protection against malaria yet](#) - Sept 8th, Positive News
- [Australia's Great Barrier Reef is making a comeback](#) - Aug 6th, The Byte
- [Madrid builds a wind garden to cool down the city by 4 degrees](#) - July 11th, Happy Headlines
- [The U.S. is set to pass a bill promising nearly \\$370 billion in climate investments](#) - Aug 7th, The Guardian
- [1 billion trees will be planted in the U.S.A. as part of reforestation plans](#) - Sept 12th, Happy Headlines



## Coming Up @ CCCU

- **Thursday, 6 October, 3pm:** Veg Box Meeting – have your say in the campus veg box project; Laud Lg20, Canterbury Campus
- **Until Friday, 7 October:** [MA Exhibition](#); Daphne Oram, Canterbury Campus
- **Tuesday, 11 October, 7 – 8pm:** [‘Kent’s Black Edwardian Priest – the story of James Arthur Harley 1873 – 1943’](#); St Paul’s Church, Canterbury
- **Tuesday, 11 October, 2:30 – 4:30pm, via Zoom:** [Climate Justice, Criminal Justice](#) – academic seminar
- **Saturday 15th onwards:** [Canterbury Festival](#) – Kent’s art festival
- **Saturday 15th onwards:** [Ancient Lives: Archaeological Finds exhibition](#); Verena Holmes Building, Canterbury Campus
- **Tuesday, 18 October, 9am – 5pm:** [Social and Environmental Justice for a Sustainable Future Conference](#); Verena Holmes, Canterbury Campus
- **Thursdays 20 and 27 October, 10am – 1pm:** [Carbon Literacy Training](#) sessions, parts 1 and 2, staff book through MyLearning, students through carbonliteracytraining@canterbury.ac.uk; Canterbury Campus
- **Friday, 21 – Saturday 22 October:** [Festival of Heritage, Creativity and Culture](#); across Canterbury Campus
- **Friday, 21 October, 9am – 4pm:** [First Encounters: Kent Modern Slavery Conference](#); St Mary Bredin Church, Canterbury
- **Thursday, 27 October 12 – 3pm:** Refillable van – zero-waste pop-up shop; Verena Holmes Plaza, Canterbury Campus
- **Every Tuesday, 5 – 7pm:** [Chooseday Chill](#) – student wellbeing drop-in; Augustine House
- **Every Wednesday, 12 – 4pm:** [Potter and Prune](#) – gardening and relaxing in Johnson Wellbeing Garden; Canterbury Campus
- **Every Wednesday, 4:30 – 6pm:** Creative Connections – gentle, no pressure arts and crafts; Augustine House AH3.21
- **Every Friday, 2 – 3pm:** [Lego Connect](#) – student wellbeing activity; Chapel, Canterbury Campus

# Us in the World

## THE SOCIAL AND ENVIRONMENTAL JUSTICE FOR A SUSTAINABLE FUTURE CONFERENCE By Bethany Climpson

The 18th of October marks Christ Church’s Social and Environmental Justice for a Sustainable Future Conference.

As part of the Diamond Jubilee celebrations, various teams have come together to arrange an interdisciplinary day that explores social and environmental justice and its application to creating a sustainable future.

The day will host a number of presentations, workshops, Q&As and interactive activities led by environmentalists, academics, and individuals with lived experience. Topics range from craftivism and fast fashion to ecofascism and sustainable human development. Alongside a poetry reading and a tour of the climate dragon on Becket Lawn, Repair Café: Ashford will also be present at the event, encouraging delegates to bring a range of broken items in need of repair.

There will also be a Recycle Revamp Repurpose clothes swap, in which delegates can bring their old clothes and have them fixed at the sewing table, decorated at the printing table, or swapped out with other donated clothes on a one-to-one basis, totally free of



Photo by Jade Barker

charge.

At the beginning of the day, Nannette Youssef will be making the keynote speech. Youssef works out of The Runnymede Trust, an independent race equality think tank, and recently co-wrote *Confronting Injustice: Racism and Environmental Emergency* in partnership with Greenpeace.

Sustainability remains one of the biggest challenges facing our planet. We live in a world that is already experiencing unprecedented levels of biodiversity loss, extreme weather events, relentless population growth and natural resource depletion, in addition to on-going inequity and

injustice, and these problems are slated to only get worse without mobilisation of people and government pressure.

However, The Social and Environmental Justice Conference is also about developing a hopeful future and how we, and universities, can drive that forward.

The conference will be running from 9am to 5pm on the 18th of October out of Augustine House in the morning, and Verena Holmes from noon onwards. The event is totally free, and all are welcome to attend, but booking is necessary. You can book through the [BH365 events page](#).

## New Veg Box Coming to Campus



The Veg Box Project will soon be up and running at Christ Church - and you have the opportunity to get involved!

After a successful stall at Fresher's Fayre, in which she managed to give away all of the fruit and veg free samples she had to hand, Operations Officer Emily Nurden is hosting a meeting on October 6th at 3pm in Lg20, with the intention of putting together a student-led committee to run the Veg Box Project on campus this year. This meeting is also open for those looking to volunteer, or simply are interested in buying the veg when it gets up at running.



In tandem, she has also organised for the Refillable Van to visit campus on the last Thursday of every month until Christmas (27th October, 24th November). The first Van outing on the 29th of September had a great turn out of staff and students, refilling household products like washing up liquid and laundry detergent, as well as dried goods and shampoos, and no doubt will have more up-take as the months go on.



The projects aim to bring a small piece of sustainability to students and staff. The Veg Box Project will be using organic, locally sourced vegetables from Ripple Down Farm in Wye, and will be delivered to campus on a pre-order basis, so there will be no food waste from the stalls. Orders will be £5-6 for an 8kg box of mixed, seasonal vegetables; plenty for 1 or more people for a week.

If you're interested in purchasing a box, volunteering at the stall, or joining the committee to help run the scheme, scan the QR code to sign up!



Any questions?  
LETTUCE know at  
emily.nurden@  
canterbury.ac.uk

# Us in the World



## Our (Not Entirely) All New Student Green Office

By Bethany Climpson

After a successful recruitment period, the Student Green Office is back up to full strength with four Project Officers who will be focusing their work with the SGO on running events, writing blog posts and delivering sustainability to the students of Christ Church.

Their three core themes of sustainability are Living Well, Acting Together, and Learning for the Future, and their time in the SGO has already been productive, with a successful Freshers' Fayre stand giving out pens that very literally grow into trees, and several Pop Up stands in Touchdown.

This year we have two legacy Officers; Max Clinch (left) and Holly Steventon (right), a third year and MA student respectively, who ran a whole host of events last year, as well as trained to deliver Carbon Literacy sessions to students and staff alike.

Joining them are our two new officers, Tim Licence (centre right) and Amber Tydeman (centre left), both undergraduate students, who will be focusing on their themes of Acting Together and Living Well throughout the year.

To follow this year's SGO endeavours, check out the [sustainability blog](#) or follow us on our social media channels. If you'd like to collaborate with the SGO on a project you're passionate about, feel free to email us at [sustainability@canterbury.ac.uk](mailto:sustainability@canterbury.ac.uk) - we'd love to hear from you.

Facebook: [/cccsustainability](#)

Instagram: [@cccsustainability](#)

Twitter: [@cccsn](#)

## Coming Up @ CCCU

- [Thurs 10th: Carbon Literacy Taster Session: introduction to carbon and climate](#) - 10 — 11am, Moore Mg19, Canterbury Campus
- [Thurs 10th: BH365: African and Caribbean People in Britain, A History, with Prof Hakim Adi: open lecture](#) - 6 — 7.30pm, Augustine Hall, Canterbury Campus (*Tickets are free, booking required*)
- [Weds 16th: Diamond Jubilee Learning and Teaching Conference: staff event](#) - 12:30 - 4pm, Old Sessions House, Canterbury Campus
- [Thurs 24th: The Refillable Van: zero-waste pop-up shop](#) - 1 — 4pm, Verena Holmes Plaza, Canterbury Campus

## How To Learn About Your Carbon Footprint

By Bethany Climpson

Have you ever checked your carbon footprint? It's pretty easy. The WWF Calculator asks you how often you drive, how frequently you fly; do you eat meat on a regular basis and are you purchasing new laptops every year? Afterwards, you're given a footprint; the weight of the carbon you're producing. The UK average is 10 tonnes per person. 10 tonnes of CO<sub>2</sub> produced by each of us in our personal lives.

The global average, if you're wondering, is 4 tonnes.

It's pulled down because poorer countries, home to 9% of the global population, are producing just 0.5% of the global CO<sub>2</sub> emissions. They don't have as much import or export, and their use of fossil fuels is low. Meanwhile, the richest half of the globe (higher and upper-middle income countries) are producing 86%. The United Kingdom is, by the way, the 18th highest CO<sub>2</sub> emitting country in the world, as of 2020.

There's a lot that could be covered in this incredibly brief look into carbon footprints; the effect of transportation, of infrastructure, of how the UK's biggest carbon emission is in the burning of fossil fuels to make electricity – but it's far too much for this half page spread. That's why we have Carbon Literacy Training sessions. To teach you all of this and more – to find out what is best for us as people, organisations, communities, countries. To find out what it is that we can individually do to improve our carbon footprints, but also to lower the footprints of those around us, of the organisations we work in – or learn at – and pledge ourselves to doing better.

Well over 100 staff and students have already engaged with our classes, and we'd like to improve on that number. One hour taster sessions occur every month – the next is on **November 10th, 10 – 11am** in Moore (Mg19) – while the full training will be run as a two-parter on **November 17th and 24th, 10am – 1pm** in Newton (Nf01). Certification is totally free and highly encouraged; what better way to start looking out for your planet than to find out what you can do to help it?

Staff book through My Learning on StaffSpace; students book by emailing [carbonliteracytraining@canterbury.ac.uk](mailto:carbonliteracytraining@canterbury.ac.uk)

# Us in the World

## Here Be Dragons (On Becket Lawn)

By Bethany Climpson

The dragon on Becket Lawn has finally got a name! After a month-long poll, in which several names were on the docket (including Idris, of *Ivor the Engine* fame; Dragony, surname McDragonface; and Firebreath, straight from *The Elder Scrolls V: Skyrim*), the clay and moss dragon has been deemed Spiro, after the classic video game *Spyro* and the Latin phrase, *dum spiro spero* – “While there's life, there's hope”.

If you haven't yet seen the dragon, it's been steadily growing from a chalk outline in the grass for a number of months, beginning back in June with a small number of volunteers. The process of creating the dragon involved hefting wheelbarrows of rubble into the outline and building it up into the body; wings on either side, clawed feet at the front, a head and a twisting tail looping over itself.

After, the rubble was covered in chicken wire, sand to fill the gaps between rock, and hessian to hold it all in, before clay was made and slathered on top. Finally, a mixture of sedum for the warm months, and “moss soup” – using a mix of Christ Church's Three Choughs Ale – for the wetter, colder months, was painted on top, allowing the entire dragon to grow green. And, as moss is excellent for carbon capture, it will also *be* green, too.

The project was spearheaded by Senior Research Fellow in Medieval and Early Modern History, Dr Diane Heath, with a small army of help across the various months, including Dr Pip Gregory, a number of students, staff members, people from the local community – including children – and the local Scouts group.

Behind the dragon was an idea to enable the interaction of history, special needs, and the climate crisis. History, as the dragon is medieval in style and context, and Christ Church is built upon the same site as the medieval monastery of St. Augustine's Abbey. Special needs, as Dr Heath's goal with her project, [Medieval Animals](#), is to engage families with special needs children with their local 'green' heritage.

And the climate crisis, as dragons often represent many negative traits – especially ones like greed, which led to our current climate emergency. The dragon, however, is also a protector and a symbol for good in medieval heraldry, so although the initial attempt at covering the sculpture in moss failed when the moss died in the hottest summer Kent has on record, there is also hope that the moss will take better in cooler conditions and turn the dragon into a mossy

emerald green figure for climate mitigation.

