



Inclusion North News



24th January 2025

Inclusion North will share an important news story or tell you about their work every 2 weeks.



Climate Change Training

Inclusion North have created an accessible training day about the climate change crisis that we will be delivering to groups of self-advocates in the next couple of months.



Climate change is the long-term change in the Earth's average temperatures and weather conditions.



The world has been warming up quickly over the past 100 years or so, and human activities are partly responsible.



Causes of climate change include:

- Burning fossil fuels (coal, oil & gas) to create energy
- Cutting down trees
- Creating too much waste and not recycling





Climate change is a problem because we are seeing more extreme weather around the world, which affects us all.



Understand

So, it is very important everyone understands the causes of climate change and possible ways to help slow it down.



Learn

During the training day we will learn about the **causes** of climate change and what we can do in our own lives to **help**.



The training is full of fun activities and interesting discussion.



If you would like to know more and take part in one of our upcoming workshops, please email Jo Butler: **jo.butler@inclusionnorth.org**



Wellbeing Tip

In the winter it is a good idea to get outside to notice the buds on the trees and the spring bulb shoots popping up from the ground. See if you can go for a walk and find the first snow drops.