Wythenshawe and South findings

Workshop 1

**Group agreements**

Respect for others

Patience for other points of view

Acknowledge every point

Permission to be ambitious

**Expectations**

What are the politics around sustainability?

How do we find out about what our leaders are telling us?

How can we influence change?

What can we do locally?

Can I make change happen?

A vehicle to feedback/up to local government (ideas, citizens concerns, worries)

Can we grow a group of concerned citizens in Manchester?

Get people involved

**How climate change makes us react**

Cry

Really upset

Guilty about living life – need to balance

We don’t have children and we wont have grandchildren which is actually a kind of comfort

What am I going to be able to do in 20 years?

Anger and frustration at those who have caused it

Convenience and consumption exploiting others

Apprehension for the future

Realisation of trying not to get frustrated at those who don’t get it

Sheer frustration at government for causing it

Crop failures

Mass migration

Police state

Solutions are not in the interests of those in charge

Unfairness

Effects on the poorest

But even in the future, there will be good times

All the issues are solvable

This is political, not technical

Cautiously optimistic but terrified of war and starvation

Can I have kids?

We’re reaching the point where we wont be able to act

**What about people around you?**

Education of others – key

People have higher priorities – Ive got an SUV, but Im only one person so it doesn’t matter

Need to change the entire political system – people pressure

Need more info from higher up on net zero which is transparent

So people can see the changes being made and get motivated and inspired to get involved

Air quality is immediate, climate change is distant and abstract

Try to scare people? If you’re not scared you don’t care

Consumers do have power (divestment)

Personal action is being used as a diversion. Its you, not us.

**Climate Psychology – the emotional impact of climate change**

**Nick – Climate Psychology Alliance**

The CPA are a collection of Climate Psychologists, Councillors and Psychotherapists

Guilt frustration and anger, all valid and quite healthy emotions to have about this

But how do we move away from this to positive reaction

Top problems are more spiritual than scientists can do or are able to do

The political system is not set up to be able to handle this

We’re moving into uncharted waters, as we’ve had quite a stable environment for the last 10,000 years

Uncertainty…

Need to go through these things to be able to move on

By discussing them we can begin to understand them

Need to build on our empathy and understanding

Have to be able to accept this uncertainty and make peace with it

Similar to grief but on a global level

Taking that time out to connect with the natural world is crucial

The formation of groups is key

The mind is like an ice berg, with the conscious mind floating on the surface, the sub conscious mind just beneath and the unconscious mind making up the vast majority

Solastalgia – homelands being changed forever

Loss of nature/stability

Grief for our world

Eco-anxiety is actually a healthy response

Being aware is a positive reaction

Remember the process of transition – Caroline Hickman presentation slide

Remember the fight, flight and freeze responses

“disavowel’ is another one you see a lot

Where its pushed into another part of the brain

What to do with psychological sense of entitlement

Neo liberal society is set up for that!

Whats a climate café?

A place to explore theories and thoughts with others in a safe space

Away from business and activity outside

Not about proving yourself but discuss how you feel

The Climate Psychology Alliance has loads of free resources <https://www.climatepsychologyalliance.org/>

Loads on ‘Solastalgia’ and ‘eco grief’