Since the first dragon was built, a second, smaller one has also begun taking shape. The baby dragon is being built right beside the original, using the same method. This does mean that if you weren't able to get involved with the original dragon – there's still time! **Dragon building occurs from 2pm every Wednesday on Becket Lawn**, and all help is appreciated.

*Spiro was created by Dr Diane Heath with the help of Dr Pip Gregory, the Grounds and Gardens team, the Academy for Sustainable Futures, Student Green Office, and a number of local community members, staff, students, and International Students. Dr Heath would like to thank all those that got involved, including Max, John, Bethany, Pip, Laine, and Eli.*



## Student Wellbeing Events This Term

This year at Christ Church, student wellbeing is being placed at the centre, and that means the Student Wellbeing Team are providing a whole host of weekly events that students can get involved with to tune out everything else and focus on themselves. We all need a little me time and mindfulness every now and again – so why not do it at one of these free workshops and get together with your friends?

Firstly: [Choseday Chill](#), every Tuesday, 5 – 7pm, in Augustine House. It includes free tea and toast, board games and the opportunity to hang out with your friends and the Wellbeing Team in an easy environment.

Also on Tuesdays is the brand new [Self Help Book Group](#). Running every Tuesday of the term in AHg.56, the Book Group identifies books and resources to help manage your health and wellbeing that you can borrow from the library. You don't have to come to the in-person group as well, but you're more than welcome to and discuss your experiences and reading – just email [mentalwellbeing@canterbury.ac.uk](mailto:mentalwellbeing@canterbury.ac.uk) to join!

On Wednesdays, 4:30 – 6pm, is [Creative Connections](#) in AH3.21. This is all about creativity and a gentle, no pressure environment to try out new crafts. No booking required; just come along and get creative!

Finally, the Wellbeing Team have put together four informative workshops for students this term. The first of which, on anxiety and sleep, happened last week, but there are still three more to come! In Lg39, from 2 – 4pm, the workshops will cover [Managing Assignment and Exam Stress](#) (November 10), [Mindfulness](#) (November 16) and [Confidence and Self Advocacy](#) (December 6). Each of these workshops has been designed to help students with their health and wellbeing in a friendly and informal environment.

*More information about Student Wellbeing events can be found on the [CCCU Events](#) page.*

## Postive Headlines from October

- [Lloyds Banking Group has pledged to stop funding new fossil fuels projects](#) - Oct 20, Reuters
- [The people of the Gaza Strip are returning to their beaches after a successful coastal clean-up initiative](#) - Oct 19, Positive News
- [The world's first floating city, a solution to overcrowding and rising sea levels, is underway in the Maldives](#) - Oct 14, Positive News
- [An "aspirational" plan has been put in place to reduce aviation emissions to net zero by 2050](#) - Oct 5, ICAO

# Us in the World

## Social and Environmental Justice for a Sustainable Future

*with photos by Mirka Karaskova*



On 18 October, 2022, Christ Church hosted the Social and Environmental Justice for a Sustainable Future Conference, a day for discussion and collaboration between a wide range of diverse voices. The event included a number of talks from poetry readings to fast fashion, and garnered over 60 delegates, half of which being students. The keynote speech (as seen above), was delivered by Simon Hood of the Runnymede Trust, on the topic of the intersection of race and the environmental emergency. The event was well-received and a great opportunity for staff, students and academics to interact over a common cause.

## Coming Up @ CCCU

- **Christmas Wrapping Paper Crafts Session: staff and student creative activity** - Tues 6th, 12 – 2pm, The Food Court, Canterbury Campus
- **Chooseday Chill: student wellbeing drop-in** - Tues 6th + 13th, 5 – 7pm, Augustine House, Canterbury Campus
- **Self-Help Book Group** - Tues 6th, 6 – 7pm, Augustine House, Canterbury Campus. *To join please email [mentalwellbeing@canterbury.ac.uk](mailto:mentalwellbeing@canterbury.ac.uk).*
- **StressLess Free Hot Chocolate: student drop-in** - Weds 7th, 10am – 12pm, Augustine House, Canterbury Campus
- **Potter and Prune: gardening drop-in** - Weds 7th + 14th, 12 – 4pm, Johnson Wellbeing Garden, Canterbury Campus
- **Wednesdays in the DO, Board Games** - Weds 7th, 2 – 4pm, Daphne Oram Café and Gallery, Canterbury Campus
- **Creative Connections: student wellbeing event** - Weds 7th + 14th, 4.30 – 6pm, Augustine House AH3.21, Canterbury Campus
- **'Made This', How I Created a Sustainable Fashion Brand: creative arts lecture** - Weds 7th, 5 – 8pm, Daphne Oram, Canterbury Campus
- **Diamond Netwalking Club #4** - Fri 9th, 10.30am, starting at Augustine House, Canterbury Campus. *Booking required, limited spaces.*
- **StressLess Christmas Decorations: students craft activity** - Fri 9th, 2 – 4pm, Augustine House 2nd floor, Canterbury Campus
- **Carols by Candlelight: carol concert** - Fri 9th, 7 – 8.45pm, Canterbury Cathedral. *Tickets are free, booking required.*
- **Wednesdays in the DO, Open Mic** - Weds 14th, 2 – 4pm, Daphne Oram Café and Gallery, Canterbury Campus
- **Veg Box Pop-Up: student and staff veg box collecton point** - Thurs 15th, 3 – 5pm collection, Verena Holmes Plaza, Canterbury Campus. Order a veg box before 7am on the Tuesday prior to collection. Please bring your own bag.

Do you want to be on the online Us in the World distribution list, or receive hard copies to your office? Let us know! Shoot us an email at [sustainability@canterbury.ac.uk](mailto:sustainability@canterbury.ac.uk) to ask to be added to the email distribution list, and you'll receive a PDF copy for each newsletter. Or, tell us how many paper copies you'd like sent to you for sharing with students and colleagues! Plus - do you have Christ Church-related sustainability news? We would love to know about it so we can feature it in the newsletter or on our [Us in the World events listings!](#)

# Us in the World

## PILGRIMS' ALE ARRIVES AT CHRIST CHURCH

by Bethany Climpson

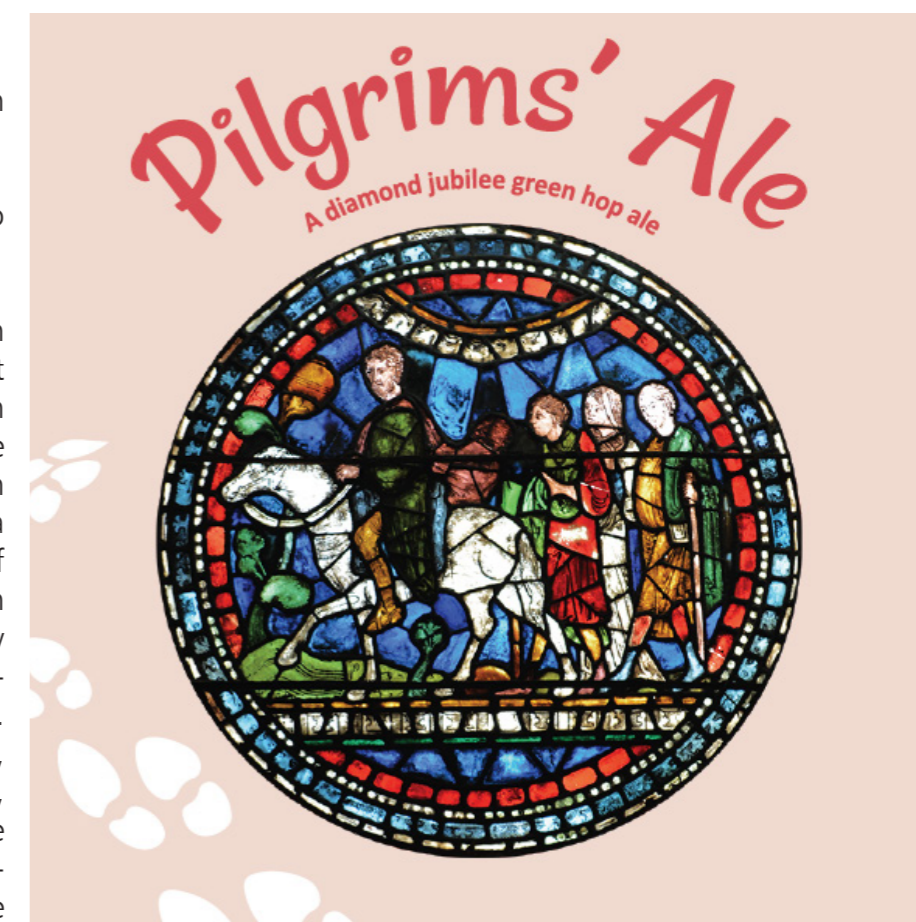
Christ Church's 7th homegrown beer, Pilgrims' Ale, has arrived!

Here is everything you need to know about it:

The life cycle of a Christ Church ale starts at the hop gardens that we tend on campus: the main one between Fleming and Moore buildings, and a secondary garden sat atop the bank outside Verena Holmes. The gardens comprise of wooden hop poles, linked with wire, and the hops 'bines' grow up and around the posts, blooming in the late summer months. The hops are heritage varieties, consisting of East Kent Goldings, Bramling Cross, Canterbury White Bines and Early Prolific - the latter two unlikely grown anywhere else in the world. These heritage hops connect us to our monastic history of the monks of St. Augustine's Abbey who likely brewed beer on this very site.

Then, in September, the hops are harvested. This year, staff and visitors on the Diamond Jubilee Netwalking event stopped by to lend a hand; then the picked hops were marched down to the Canterbury Brewers and Distillers and blessed by one of our chaplains.

In the spirit of tradition, the branding was designed by students, this year from the Business School,



and relates back to our heritage in Canterbury. Our previous ales have done the same, for example, Tradescant 400 marking 400 years since John Tradescant is believed to have brought the larch tree to England.

This year, Pilgrims' Ale harks back to the history of pilgrimages associated with Kent. Canterbury Cathedral has been, and continues to be, a popular pilgrimage destination, even if pilgrimage has changed form for modern times; based less on faith and more on the experience of the

journey. The image on the label is even one of the stained glass windows in the Cathedral depicting the pilgrims.

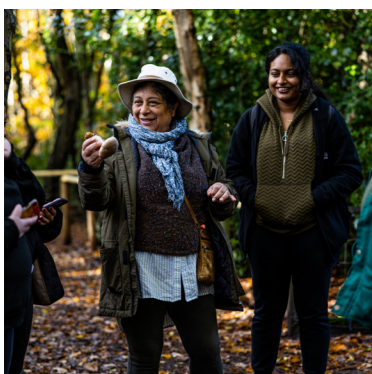
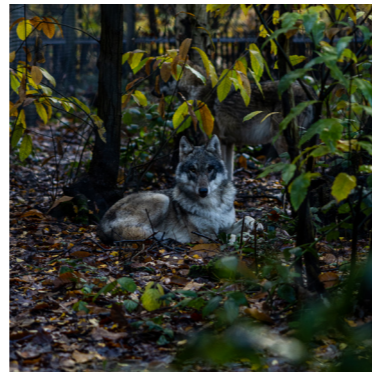
Pilgrims' Ale was entered in the Kent Green Hop Beer Awards and came third – making it our first award-winning ale!

It is available for purchase out of Touchdown Café and the Food Court.

**Turn the page for more sustainability news** →

# A DAY AT WILDWOOD PHOTOS

by Yanko Georgiev



# Us in the World

## A DAY AT WILDWOOD

by Holly Steventon

Did you know that Magpie Inkcap mushrooms used to be a common source of ink for writing, drawing and painting? Or maybe that beavers avoid being squashed by the trees they chew through by listening to the sound of it creaking and judging what way it'll fall?

Or perhaps you've heard of Wildwood Trust, a discovery park located in Herne, home to over 200 animals and just a short trip from Canterbury. Sitting on 40 acres of ancient land, Wildwood is centred around the conservation and restoration of wildlife, offering fairly priced and interactive days out all through the week.

We were lucky enough to be given a tour around the beautiful grounds as part of a CCCU-organised event and learn all about the history of the land, its wildlife and Kent as a wider whole. Our tour guide for the day, Steve, met us at ten o'clock (an early and slightly chilly start to the day!), and we set off down one of the natural winding footpaths cutting through the park.

