



Leeds Green Heart Campaign 2021

This November world leaders are meeting to discuss climate change and what commitments they are making to cut their nation's carbon footprint. This is vital to the future of the whole world. The meeting is in Glasgow so the perfect opportunity for UK leaders to make a stand in support of radical action on Climate Change.

We, the Leeds Craftivists, are asking you, as individuals and small groups, to create a green heart and send it to a local leader. This will encourage Leeds leaders to make a stand and make their voice heard on climate change this year ahead of COP26. We are also asking you to each create a second heart (one from each individual or one from the whole group) to add to a large art piece of green hearts to be displayed in Leeds in November.

Session plan

Intro

- We are a making green hearts ahead of COP26 in Glasgow
- Craftivism believes that using creativity can be good for our wellbeing but also as a tool for making change happen

Mindful moment

Climate Change can cause real anxiety as it feels so overwhelming and to some catastrophic. Therefore we recommend starting the session with a simple mindfulness exercise. Here is a script you could use.

Everyone find a comfortable seated position, some people cross their legs, some sit with feet flat on the floor. When you are comfortable close your eyes. Start by noticing the gentle coming and going of your breath, in and out. Now take your attention to your feet, notice where they are touching the floor, notice the feel of your socks. Are there any sensations? Are they cold or warm?

Now take the attention to your posture. Are you comfortable? Is your back straight?

Now back to the breath, notice it coming in and out. Notice how your stomach moves as your breath....and your chest.....and the end of your nose.

I invite you to stay focused just on your breath for the next 30 seconds of silence.

Start to bring your attention back into this space. Today we are talking about climate change, a potentially very frightening topic. If as we discuss the enormity of the impact of climate change you notice that you start to feel anxious or sad then you can always take your attention back to the breath.



Crafting

As a group you can all do the same craft or each person can choose their own way of making a green heart. Below are a number of patterns you can use. We are asking each person to make one heart for someone in power and one to send to the Leeds Craftivists for their big art piece.

- Origami – [here are the instructions](#)
- Knitting – [here is the pattern](#)
- Embroidery – [Simple heart cross stitch](#) and [Embroidery pattern using different stitches](#)
- Crochet – [simple pattern here](#)
- Watercolour painting
- Collage
- Sew a [material heart](#) using leftover green material

Choosing your ask

We recommend making two asks of the leader you approach:

1. Sign the climate change declaration: www.theclimatecoalition.org/declaration
2. Make a personal ask that is relevant to your area, group or personal life. What is the thing about climate change what makes most to you personally?

To work out what your personal ask could be ask the group or each individuals to consider the questions below:

- a. What worries you most about climate change?
- b. Who could make a change happen on this issue here in Leeds?

Here are a few ideas of people you could contact:

- Local MP sharing your worries
- Local councillor
- CEO of a local business or leader of local organisation who could make more ethical choices: clothes shop, supermarket.

Template letter

Dear....,

I am writing to you as your constituent/customer/local resident concerned about climate change and sustainability ahead of COP26. In November world leaders will gather to make some key decisions and commitments about all countries are going to work together to cut the amount of carbon dioxide going into the atmosphere that causes Climate Change.

With this in mind we are asking if you will:

- Sign the Climate Coalition's Declaration, pledging that you will work towards a lower carbon future: www.theclimatecoalition.org/declaration



- [add your personal ask here] *e.g. for a local councillor, please make clear to your COP26 delegate the importance of radical steps on climate change. For a local business, please start using a renewable energy provider. For a local shop, please stop using single use plastic bags.*

Thank you for all you do to bring positive change in our community, [add more detail here if you can]. *E.g. for a local councillor thank you for your previous commitment to better air quality or better public transport. For a local business, thank you for your commitment to supporting local people. For a local shop, thank you for stocking more ethical and sustainable products.*

I am asking you to sign the Climate Coalition Declaration as a community leader. This will make a statement about your intention to do what you can for the environment, using your power for good. I am also asking...[more information about why your personal ask is important to you]

Best wishes,

Name

Address

Email address

Sending you hearts

Find your MP's contact details here: <https://www.theyworkforyou.com/mp/>

Find your local councillors contact details here:

<https://democracy.leeds.gov.uk/mgMemberIndex.aspx?FN=WARD&VW=LIST&PIC=0>

Please post your second green heart for the art piece to:

Leeds Craftivists

20 New Market Street

Leeds

LS1 6DG