

Climate Café



Wednesday 29th April at 7pm
Ullet Road Church, L17 2AA

What to expect: A Climate Café is a gathering of around 10 people, with cake and hot drinks, lasting for an hour and a half and open to all. It is a warm, hospitable, empathetic space where anyone's fears and uncertainties about our climate crisis can be safely expressed.

Climate anxiety is something that is often hard to talk about but many people recognise an increasing sense of unease about changes in our climate and what this means for the future for us and our families.

In a climate café we can freely and safely talk about our thoughts and feelings concerning climate breakdown. It is an advice free zone with no pressure to take action, join a group, or change your mind on anything.

Two facilitators will assist us to follow a process developed by the Climate Psychology Alliance (www.climatepsychologyalliance.org)

Hot drinks and cake will be provided.



Facilitated by Ben and Lucy

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Register at no charge to avoid disappointment
<https://eventbrite.co.uk/e/1986824434367>

People's
Emergency
Briefing

Climate Café Ground Rules



All emotions are welcome

- We take it in turns to speak - be mindful of how much space you are taking up: try not to interrupt
- We listen and are interested in each other's views, and we don't try to impose our own
- Anything that intersects with climate is fine
- Silence is fine- it doesn't mean nothing is going on for all of us
- * Confidentiality and how to manage this
- * 'Ouch'- how to manage inappropriate comments

Please note that this is **not** a therapy or support group. If any issues raised cause you concern from a safeguarding perspective, please speak in confidence to the session leader, who will signpost you (where appropriate) to the relevant local safeguarding team or officer

If you would like to access more information then contact the Climate Psychology Alliance (www.climatepsychologyalliance.org)



Principles of a Climate Café



- A space to share our responses to climate change – a thinking space, a haven from busyness and activity
- A friendly, hospitable sharing of food and drink around a table
- No intention of leading participants to any conclusion or course of action
- An open, respectful & confidential space to express views safely, free of argument or theoretical discussion
- Focus: feelings and thoughts about climate change, rather than action or what we're doing in our lives to address climate change
- A facilitated process to support exploration of difficult feelings and thoughts

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