Lasting four hours in total, we were able to see reindeer, foxes, crows, rabbits, otters, bison and many other animals up close, often just a few feet from the path. Alongside this stunning array of wildlife, the grounds itself were breath-taking, especially

with the autumnal foliage in full swing, and Steve was a fountain of never-ending knowledge, patient and diligent in his detailed explanations and answering of questions.

In fact, the questions from the start were just two of the many things I learned from Steve, such as how you can tell the age of a reindeer in captivity by looking at its antlers, counting the branches, and then adding two. Or, for something a little more local, there are also legends of the Red-Billed Chough, a bird believed to be that of Saint Thomas Becket's, and how it obtained its distinctive red beak and feet by landing in his blood after his murder. These magnificent birds were once native to Canterbury, their curved tapered beak allowing them to probe through soil to find nutrients along clifftops, and are now being released back into the Kentish wild.

However, Wildwood's most ambitious and anticipated project is perhaps Wilder Blean, an initiative in which ["nature is given the tools and space it needs to recover itself."](#) The plan is to release animals such as bison and pigs to terraform the landscape and promote diversity and the healing of our natural spaces, as having bison, for example, in an area drastically increases the success of other wildlife species in numerous ways.



Photo by Yanko Georgiev

Although the wildlife at Wildwood is by far its main attraction, there are also several lovely facilities on-site, such as a log-cabin-inspired café, a cosy gift shop, a play area for children with ice cream in the summer, and a myriad of benches across the grounds for the perfect picnic spot.

Wildwood is open every day of the week, from 10am to 4pm, and offers a host of events, experiences and days out. We hope you enjoy your visit as much as we did!

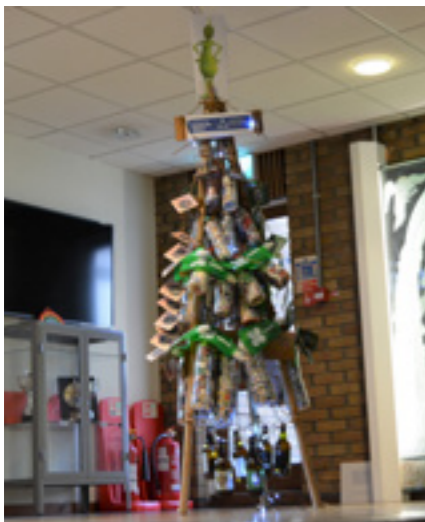
[Read the entire article](#) and see more photos from the day on our blog: [blogs.canterbury.ac.uk/sustainability](https://blogs.canterbury.ac.uk/sustainability)



## CCCU in Pictures



During December, the Canterbury Christ Church Creatives ran a wrapping paper-making workshop in the food court before Christmas; staff and students used pens, paints and printing to design their own wrapping papers for their presents! Photos by Adriana Consorte-McCrea.



The Student Green Office got up to several events during December: a (failed) Christmas dinner in the pizza oven experiment that resulted in little more than a half-raw Yorkshire pudding (but lots of fun memories); the creation of the sustainable Christmas tree for the Chapel's annual competition (made from recycled and borrowed materials); and a Three Choughs beer tasting at the Student Union's Café 41 Green Day, in which a whole host of students got to try the ale we make on campus!

# Us in the World

## WISE WORDS FOR THE EARTH: GEOPOETRY

by Victoria Field and Helen Natrass

The following is a report of the Canterbury and East Kent Wise Words workshops - Fabric of the Earth and Life on Earth - that took place in the Beaney Library during the Canterbury Festival on Saturday, 29th October:

The Wise Words for the Earth workshops were run by Victoria Field - a writer, poetry therapist and researcher who founded Wise Words for Wellbeing in 2012 - and Helen Natrass - a geologist, engineer, and the current co-ordinator of the weekly Wise Words for Wellbeing workshops in Canterbury Library. Both participated in the Geological Society's Geopoetry event in London in 2011, and Helen was a speaker at Geopoetry 2020.

The aim of the geopoetry workshops was to engage with the questions of deep time and human creativity, using the material wonders of rocks and fossils alongside poems and creative writing. The intention was to bring mind and body, soul, imagination and emotions into an exploratory space.

Geopoetry is the poetry with the Earth at its centre; and for these workshops, the attendees were all given a variety of rocks and fossils to guide them in their writing.

The workshops were each attended by 11 people, 8 came to both workshops and 3 each attended either morning or afternoon. There was a wide age range (20s-over 90), experience and background. Around half were attendees of local writing groups and others came via the festival or CCCU.

A handling set of rocks and fossils were loaned by the Sedgwick Museum of Earth Sciences in Cambridge. Helen introduced these and gave some background history of rock formations and the geology of Kent in the morning, and of fossils, ephemerality and persistence. Victoria introduced poems by Alyson Hallett, Mary Oliver and P.K. Page and text by Robert Macfarlane, using these as prompts for writing.

The workshops were offered on a donation basis and raised £112.24 for Canterbury & East Kent Wise Words, which offers writing and wellbeing opportunities in the Canterbury area. Thank you to the Library for use of the room and the festi-



val for publicity. The following pieces of creative writing were produced during the workshops:

"I FEEL ALIVE WHEN: I swim in the sea. I feel part of earth's bounty in the ocean, looking around me at the beauty of the indented landscape with its lovely coves and bays, cliffs and rocky shores. The common terns don't take much notice of me when I float on my back or do a gentle breast-stroke towards them. It is good to watch them diving for small fish not far from the surface of the calm, translucent water.

I feel far more alive, though, when the sea is rough with cresting waves and surf crashing on to the shore."

Wendy Blanchet

### FOSSIL FROG

long agile legs  
eye sockets – you can see  
large mouth  
traces of webbed toes  
bulbous body  
space for air or not-air  
special lungs  
living on land, in water  
amphibian filigree skeleton  
a swimmer a hopper  
rana rana  
I can swim and hop  
but not as well as you  
rana rana

Helen Natrass

For more information on geopoetry, we recommend taking a look at [geopoetics.org.uk](http://geopoetics.org.uk).

# CCCU RANKS 42ND IN SUSTAINABILITY LEAGUE

At the beginning of December, the [2022 People & Planet University League ranking](#) was released. People & Planet has been around since 1969, under their then-name "Third World First". They are the largest student network in the UK that campaigns for social and environmental justice, and have, in recent years, achieved a host of impressive accomplishments, including pressuring 1 in 3 UK universities to divest from the fossil fuel

industry and forcing the education sector into taking climate change seriously.

The yearly league table ranks 153 UK universities on their environmental and ethical performance; assessing many aspects of the institutions, from their auditing and environmental policy, to their engagement and sustainable food options.

In 2021, Christ Church ranked 78th as a 2:2 class university, scoring only 42.3%. This year, Christ Church has improved 36 places, to 42nd in the ranking, at 53.7%. At a 2:1 class, we are ranked higher than 101 other universities in terms of sustainable and ethical conduct.

Places to improve, according to the league table, include updating our environmental policy and strategy, and pushing our carbon and water reduction further.

However, we have improved in almost every category in the past year, and look forward to doing even better in the 2023 league table.

# VEG BOX ON CAMPUS

After a successful first term, The Veg Box Project is back this January!

The project aims to deliver local, organic fruit and veg straight to you on campus.

Upcoming dates to collect your very own assortment of fresh, organic and local fruit and veg are as follows:

Thursday 19th January, 3-5pm

Thursday 26th January, 3-5pm

Thursday 2nd February, 3-5pm

Thursday 9th February, 3-5pm

Ordering closes at 11am the Tuesday before

collection. Bring a box or bag to carry your veg home, and a card for the £6 payment on collection!

To sign up to order your own veg boxes and be added to the mailing list, email [emily.nurden@canterbury.ac.uk](mailto:emily.nurden@canterbury.ac.uk). [Or order through this link.](#)

Plus, on the last Thursday of every month, the Refillable Van will be up at Verena Holmes, 1-4pm, selling sustainable items and refilling household products and dried goods.



# Us in the World

## TEACHING RESOURCES FOR SUSTAINABILITY

by Bethany Climpson

Welcome to 2023!

With many teaching activities on pause for January while students sit exams and write assignments, we wanted to take this opportunity to highlight some of the resources available that you can use to teach, to share, and to help embed sustainability into your curriculum.

For starters, our [sustainability collection](#) of books and resources resides on the second floor of Augustine House Library, just on the right of the staircase. This collection was the result of the library's Shape Our Library initiative, in which they request feedback and ways to improve. In response to the feedback of needing "more resources on climate change", the sustainability collection was curated, with over 100 4-week loan books covering climate, environmental and sustainability topics. The entire collection can be found on the online LibrarySearch, with availability included.

Next, the Academy for Sustainable Futures has produced a [webpage of teaching resources](#), to aid with embedding sustainability within the curriculum. This contains a number of useful links, videos and guides to how sustainability can be taught, and also how it can be threaded through other subjects.

The teaching resources that we provide include (but are not limited to):

- An entire 'Teaching Resources for Sustainability' Blackboard aiming to help embed sustainability into the formal and informal curricula



- The 'Introducing Sustainability' Q&A video series, of which we have multiple: long, ten-minute videos with in-depth answers; short, minute-long overview videos; and a playlist of thirty-second Tik-Toks

- 'Sustainability Education: A Classroom Guide', co-authored by Academy for Sustainable Futures member, Stephen Scoffham – which is available through the CCCU Bookshop and other retailers, and comes alongside a series of free, open-access PowerPoint presentations and additional resources to support and expand on the subjects within the book

- The Exploring Sustainability resource guide to help aid discussion and thinking around sustainability issues

- Plus a number of blog posts, Expert Comment articles, events, sustainability spaces, educational games, resources and more – all available through the website or upon request

Finally, to support the incorporation of sustainable perspectives into the curriculum across disciplines and courses, there is an Education for Sustainability development and review tool to help identify opportunities for curriculum enhancement and barriers to further progress.

In 21/22, five undergraduate Education courses embedded sustainability modules into their curriculum, which we hope will inspire discussions going forward about how sustainability can feature in other courses and faculties.

# Coming Up @ CCCU

- [Veg Box Collection](#) - every Thursday, 3-5pm (order before 11am the Tuesday prior - email [emily.nurden@canterbury.ac.uk](mailto:emily.nurden@canterbury.ac.uk) to learn more)
- [LGBT History Month Quiz Takeover](#) - Sunday 5th and 26th, 7pm, The Lounge at St. Georges (£2 entry)
- [Carbon Literacy Taster Session](#) - Monday 6th, 1-2pm, Mgl8: staff and student introductory workshop (bookable via [Staff Space](#) and [carbonliteracytraining@canterbury.ac.uk](mailto:carbonliteracytraining@canterbury.ac.uk))
- [Sustainability Pop-Up at Medway](#) - Tuesday 7th 11am-1pm, Rowan Williams Touchdown Café
- [Carbon Literacy Taster Session at Medway](#) - Tuesday 7th, 1:30-2:30pm, RWgl9 (book online or by email)
- **Arcade Day** - Thursday 9th, The Lounge at St. Georges
- [Carbon Literacy Training Part 1 & 2](#) - Mondays 13th and 20th, 1-4pm (book online or by email)
- **Spread the Love Day** - Thursday 16th, The Lounge at St. Georges
- **One World Week Open Mic & Poetry Event** - Monday 20th, The Lounge at St. Georges
- [God's Own Country Film Screening](#) - Wednesday 22nd, 6.30pm, VH0.04
- **International Café Day** - Thursday 23rd, The Lounge at St. Georges
- [Refillable Van](#) - Thursday 23rd, 1-4pm, Verena Holmes Plaza
- [Stitch & B\\*tch](#) - Thursday 23rd, 6-8pm, MS Teams
- [LGBTQIA+ Society Takeover \(Mini Pride!\)](#) - Thursday 2nd, 7-10.30pm, The Lounge at St. Georges (for staff and students!)
- [Vigil for Ukraine](#) - Friday 24th
- [International Food and Culture Fair](#) - Friday 24th, 1-3pm, The Lounge at St. Georges

# Us in the World

## GRAB A TEA & TOASTY AT THE STUDENTS' UNION

The Students' Union has re-opened their café space beside the SU Lounge on George Street. Before lockdown, Café 41 was a popular place for students, selling hot drinks and meals. Now, it's been reopened as a dedicated warm space amidst the cost of living crisis, where students are invited to study and socialise in a warm, relaxing space. The café is open daily as a space where students can go and get free tea and coffee in a comfortable environment.

Now renamed Tea and Toasty, the café has been hosting a number of free events over the winter months to give students a shelter from the cold.

So far, the events have had great success. Cake Day, Arcade Day, Green Day and Winter Wellbeing all hosted a large number of students across their Thursday Takeovers, offering out free cakes, games, snacks and books, as well as encouraging activities like clothing swaps, ale tastings, veg boxes and more.

Hopefully, the success of these events will continue on through February, with plans to continue hosting daily hot drinks, and also run Workshop Wednesdays with the Learning Skills and Careers and Enterprises Hub extending support to students for drop ins and bookable sessions.

The Students' Union will also be running a slate of new Thursday Takeovers, including a student-led launch of the "Educate. Understand. Respect." campaign regarding the use of pronouns; another Arcade Day with a grabber machine, xbox console and ping-pong table; a Spread the Love Day including wall of positive affirmations and film screenings; and the International Café Day during which students and staff are encouraged to drop in and share their cultures with each other through mini language exchange sessions, watch films, and consume free tea, cake and coffee throughout.

Why not drop into Tea and Toasty and relax a while?



Photos by The Students' Union

Turn the page to discover more sustainability news



# FAIRTRADE FORTNIGHT



At the end of February, the annual Fairtrade Fortnight will be returning, promoting the small switch to Fairtrade products, which will in-turn protect the future of some of our most-loved food, as well as the planet.

Soon, cocoa, bananas and coffee will be more difficult to find on our shelves. As the Fairtrade Foundation puts it, "[Climate change is making crops like these harder and harder to grow. Combined with deeply unfair trade, communities growing these crops are being pushed to the brink.](#)" Luckily, choosing Fairtrade means helping these in-need communities; providing them with more income, power and support, while they create products that we take for granted.

The fortnight takes place from 27 February to 12 March and will be celebrated with Big Fairtrade Get Togethers online, raising money and awareness for Fairtrade.

At Christ Church, the Student Green Office is planning on holding a few stalls throughout March to raise awareness and give away some Fairtrade freebies, but year-round our various Christ Church food outlets – Touchdown, The Food Court etc. – sell a number of Fairtrade foods and drinks that you can switch to; just look for the logo!

# CARBON LITERACY TRAINING 2023 DATES

[Carbon Literacy Training](#) teaches you about the basics of climate science, getting to grips with CO2 and why it matters, how to work out your own carbon footprint and the steps you can take in your homelife *and* worklife to live more sustainably.

The full course is around ten hours between two sessions, while the taster session is a one hour brief overview.

If you are interested in attending any session or workshop, slots are bookable for staff via Staff Space and students by emailing [carbonliteracytraining@canterbury.ac.uk](mailto:carbonliteracytraining@canterbury.ac.uk).

Likewise, if you have any queries or want to book a whole department or class session, feel free to email.

## TASTER SESSIONS:

- Monday 6 February, 1-2pm, Mg18
- Tuesday 7 March, 1-2pm, Jg10
- Wednesday 5 April, 1-2pm Jg10

## FULL WORKSHOPS:

- Mondays 13 & 20 February, 1-4pm
- Tuesdays 21 & 28 March, 1-4pm
- Wednesdays 12 & 26 April, 1-4pm

# Us in the World

## LGBT HISTORY MONTH AT CHRIST CHURCH



Photo by Andrew M. Butler

by Bethany Climpson

February is home to the annual event of [LGBT History Month](#) in the UK; a month-long celebration that raises awareness of and combats prejudice against the LGBTQ+ community. Founded in 1994, it intends to celebrate the achievements of the community, as well as their diversity.

With the yearly tagline of "Claiming our past. Celebrating our present. Creating our future", LGBT History Month aims to target the community as a whole, but also the curriculum of students in primary and secondary age groups, providing resource packs with lesson plans and activities across multiple years, all available on their website. The month also has a yearly theme, working its way through various subjects to show how LGBTQ+ lives are embedded in so many different areas. For 2023, the theme is "Art: Behind the Lens", focusing on LGBTQ+ contributions to cinema and film from behind the camera.

That means we're not talking about actors, but instead the vast array of roles that need to be filled to create cinema: directors, screen writers, animators, costume

designers, lighting directors, musicians, choreographers and more. As their statement says, "At a time when LGBT+ lives are in the media we also encourage you to look 'Behind the Lens' and listen to LGBT+ peoples' lived experiences".

At Christ Church, we're celebrating LGBT History Month in a number of ways. On the [Sustainability blog](#), we'll have weekly recommendations for films, books and poetry about and by LGBTQ+ people, and our socials will be sharing [a series of influential LGBTQ+ figures from throughout history](#) to provide bite-sized information about the LGBTQ+ people who have shaped our world.

Finally, on Canterbury campus, there's a whole host of events to celebrate the month:

- **All month long** – [Augustine House will have a resource area, "Behind the Lens" display, and Stress Less area with books and activities](#)
- **Sunday 5th, 7pm** – [LGBTsoc's Big Quiz Takeover](#) at The Lounge (£2 entry, £1 going to Mermaids charity)
- **Tuesday 7th, 7-11pm** – [LGBTsoc's Coming Out? film viewing](#) at The Lounge
- **Wednesday 22nd, 6.30pm** – [God's Own Country film viewing](#), VH0.04
- **Thursday 23rd, 6-8pm** – [Stich & B\\*tch](#), via MS Teams
- **Sunday 26th, 7pm** – [LGBTsoc's Big Quiz Takeover](#) at The Lounge (£2 entry, £1 going to Mermaids charity)
- **Sunday 26th, 6-8pm** – [LGBT+ History Month photo tinting workshop](#) (location TBC, email five photos/images to [canterburychristchurchcreative@gmail.com](mailto:canterburychristchurchcreative@gmail.com) by Feb 20 to participate)

# Coming Up @ CCCU

- [Potter and Prune](#) - every Wednesday, 12-4pm, Johnson Wellbeing Garden
- [Veg Box Collection](#) - every Thursday, 3-5pm (order before 11am the Tuesday prior - email [emily.nurden@canterbury.ac.uk](mailto:emily.nurden@canterbury.ac.uk) to learn more)
- [Carbon Literacy Taster Session](#) - Tuesday 7th, 1-2pm, Jg10: staff and student introductory workshop (bookable via Staff Space and [carbonliteracytraining@canterbury.ac.uk](mailto:carbonliteracytraining@canterbury.ac.uk))
- [Student Careers Workshop \(Sustainability\)](#) - Wednesday 15th, 1.30-3pm, The Lounge @ St Georges
- [Spring Festival](#) - Tuesday 21st, 11am-2pm, location TBC
- [Carbon Literacy Training Part 1 & 2](#) - Tuesdays 21st and 28th, 1-4pm (book online or by email as above)
- [Tote-ally Yours \(Wednesdays at the DO\)](#) - Wednesday 22nd, 2-4pm, Daphne Oram (tote bag decorating workshop)
- [What Does Inclusion Feel Like? Stories of Natural Difference](#) - Tuesday 28th, 1-3pm, Lg25 (email [maximus.clinch@canterbury.ac.uk](mailto:maximus.clinch@canterbury.ac.uk) before March 10th to register as a speaker)
- [Refillable Van](#) - Thursday 30th, 1-4pm, Verena Holmes Plaza (zero waste pop-up shop)

## WOMEN'S HISTORY MONTH

Following on from February's LGBT History Month, March is Women's History Month, a time dedicated to acknowledging and celebrating the contributions of women and their successes in the past, present and future. Founded in the United States as a single celebratory day in 1911, the event grew to become Women's History week in 1978, a fifteen-day conference in 1979, and by 1987, a full month long.

To celebrate the social, economic, cultural and political achievements of women, and reflect on the work that still needs to be done to achieve gender parity, The Women's History Alliance elects a theme for each year. In 2023, that theme is "Celebrating Women Who Tell Our Stories", to recognise those women who work, and have worked, within media and storytelling, including print, radio, TV, theatre, news, and more.

# Us in the World

## FAIRTRADE GOODS AT ONE WORLD WEEK

By Bethany Climpson

February 27th – March 12th hosts Fairtrade Fortnight, a two-week period to raise awareness for Fairtrade products and the workers who need to be paid fairly for their time and efforts. To support the event, the Student Green Office (SGO) have run several events, with more planned, including a freebie giveaway in Touchdown and a [quiz](#) spanning the two weeks – the winners of which will be put into a draw to win a bundle of Fairtrade prizes.

The SGO launched Fairtrade Fortnight at One World Week, a week-long celebration the Students' Union hosts to celebrate cultures from around the world. They featured at two of the events, which included international cafés and film screenings. The first was the Poetry and Open Mic Society's International Open Mic Poetry Night, in which fifteen-or-so readers read poetry from around the globe to the packed Tea and Toasty (formerly Café 41). With only four speakers booked, at least ten others from the room were inspired and moved to read for their audience, a few of which returning to the stage later in the evening to read again.

The SGO gave away a selection of Divine and Tony's Chocolonely chocolates, which vanished quickly to the audience, and then returned to the Lounge on the Friday for the International Culture Food Fair, in which they gave out Fairtrade chocolates and tasters of our heritage hops ale, Pilgrims' Ale. They also had a lot of great conversations with students about buying Fairtrade and fairly supporting the workers who have a necessary hand in providing our food.

The International Culture Food Fair was also a hit, hosting a number of stands from various societies and student groups who had cooked and provided tasters of food from around the world.

If you're interested in taking part in the rest of Fairtrade Fortnight, the SGO will be giving away free chocolates and Fairtrade drinks [in Touchdown on March 7th](#), 11am-1pm. Plus, [the quiz](#) will be running until March 12th, with the possibility of winning a bundle of Fairtrade goodies.



International Poetry Night photos by Yanko Georgiev

Turn the page to discover more sustainability news



# COME POTTER AND PRUNE IN THE WELLBEING GARDEN



Spring is arriving quickly and with it, the opportunity to get back outside and planting new seeds for the summer. The Wellbeing Garden (situated behind Johnson Building) is a space for gardening, relaxing, and spending time in nature. In the summer, ducks make their home in the pond, while two squirrels live in the trees year-round. With biodiversity dead hedges, a herb garden, and a number of allotment spaces, there's plenty to get to work on now the sun's out again!

Potter and Prune has started back up on Wednesday afternoons, 12 – 4pm. Just swing by the garden and see if anyone could do with a helping hand! Plus, if you're interested in adopting an allotment bed to grow your own fruit, vegetables and flowers, you can email [john.hills@canterbury.ac.uk](mailto:john.hills@canterbury.ac.uk) to chat about it!

# FILM SCREENINGS

Bring some snacks and come join us for a movie! All are welcome to attend these screenings, hosted by Zulfi Ali, and learn more about the planet you live on.

- **[The True Cost](#)**: March 13th, 1-3pm, Old Sessions OS0.19 – *a ground-breaking documentary about our clothes and the people who make them*
- **[Planetary](#)**: March 20th, 1-3pm, Old Sessions OS0.19 – *exploring our cosmic origins and our future as a species*
- **[This Changes Everything](#)**: March 27th, 1-3pm, Old Sessions OS0.19 – *a reimagining of the vast challenge of climate change*
- **[2040 – Join the Regeneration](#)**: April 17th, 1-3pm, Laud Lg16 – *a hybrid feature documentary that looks to the hopeful changemakers and their solutions to climate change*

# Us in the World

## WHAT DOES INCLUSION FEEL LIKE?: A CALL FOR SPEAKERS

On March 28th, the Student Green Office will be running a two-hour event to share and celebrate positive personal stories of inclusion. Between 1-3pm, members of the Christ Church community are welcome to come and watch a series of short talks, speeches and stories on the experience of being included, whether that's related to social sustainability, equity, diversity, or otherwise.

The stories can be told however you wish; as a short speech, a recorded video, a poem or piece of art. The subjects exist on a wide spectrum, including disability, LGBTQ+ identity, spirituality and religion, culture and ethnicity, gender identity and more.

The event is aiming to be an affirming and community-building experience for those involved.

If you are interested in presenting, please email [maximus.clinch@canterbury.ac.uk](mailto:maximus.clinch@canterbury.ac.uk) by March 10th or head straight to [the official application form](#).

Brand new to Christ Church is the Climate Café: a space to grab a drink, have a chat about climate change and get your questions answered. The Climate Café will be popping up around campus and might appear anywhere from the Food Court, to Touchdown, to Tea and Toasty (formerly Café 41) at the Students' Union.

If you have questions, queries or just want to get a better understanding of sustainability, the Climate Café is the perfect place to take a seat and talk it out. The sustainability team will be there with resources or games, like How Bad Are Bananas? or Climate Fresk, and are happy to talk about whatever sustainability subjects you have in mind, as well as let you know what sustainability activities are going on around campus.

### Upcoming Climate Café dates:

- **Tues 7th March 11.30-12.30**, Atrium Café, Augustine house
- **Weds 15th March 11.30 -12.30**, SCR
- **Fri 24th March 12.00-13.00**, The Food Court Subzone
- **Mon 27th March 12.00-13.00**, TOSH foyer



## COFFEE AND CONVERSATION AT THE NEW CLIMATE CAFÉ

StressLess activities and resources are available to help you on your upcoming end of year assessments, so you can reach your academic potential.

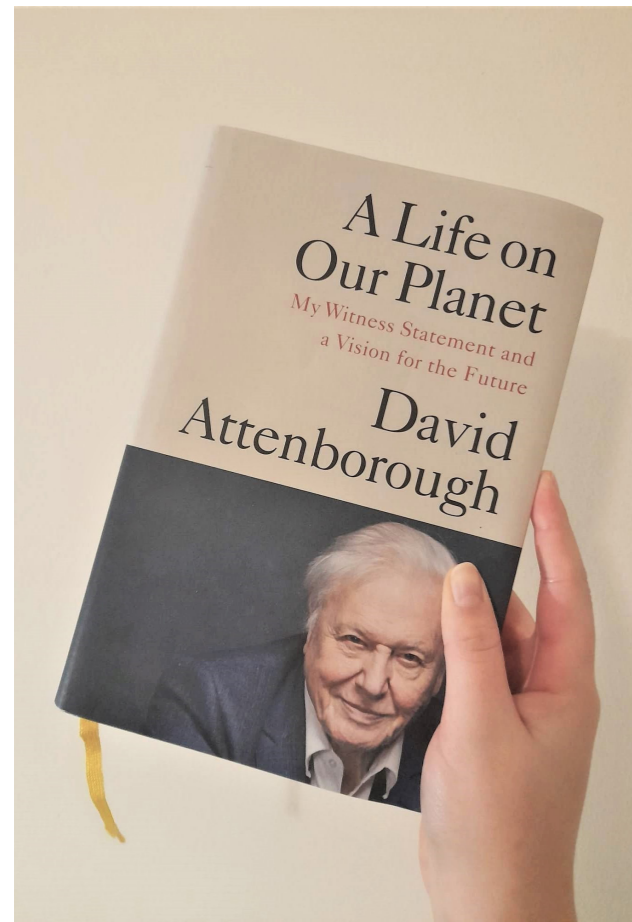
- 12 April, 2-4pm - [Biscuit Decorating](#), StressLess Zone, Augustine House, 2nd floor
- 19 April, 11am-12pm, [Learning Skills Team](#), Tea & Toasty (Café 41)
- 20 April (repeating), 1-2pm, [Board Games Group](#), Food Court
- 20 April, 1-5pm, [art activities](#), StressLess Zone

# STRESS LESS

*"If we do things that are unsustainable, the damage accumulates to a point when ultimately the whole system collapses. No habitat, no matter how big, is secure." – p.75*

by Bethany Climpson

## SUSTAINABILITY BOOK REVIEWS #1



A Life on Our Planet is an extraordinary witness statement from a man who has been alive for 97 years and so seen, first-hand, how humanity has transformed this planet. From a young boy at 11, when the world population was just 2.3 billion, to age 94 in 2020 when it skyrocketed to 7.8 billion and the human impact was global and devastating, David Attenborough has watched Earth evolve under human guidance, and seen the assault on every aspect of life cause vast and overwhelming damage.

The book features three main sections: first is David Attenborough's witness statement of the environment's degradation over his lifetime, drawn from his personal experiences up close and personal with rainforests, animals, indigenous peoples and delivering information about them all to the world. Second is "What Lies Ahead": a short, yet poignant warning of what the next hundred years will look like on this planet, should we not make changes now, in the present. And finally, Attenborough's vision for the future, an explanation of what needs to change, how it can be done, and the effects those changes will bring about.

A Life on Our Planet is written with an easy, almost conversational, tone of voice, and Attenborough is masterful at guiding the reader through the even the most heart-breaking of facts and statistics about our declining biodiversity. For both those who know everything about climate change, and those who know nothing: an excellent and thought-provoking read.

Do you want to be on the online Us in the World distribution list, or receive hard copies to your office? Let us know! Shoot us an email at [sustainability@canterbury.ac.uk](mailto:sustainability@canterbury.ac.uk) to ask to be added to the email distribution list, and you'll receive a PDF copy for each newsletter. Or, tell us how many paper copies you'd like sent to you for sharing with students and colleagues! Plus - do you have Christ Church-related sustainability news? We would love to know about it so we can feature it in the newsletter or on our Us in the World events listings!

# Us in the World

## WHAT DOES INCLUSION FEEL LIKE?: STORIES OF NATURAL DIFFERENCE

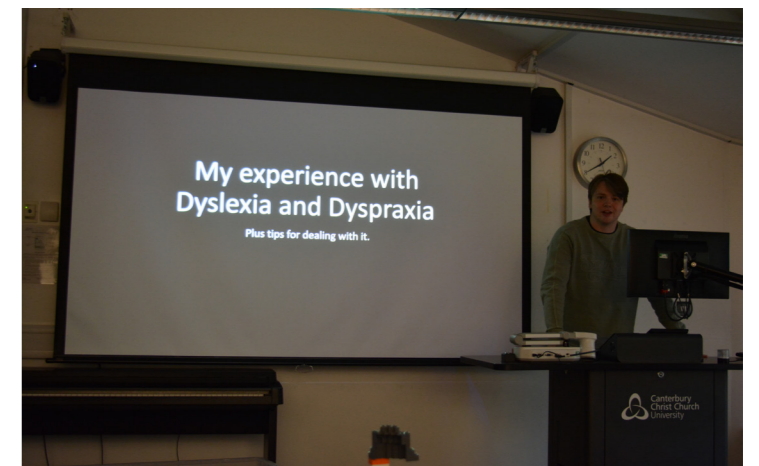
by Bethany Climpson

On the 28th of March, the Student Green Office hosted an event led by SGO Project Officer Max Clinch, involving a series of talks on the subject of positive inclusion. The event was an open space for conversation and stories on experiences of inclusion across a range of topics, from sexuality and disability, to race and religion.

The contents of the event involved a staff member's talk on their dyslexia and dyspraxia, and their advice on how to handle it; an open discussion and Q&A on Romani and Traveller culture and history, especially in Kent; two TED Talks on inspiration and the Humanæ photography series; and a series of sessions of Lego serious play, in which the audience was invited to take part in timed challenges with Lego. The serious play involved challenges to make duck figures from a set group of blocks, compete to construct the tallest tower while timed, and make models depicting themselves.

When describing their models, some participants were able to pick out specific parts that they added to explain their interests or struggles, while others made completely abstract shapes and referred to themselves as those shapes. Later, they were asked to add onto those creations to represent inclusion; ladder pieces were added to show mobility aids, stabilising blocks joined breakable shapes to represent inclusion holding people together.

The event was able to foster great conversations and was incredibly enjoyable to take part in.



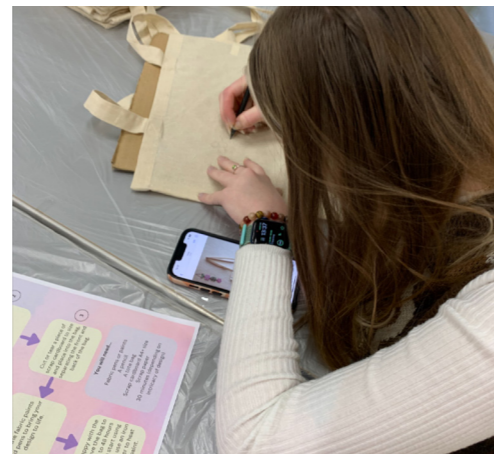
# HOW TO DECORATE A TOTE BAG

## Instructions from the SGO Tote-Ally You Workshop

At the end of March, the Student Green Office collaborated with Wednesdays at the D.O. to host a tote bag-decorating workshop called Tote-Ally You, led by SGO Project Officers Amber Tydeman and Holly Steventon. Students and staff were invited to come along, be creative, and personalise a reusable tote bag, either by upcycling their own or painting a cotton tote provided by the SGO, that they could then keep and use as a sustainable alternative to plastic shopping bags.

In case you were unable to attend the event, below are the instructions to paint your own tote bag! These instructions can be copied over to any other fabric you have lying around; paint your t-shirts, your jackets, your jeans, and wear your own customised clothes!

1. Go in with a game plan - plan out your design on scrap paper first. Find images online that can inspire you, or references to help out.
2. (Optional) Use a pencil to lightly sketch out the design on your tote bag. With some erasing (and stain remover), pencil should easily come off in the wash, but don't press too hard or it might still be visible once you've painted over it, and it'll be trapped under the paint, and non-removeable.
3. Tear up a piece of cardboard to fit in your bag. The paint has a tendency to go through the fabric, and you don't want it smudging on the other side of your bag.
4. If you're painting on a coloured surface, cover it with a layer of white first, so you have a clear canvas. If you paint, for example, yellow, straight onto your blue jeans, the result will come out fairly greeny.
5. Bring your design to life! Use fabric pens or paints, or a fabric medium mixed with your acrylic paints per the instructions, and get creative!
6. Leave your tote bag to dry for 24-48 hours before using it. Follow your paint's instructions – some will require an iron or hairdryer to seal it before using.



# Us in the World

## Satish Kumar: A Small Society with Head, Heart & Hands

by Maximus Clinch

On the 6th of March I went to the open lecture by Satish Kumar, celebrating the 50th anniversary of the book *Small is Beautiful* (1973) which focuses on human-scale education. He detailed an interesting approach to education and wider society through the focus of the book by E. F. Schumacher where the context of sustainability was significantly different to how it is now. The 50-year legacy of *Small is Beautiful* is still being appreciated today as a large amount of the book and its proposed solution is still relevant today.

Kumar's work centres around human scale, where smallness is important, and highlights in a number of different contexts the impact of exponential growth across society. One of the examples of this from the education sector being the micro-management of educators through Ofsted, and the wider attitudes towards teachers in the UK. Teachers are seen as a commodity and there is little respect for them, especially their professional working space and the classroom. In Poland however, a teacher's classroom is respected in a much different way. For senior management to rock up and enter any classroom to do a supervision is commonplace here, but would be disrespectful to do so without getting their consent to enter their class in Poland.

Human scale society extends far beyond just education. Kumar spoke about economics and how the economy has become a means to an end, with people and the Earth being exploited and used for their products being the means, and economics being the end. Within a 'small world', Kumar details how everything should be small. Universities should be down to 200 people, companies should be small and not have human resources departments, as that emphasises humans being a commodity, and instead having human resolutions departments where issues will be solved in a human scale context.

Kumar states that the western model of economics is centred with too much ego and not enough eco, and criticises the notion of sustainable development because it falls into the western idea of growth being desired constantly, and only seen as expansion, not contentment. Kumar brings up Buddhist economics to combat this, where economics and development should be at service of humanity within small worlds, where existing structures like governments are very

important, however they should be viewed as the string of a necklace where the beads are the people and smaller government entities, allowing the government to be the thread that connects all the beads in the necklace.

During this talk there was a very interesting maxim which resonated with me a lot. It was Head, Heart and Hands. In this context Kumar was speaking in relation to regenerative and holistic education, where current education practises sit too much in the head over everything else. This is seen within many classroom setups, not changing from reception to university. Kumar says that this should be flipped the other way, where hands are being used, where people get dirty and more able to physically engage with the life and the Earth, resulting in a fostered heartfelt emotional response which will be utilised in helping further the heads and theoretical understanding of what's being taught.

Moving to the personal is how the Head, Heart and Hands model relates to health, specifically mental health. As an autistic person who has meltdowns, I find the reversal of this becoming Hands, Heart then Head to be very interesting in crisis management because it follows the steps at which people typically manage their own crisis. First you start with hands, and physically ground yourself until you feel more stable. Where you would move on to your heart, introspectively reflect on what happened and identify the emotions that you felt before during and after. Moving forwards through the model to enter the head stage is where you would typically use the emotions alongside reflections of that time to potentially identify triggers or aggressors of the crisis in question.

This is one of the many interpretations that people I spoke to on the day seemed to resonate with - that the Head, Heart and Hands module has a place beyond just education.





## CARBON LITERACY TRAINING IN MAY

Do you want to know more about carbon footprints and what steps you can take in your home and workplace to lower yours? Join in on [Carbon Literacy Training](#) - either our 1 hour taster session or our 2 part workshops, which result in a free certification. Email [carbonliteracytraining@canterbury.ac.uk](mailto:carbonliteracytraining@canterbury.ac.uk) or book your spot on Staff Space.

CLT Taster Session:	Thursday 11th May, 2-3pm in Newton Ng01
CLT Workshop 1 of 2:	Thursday 18th May, 1-4pm in Newton Nt04
CLT Workshop 2 of 2:	Friday 26th May, 1-4pm in Newton Nt04



## SUSTAINABILITY BOOK REVIEWS #2

by John Hills

Wilding and rewilding projects are quite common these days. In East Kent, we have bison, ponies and pigs being introduced to woodland, we have beavers in the River Stour, and we are (as I write) about to have choughs released into the wild along the White Cliffs. But they weren't always this common!

Isabella Tree's *Wilding* is the story of the Knepp Castle Rewilding Project, one of the UK's first rewilding projects. This large estate in Sussex had thrived for centuries as a hunting destination for kings and nobility, but by the end of the 20th century the challenges of modern farming had driven it to the edge of financial and ecological bankruptcy.

Striving for ever-increasing productivity and chasing subsidies was destroying the landscape and its ecosystems. Then the owners changed direction, becoming part of the new Countryside Stewardship scheme. Selling off the farm equipment to clear their overdraft, they set about introducing a variety of wild grazing animals instead. The transformation was dramatic, to say the least. If you want spoilers, you can check out [their website](#).

This book is a fascinating read, explaining the impact of intensive farming on the landscape and biodiversity, and is written in a conversational style that is hard to put down. Many established views of land management are put in their place, along with wonderful insights into nature, such as the life of an oak tree, and the value of landscape management by goose.

Highly recommended – if you already know about this stuff you will enjoy the story, and if you don't know about this stuff, you need to!

# Us in the World

## CLIMATE FRESK: by Bethany Climpson

### THE CLIMATE SCIENCE WORKSHOP

Want to learn more about climate change and help tackle it but don't have the time to become a climate scientist?

In just three hours, the collaborative Climate Fresk workshop aims to give you all the knowledge you'll need about the causes and effects of climate change, as well as empower you to take action.

The goal of Climate Fresk is to help you understand the problem, and it does this through a five-round card game with all the information based on the scientifically accurate and approved IPCC reports - the same reports that inform global, political and economic decision-making.

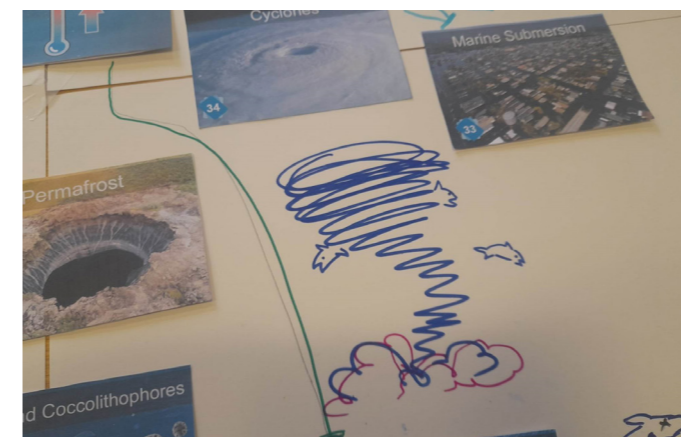
Instead of having an expert teach you, you become active participants and use your collective reasoning and the knowledge gleaned from the cards to place the mechanisms of climate change in order, from causes to effects. In groups of 3 - 8, each with a dedicated, trained facilitator, everyone is given the opportunity to engage with their own education around climate change, and towards the end, take part in a group discussion about what has been learned and what actions can be taken as individuals and members of organisations, as well as nationally, to help slow the effects of the climate crisis and provide a more stable home for future generations.

Climate Fresk has taught over a million participants across 130 countries, and is now being brought to Canterbury Christ Church through the Academy for Sustainable Futures. The team is excited to bring this tool to the University and use it either to supplement Carbon Literacy Training, or as an altogether new route into climate education.

If you, your class, study group, student society or team is interested in joining a Climate Fresk workshop, please shoot an email to [sustainability@canterbury.ac.uk](mailto:sustainability@canterbury.ac.uk) to let us know!



# CLIMATE FRESK



## Brew-Bakehouse Wall Uncovered!



You may have noticed that the scaffolding at the bottom end of campus has finally come down and revealed... a wall. But! This is not just any wall, this the brew-bakehouse wall, the remaining ruins that still stand from what was once part of the outer precincts of St. Augustine's Abbey.

Canterbury Christ Church University has the unique experience of being built atop a UNESCO World Heritage Site. Hundreds of years ago, this campus was part of the sprawling Abbey that Augustine built in AD 597 with the blessing of the Kentish King, Ethelbert, and his Christian wife, Queen Bertha.

The abbey became the burial place for the kings of Kent, and was run by Benedictine monks, flourishing and growing over the next 900 years, despite the setbacks and disruptions caused by Viking raids, until the monastery was dissolved in 1538 by Henry VIII.

While it was in use, the abbey strived for a stewardship of natural resources, focusing on self-sufficiency, health, and spiritual wellbeing. The land included an orchard (as commemorated by the Golden Jubilee Orchard beside Ramsey Building), a walled vineyard, a barn, a brewhouse and a bakehouse. It's this brew-bakehouse that we still can see the western wall of today, sat on the pathway outside Johnson Building.

Hundreds of years ago, the monks would've used the brew-bakehouse to make ale and bread, two things we continue to do on this site today in homage to our campus' monastic heritage. Our garden outside Moore Building grows hops to be made into green hop ale, and our handmade clay breadoven is brought out in the summer to bake breads and pizzas.

Why not visit the brew-bakehouse wall on campus? A nearby sign can give you even more information about this scheduled monument!

# Us in the World

## Upcoming Sustainability Events

**Wednesday 17th, 12-2pm: Pizza Bonanza at the Party Plaza @ Verena Holmes Plaza**

Swing by Verena Holmes Plaza and grab a slice of homemade pizza, cooked in the handmade sustainability pizza oven! Bring an instrument, use one provided, or sit back and watch a jam session in the sun. Vegan pizza available.



**Thursday 25th, 2-4pm: Recipe Card Giveaway @ Verena Holmes Plaza**

The Veg Box collection point, Refillable Van and Recipe Card Giveaway will be running in tandem from the Verena Holmes Plaza! Pick up your veg box order, purchase some sustainable household supplies, and grab some of the recipes from the sustainability team's archive for free!

**Thursday 25th, 1-3pm: Tote Bag and T-Shirt Upcycling @ Augustine House Library**

#stressless this exam season and join the Student Green Office in collaboration with the Students' Union in Augustine House to paint and upcycle tote bags and t-shirts. Bring your own or pick one from the limited supply available.



Do you want to be on the online Us in the World distribution list, or receive hard copies to your office? Let us know! Shoot us an email at [sustainability@canterbury.ac.uk](mailto:sustainability@canterbury.ac.uk) to ask to be added to the email distribution list, and you'll receive a PDF copy for each newsletter. Or, tell us how many paper copies you'd like sent to you for sharing with students and colleagues! Plus - do you have Christ Church-related sustainability news? We would love to know about it so we can feature it in the newsletter or on our Us in the World events listings!

# CANTERBURY PRIDE

Pride is coming to Canterbury on the 10th and 11th of June, 2023!

A celebration of LGBTQ+ identity for the whole family, Canterbury Pride is a free event, with a parade through the high street on the 10th, followed by live music, entertainment and stalls in Dane John Park across the Saturday and Sunday. Christ Church is also proud to sponsor Canterbury Pride; we'll have a stand at the festival, the Canterbury Creatives will be hosting a badge making stand on both days, and the CCCQ Staff Network will be walking in the parade! We hope to see you there!



## SUSTAINABILITY BOOK REVIEWS #3

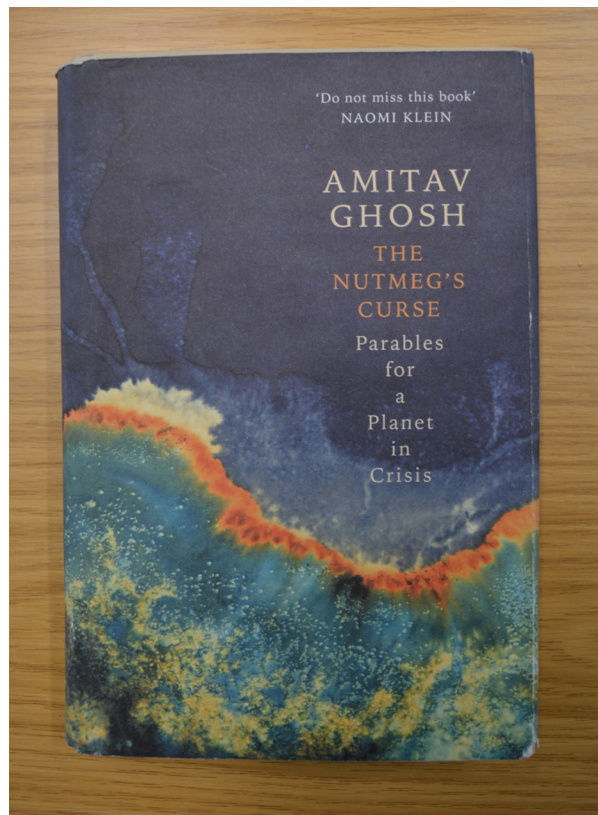
by Stephen Scoffham

Have you ever wondered how European colonialism developed? Have you ever thought about how a comparatively small number of settlers were able to dominate other countries or why there are such great inequalities in the world today? Also, what are the forces that have brought us to the brink of ecological collapse, threatening our entire civilisation and ability to live and prosper on our remarkable planet?

In this brilliant and wide-ranging book, *The Nutmeg's Curse*, Amitav Ghosh explores the way that capitalism and genocide have led to our current predicament. Starting with the spice trade (nutmeg's curse) he chronicles the way Europeans appropriated land and resources from the sixteenth century onwards. He

focuses especially on North America where the land was refashioned, indigenous populations were decimated, and wildlife disrupted with great rapidity on an extraordinary scale. As he delves deeper into this process (known as terraforming) he explains how colonists erased the prior meaning of conquered landscapes, turning them into a resource to be harnessed. It is a process which is being repeated in the Amazonian rainforest today. The link between trade, violence and war is all too apparent throughout.

This book has a dark and unsettling message, but ultimately Ghosh ends up inspiring rather than depressing the reader. Among other things, he offers a set of 'parables for a planet in crisis' which draw on mythology and indigenous knowledge. Also, he focuses on the importance of stories and common idioms. And in the final chapters he reminds us that a truly ecological approach to the world involves, as Pope Francis puts it, listening both to the cry of the Earth and the cry of the poor. We may be living at a time of upheaval, but these are exciting times when new forms of thought are being developed. Understanding the past and recognising that extractive capitalism is on its last legs is an essential part of moving forward securely into the future.



# Us in the World

## GOODBYE TO THE SGO

By Bethany Climpson

With the end of the academic year rapidly approaching, it's almost time for us to say goodbye to our 2022/23 Student Green Office!

This year, we've been incredibly lucky to have an SGO team drawn from different disciplines and each bringing very different experiences and skill sets together to run events and write blog posts on the topic of sustainability. Our students Holly (MA, Games Design), Max (BA, Education Studies), Amber (BA, Education Studies) and Tim (BA, Politics) have spent the year organising workshops and activities, writing about topics from poetry to bees, embodying our commitment to sustainability for prospective students at open days, and collaborating with our Students' Union and teams all across the University to create opportunities for students to get involved.



The 2022/23 Student Green Office at 'The Ecosystem Studio' spring festival event hosted by Yr 2 Events students.

This year's events have included a Halloween Spook-Tea-@-3 with the Chaplaincy, multiple pizza oven events and experiments (who could forget the smokiest, rawest Yorkshire pudding of their life?), tote bag decorating, Fairtrade chocolate giveaways, scavenger hunts and more. They've written on topics of famous women from history, neurodiversity, Satish Kumar and experiences at Wildwood. They've also shown themselves to be incredibly good-natured and understanding people, and willing to try just about anything, from building an upcycled Christmas tree from damaged yurt staves, roll-up waterbottles and heritage ale beer mats, to playing a half-baked tabletop roleplay game in an open games session of Wednesdays at the D.O.

It's been a great year for this SGO team, but we're already setting our sights on next year's. [Recruitment for a 2023/24 SGO team is now kicking off on Unitemps](#), with the application deadline on June 21st. Anyone who will be a student come September is welcome to apply. This year's team worked on passion projects and we hope our next will do the same; choosing to work on things that interest them and will also interest the students around them.

**Twitter:** cccuscnc | **Instagram and Facebook:** cccusustainability | **Blog:** blogs.canterbury.ac.uk./sustainability

## THE DRAGONS OF BECKET LAWN



Local children with Spiro on Dragon Celebration Day



Spiro and the baby dragon on Becket Lawn

Spiro and her baby – called Rocky throughout construction but currently undergoing a name change at the hands of local SEND children who have come to visit – have been coming together since June 2022, at the hands of a host of volunteers, Scouts, students and staff, led by project creators Dr Diane Heath and Dr Pip Gregory.

If you haven't yet had a chance to visit the dragons, they're located on a small lawn between Becket and Anselm. Each one was sculpted with a rubble base, covered in sand, chicken wire and hessian, before being slathered with mud and covered with sedum and moss, grown with a "moss soup" that includes our CCCU heritage ale.

The dragons link back to our heritage with medieval animals – Christ Church being built upon the outer precincts of the medieval monastery of St. Augustine's Abbey - and are living sculptures to engage SEND children in their learning and connection with their local green heritage.

Why not swing by Becket and pay the dragons a visit this summer?

**OUR SEAS WEEK** Over the Easter holidays, a final year student from the University of Southampton, Teigan, came to work alongside our sustainability team for several days to learn more about the different kinds of work a career in sustainability could entail. While she was with us, Teigan designed her own social media campaign focused on UK coastlines to combine her interests in sustainability engagement and her degree, Marine Biology with Oceanography.

This month, she'll be taking over our social media and blogs to share with you her hard work! Across the second week of June, we will be posting daily graphics about our local UK coastlines and the important roles they play in our ecosystems. Teigan has also written two blog posts on the subject - so keep your eye out for those and learn more about our Kentish seas!

**FREE RECIPES** Over the last few years, the sustainability team and Student Green Office have created a number of recipe cards (and two cookbooks!) with the aim of making cooking more accessible to everyone. Some are inspired by Fairtrade ingredients, some focus on meat-free recipes or seasonal veg, and some focus on cooking good food on a budget. We're once again making them available!

The physical cards and books will be available at food-based SGO events (think pizza parties, food fairs etc.), but the newest batches of recipe cards - one series focused on making food from the vegetables supplied from our campus Veg Box Project and another inspired by our handmade bread oven - are available online as a PDF now!

Find the link in our [linktree](#) or on [the Veg Box Project page on our university website](#). If you'd like physical copies and can't wait, shoot us an email and swing by the office to grab a few!

## Us in the World

### PIZZA BONANZA @ THE PARTY PLAZA

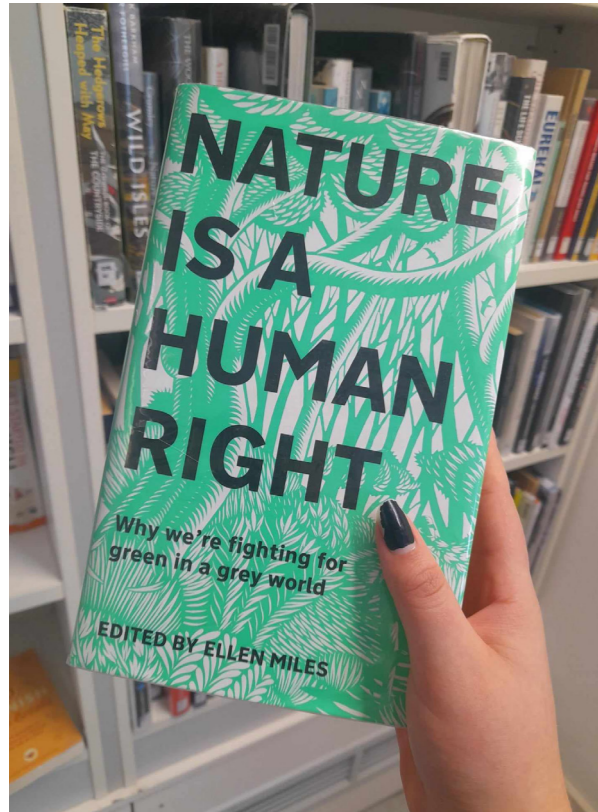


Although we opted to nudge it back a week from its original date to make sure we wouldn't risk causing any stress or disruption to staff and students during Ofsted inspections or exams in the nearby Verena Holmes building, we had a great turnout for our end of year community pizza party and music event. Students and staff across the University followed the sound of live music and singing all the way up to the Abbey Walk Plaza outside Verena Holmes, and were greeted by members of our Student Green Office and sustainability team cooking up freshly prepared pizzas, made from scratch and baked in our hand-built clay pizza oven.

Many thanks to Lay Chaplain Maddie Thorp for organising such a wonderful event, and to all those who performed, including Maddie Thorp, Jeremy Law, Jake Convery and Melissa Jones.

Would you like to see our monthly newsletter in your inbox, or get paper copies sent direct to your office? Let us know! Shoot us an email at [sustainability@canterbury.ac.uk](mailto:sustainability@canterbury.ac.uk) to ask to be added to the email distribution list, and you'll receive a PDF copy for each newsletter. Or, tell us how many paper copies you'd like sent to you for sharing with students and colleagues! Plus - do you have Christ Church-related sustainability news? We would love to know about it so we can feature it in the newsletter or on our Us in the World events listings!

## SUSTAINABILITY BOOK REVIEWS #4



by Maz Hamilton

Ellen Miles is a London-based activist with “a mission to make nature contact a recognised human right” and she deserves widespread recognition for creating and collating this brilliant book.

Three chapters – Welfare, Injustice, and Change – form the main themes through which a welcome range of diverse individuals share experiences of their relationships with the natural world. Contributors range in vocation from poets, writers and artists to charity workers, gardeners and eco philosophers; and unusually, for an anthology about the degradation and appreciation of nature, those voices come from people who cut across our society’s still entrenched socioeconomic, racial and gendered divides.

They share their perspectives through a combination of poetry, short articles and interviews, which Ellen

Miles weaves together, along with her own narrative, to produce a well-crafted manifesto for how beneficial, indeed vital, it is that everyone, no matter where they live has access to natural environments. Each contributor inspires the reader to consider how much better our lives are when we have opportunities to be in nature, and the book is a reminder of how large numbers of people are more and more deprived of such access.

Some of their stories tell of social alienation and the consolation found when being in wilder nature, others describe their involvement in creative nature restoration projects in urban settings. All are told in a language we can understand and relate to. (No scientific jargon or hard to compute statistics!) Every contributor makes an intelligent and impassioned case for why they care deeply about our environment and the natural world. The impact makes for reading that is, at times heart-breaking, but always hopeful.

The book as a whole is a timely clarion call to action that will halt the ever-increasing loss of biodiversity and diminishing of areas of green space. Nature: animal and plant life in all its stunning variety and richness, in other words.

It goes straight to the heart of why it is so important that each of us finds our own way to care about preserving our access to green space; understanding that to value our ‘right’ to the natural world means that we recognise we are an integral part of - not separate from - it and that it’s a world we don’t want to lose.

Check out the [website](#) to find out more about the book and the movement.

# Us in the World

## SUSTAINABILITY APPRENTICESHIP AVAILABLE FOR STAFF *by Bethany Climpson*

A new apprenticeship is now available to Christ Church staff!

Drawing on the Vision 2030 strategic aim of ‘Shaping Sustainable Futures’ and the commitment to ‘empower our students, staff and graduates to be advocates for sustainability’, an apprenticeship in Corporate Responsibility and Sustainability is now available for staff members. The apprenticeship is led by LDN Apprenticeships and runs for 20 months, covering a variety of corporate aspects to sustainability, from CR&S strategy and planning, to fundraising and sustainable organisational practices.

A member of the Academy for Sustainable Futures team is the first to embark on this new apprenticeship, as of June, but Dr Peter Rands, Director of Sustainability Development, hopes there will be many more, and wishes to encourage staff from across the organisation, in a variety of different roles and departments, to consider this development opportunity for themselves and their teams. The apprenticeship is supported with 6 hours a week off-the-job learning and personal skills coaches to guide and mentor participants through their CR&S journey. The apprenticeship will allow staff members to engage with sustainability practices within the institution and make an impact outside of their daily roles.

### Positive Headlines

- [Iceland suspends annual whale hunt in move that likely spells end to controversial practice](#) - The Guardian, 21 June 2023
- [Scientists beam solar power to Earth from space for first time](#) - Military and Aerospace Electronics, 14 June 2023
- [UK solar farms provide haven for wildlife, reveals national survey](#) - Energy Live News, 8 June 2023
- [Blue whales return to California at levels not seen since before the whaling industry](#) - Good News Network, 21 June 2023
- [Iceland bans so-called ‘conversion therapy’ in unanimous vote](#) - Attitude, 13 June 2023

## GET FREE FOOD WITH THE UPAY APP



Have you downloaded the Upay app yet?

You can use one app to pay for all your catering needs on campus; just preload it with funds to manage your spending as you buy from any of the University catering outlets, from cafés to the food court. The app is loaded with loyalty schemes and a stamp card function for coffee and breakfast, where you purchase eight and get your ninth free.

However, the newest feature combats food waste - with the U-Don't Pay campaign, you can now get notified when freebies are available across campus. As a part of our University's commitment to supporting staff and students with the cost of living, and to minimise our waste, the Upay app will now be notifying you via push notifications when Touchdown café (located in Laud on main campus) and The Atrium café (located in Augustine House Library) has free food at the end of the day. A selection of items such as sandwiches, wraps, pastries and cakes will be available based on a first come, first served basis.

All you need to do to get involved is download the Upay app, sign up, enable push notifications and head to the outlet mentioned! Show the staff your Upay account and grab the free food on offer. It's that simple!

## CLIMATE ACTION GAMES AVAILABLE FOR TEACHING

Are you looking to embed sustainability into your teaching? The Academy for Sustainable Futures is here to help! Alongside our dedicated [Teaching Resources for Sustainability Blackboard](#) and year-round opportunities to access to Carbon Literacy Training as a taster or a full course for your students, we also provide a host of climate action games that can help introduce students to sustainability and climate change.

Available to borrow is the [Eco Action Playground games kit](#), with a series of games like giant indoor snakes and ladders, bingo, twister and more, all with a climate action focus. Plus, we have boxes of [How Bad Are Bananas? cards](#): a carbon footprint game that our Student Green Office regularly uses at events to compare the carbon output of anything from your pets to laundry. If you're interested, get in touch!

Would you like to see our monthly newsletter in your inbox, or get paper copies sent direct to your office? Let us know! Shoot us an email at [sustainability@canterbury.ac.uk](mailto:sustainability@canterbury.ac.uk) to ask to be added to the email distribution list, and you'll receive a PDF copy for each newsletter. Or, tell us how many paper copies you'd like sent to you for sharing with students and colleagues! Plus - do you have Christ Church-related sustainability news? We would love to know about it so we can feature it in the newsletter or on our Us in the World events listings!

# Us in the World

## ROUND HOUSE CONSTRUCTION ON ANSELM LAWN

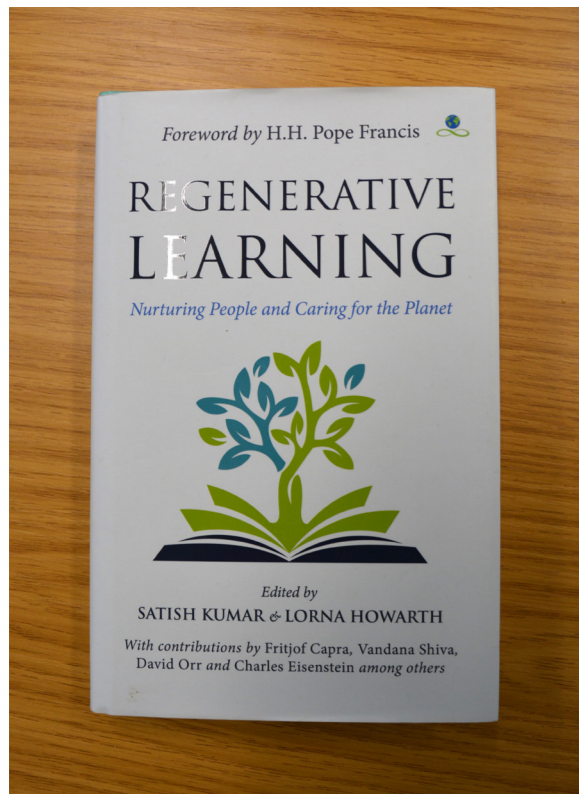


Construction has begun on Anselm Lawn of the new sustainability roundhouse. Organised by the Academy for Sustainable Futures, the roundhouse will be built over the summer, adding a base and cedar shingle roof to the structure built at the beginning of June.

Originally to be built on the grounds of the University of Kent by members of the School of Anthropology and Conservation, the roundhouse was designed to provide a multi-use outdoor space made out of the readily available materials from the woodland around their ethnobotanical garden. A 'hands-on' practical design was employed to engage students and give them a positive learning experience as they aided in all parts of the project, from initial planning to felling and debarking the local sweet chestnut timbers.

Once UKC no longer had space to site the roundhouse, it was generously donated to Christ Church, where it will take over the spot that the yurt once occupied and be used as its designers intended; as a space for relaxation and socialising as much as a space for outdoor learning and holding events. Finding a permanent home at Christ Church, the we aim for the roundhouse to be a collaborative hub that we hope will engage staff and students for years to come.

## SUSTAINABILITY BOOK REVIEWS #5



by Stephen Scoffham

The environment crisis and the urgency of finding ways to live within planetary limits is making us question many aspects of our lives. Education is one of the areas that urgently needs to be reformed. It is striking, for example, how little the school curriculum has changed since the nineteenth century even though we now live in a remarkably different world. Meanwhile, in higher education, universities both in Britain and around the world are hamstrung by procedures and practices that are no longer fit for purpose. The urgent task is to find ways to bring about the changes that will help us as we negotiate the challenges of the future.

This ground-breaking book offers some radical and deeply grounded solutions, spelt out in a dazzling array of essays from both internationally acclaimed experts and relative newcomers to the field. It focuses on our relationship with nature and the potential for learning from it. This is encapsulated in the term regenerative learning. As the

veteran Indian campaigner, Vandana Shiva, explains we need to re-imagine education and unlearn ways of thinking based on separation and illusions of superiority. Our current approach amounts to little more than ecological apartheid.

*Regenerative Learning* is edited by Satish Kumar and Lorna Howarth and was published to coincide with the thirtieth anniversary of Schumacher College in Devon. Satish was editor of the influential environmental magazine *Resurgence* for over 40 years and Schumacher College is pioneering a distinctive new model of learning based on ecological principles. In other words, it is written by people who are at the cutting edge of education.

If you are interested in education and the way that it can respond to and address our current predicament you need to read this book. Rather than dwelling on negative scenarios, readers are invited to enter the "Age of Ecology and Enlightenment". Key ideas like creativity, beauty and imagination permeate the text. Ecological principles and indigenous knowledge are brought together to exemplify a new educational paradigm. At a time when we desperately need a new and compelling vision for education *Regenerative Learning* offers a fresh perspective. If you are looking for a text that affirms the deeper purpose of education, addresses sustainability and acknowledges the magic of teaching you need look no further.

## C.A.T.'S SUSTAINABLE HERITAGE PODCAST

Mark Williams and Sarah Howard of CAT have a wide-ranging discussion, part of which is dedicated to Jay's research in how perceptions of water in the Roman period can help us better understand the resource today. You can listen to this podcast at [catpods.podbean.com](https://catpods.podbean.com)

The newest episode of the Canterbury Archeological Trust's (CAT) Sustainable Heritage podcast is now live!

Featuring CCCU senior lecturer in Roman and Classical Archeology, Jay Ingate,

# Us in the World

## CHRIST CHURCH ALE REBRANDS!

by Bethany Climpson



*Bishop's Blessing ale branding, designed by Year 2 PR and Media Students*

It is once again the time of year when the Canterbury Christ Church University ale gets rebranded for the new season's brew.

Over the past eight years, the ale has rebranded annually, drawing inspiration from the link between the University and our heritage, whether that be through the church (Pilgrims' Ale, 2022), our local nature (Three Choughs, 2021), or historical figures who once worked upon this land (Tradescant 400, 2019).

A crucial part of this process is student involvement. This year, the Academy for Sustainable Futures set second year PR and Media students the task of envisioning this rebrand; coming up with a new look, name, and campaign to go alongside its launch. Staff from the Academy for Sustainable Futures gave feedback on all the student pitches for the ale, and the team that best met the rebrand brief were then invited to work with the sustainability team for a few days during the summer to finalise the design.

One student, Sainabou, had this to say: "The experience was extremely informative and gave me lots of insight. I have expanded my knowledge on ale-making and my campaigning skills and tactics. Designing posters for the upcoming official launch of the ale made things feel even more real, like it was actually happening!" Sainabou's full blog post on the experience will be out in September.

The launch of our newest ale will be at the Canterbury Food & Drink Festival in Dane John Gardens, 22-24th September. Come along to see what our students designed!

## PLUS - COME HARVEST THE HOPS!



Join in on the ale process by coming along on the morning of 6th September to the hop gardens outside Moore Building and Anselm Lawn.

Swing by any time between 7am and 1pm to help harvest as many hops as possible. We'll also be taking them on a march down the high street to the Canterbury Brewers and Distillers, where they will be blessed and made into ale. Be part of the experience and join in!

# A YEAR IN THE SGO

reflections by the Student Green Office



This year, all four SGO Project Officers are moving on, making way for four more students to join in and get involved with sustainability at Christ Church. Each has member written a final reflection of their time in the Student Green Office, reminiscing on events they've hosted and lessons they've learned during their tenure. Below are a few highlights from these reflections, discussing everything from the knowledge learned to the worldviews that have been changed through their experiences.



*"[The SGO] gave me an avenue to channel all that energy and restlessness into something tangible, something I could hold and nurture and cherish. Knowing that I was part of a community, that I had somewhere I belonged, not only provided the support and stability I needed to truly embrace myself and my ideas but also gave me friendships with people I would have otherwise never known, ones that I'll carry with me for life."* - Holly Steventon, **Oh, the places I've been: my final year in the SGO**

*"As I look back on this journey, I think of cheese. With its variations of tastes, textures, and stories, serving as a metaphor for the aspects of my transformative journey within the SGO. Just as every cheese has its own unique qualities, every experience has its own lessons and impact. With this development of knowledge and perspective, I am excited to push forward though life holding onto what has been developed in the SGO through the skills gained, adventures had, and emotions felt."* - Maximus Clinch, **Cheese, Gromit, Cheese!**

*"The diversity at our University is fantastic, with students of different ages, studying a wide range of subjects, from various backgrounds and from so many different parts of the world. Talking to students about the various aspects of sustainability is made much more interesting when their own experiences and ideas are so different. I have learned a lot from people and believe that difference makes us stronger as a community when we share with each other."* - Tim Licence, **Turtles to Tote Bags: A Year in the SGO**

*"While the world, and even the university, is too big to set my sights on fixing, my time at the SGO has taught me that small acts can make an insurmountable difference, even if it's just through providing students free food or the opportunity to do crafting; conversations can be had surrounding sustainability and the beginning seeds can be planted, which can make a grand difference, because without people teaching me about sustainability, I would have been lost in the narrative of the news. Yet now this isn't the case, this is something that makes me strive to attend events and organise, to begin that first conversation, because it can make a world of difference."* - Amber Tydeman, **The Grass is Greener: A Year in the SGO**

Recruitment for the Student Green Office reopens in mid-August, so keep an eye out if you'd like to apply. Plus, you can read the full reflections on our [blog](#).

# Us in the World

## 5 YEARS OF CCCU CREATIVES by Jae Fowler



Canterbury Christ Church Creatives is a group for staff and students of CCCU. It brings people together to craft and make art for enjoyment and wellbeing, to teach and to learn skills, and to work on projects. All crafts and arts and all levels of crafting and art-making skills are embraced and new members are always welcome.

The opportunity for connection between students and staff through shared interest in craft and art is believed to be unique in the UK HE sector, particularly given the scale, with over 450 members. The group was founded in June 2018 and its principles are founded in sustainability in its broadest sense.

Central to what the group does is enhancing individual and collective wellbeing. Crafting and art-making are incredibly beneficial to individual mental health, stress-management and self-esteem. Coming together to engage in creative activities with others offers

human connection and builds community, and the Creatives do this via in-person opportunities and remotely via individual participation in group projects. We aim to bring benefit to the wider University community, whether that might be by attendance at a workshop or enjoying the outcomes of projects around the campuses, such as [#HappytoChat](#) or our craft "bombings". Our social media accounts celebrate the good things we do and bring a bit of brightness into members and followers' days, whatever level of involvement they choose to have.

Our aim has always been to provide a variety of accessible, inclusive activities, most of which are suitable for people who are totally new to the craft or art, at no or low cost. Also key to what we do is learning and personal development. Each of the activities or projects is intended to help people gain skills or confidence. Over the years group members who have led or participated in activities have gone on to regularly practice their newly learned skills, use their experience to begin designing, creating and selling on Etsy, or as the basis of their degree dissertation.

During the last year, the Creatives have begun to do outreach activities beyond CCCU itself to take the benefits into the wider community, such as through the [Forget-Me-Nots](#) dementia support group event at the [Canterbury Festival](#) and a Crafternoon at the first ever [Canterbury City Show](#).

Lastly, and most definitely not least, is the minimization of waste and conscious use of materials that are as sustainably sourced as possible, and activities that are either related to the sustainability agenda, like Craftivist stitched postcards, or celebrate the University's natural environment, such as the pyrography tree labels for a tree trail around the North Holmes Road campus.

If you are interested in finding out more about the group, join us on [Facebook](#), [Instagram](#), or email us on [canterburychristchurchcreative@gmail.com](mailto:canterburychristchurchcreative@gmail.com) to see what we do.