

Countdown to COP u3a interest group on-line

SUMMER SCHOOL

Centre for Alternative Technology (CAT), Machynlleth

Monday 11th – Thursday 14th September 2023 (3 nights)

Information for attendees

Arrival by 6pm

Please arrive in time for dinner at 6pm. We can check in to our rooms from 3pm, but you are welcome to arrive on site earlier if wished (open from 10). Registration and check-in will be at the WISE reception.

Location

Located at the heart of the Dyfi Biosphere, the Centre for Alternative Technology is around three miles north of Machynlleth on the A487, just north of the small hamlet of Pantperthog.

TRAIN

Machynlleth is on the Birmingham to Aberystwyth train line, and from there regular buses will bring you within a short walk of CAT. They don't always match the train times, so we can arrange to pick you up from the station. Let us know if a lift would help you on the form below.

CAR

CAT is signed off the A487 just north of Pantperthog (3 miles north of Machynlleth). Turn right off the A487, over a bridge and turn right again but take the second one with a sign for CAT.

You will not be charged for entry to the site if you explain you are on the u3a conference.

When you go into the car park there is a drive to the left of the cliff railway. You can either

- a) park at the bottom (this is the main carpark) and go up in the fully accessible water-balanced cliff railway (if it's running) or
- b) walk up the drive or
- c) drive up to the top if you are unable to use the railway. There are a couple of disabled parking places, and it the area can be used for dropping off, but is needed for deliveries so should not be used for general parking.

Once you get up to the top follow the signs to WISE reception. If you go up on the cliff railway ask the person at the top to point you towards the WISE building. Please note that the site is open to the public and so you need to maintain responsibility for any valuables. You are advised not to leave anything precious lying around.

Emergency numbers

For the purposes of summer school, the planning team is sharing their personal mobile numbers. As reception is poor at CAT, we have included all 4 of us in the hope that should you need help, you will be able to reach one of us. We also include the number for CAT in case all else fails.

CAT: 01654 705950

Ellie: 07841 345556

Jenny: 07808 723686

Ann: 07545 191716

Nick: 07789 137749

What to pack

Clothes for all weathers! Our outdoor activities will go ahead even if raining so please bring rainwear, but also clothes for sunny weather eg hat, suncream!

There will be a chance to share reading material recommendations on the first night, so you might like to bring any books/magazines that you are happy to leave out in the Dulas Room for others to read. Please write your name in it!

Wifi

The wifi is "CAT guest" and there is no password.

Activities

There will be some opportunities for physical activity to counteract all the sitting down sessions. There are wonderful grounds to walk around for those who like walking. We will also have a few sessions of yoga and Tai Chi so if you wish to bring a mat you can, although there will be some you can borrow, and comfy clothing would be needed. The teacher will be member Jenny Wilson who takes yoga sessions twice a week in her own u3a which are chair based with mat options for the more flexible & confident. Tai Chi is a standing session, gentle and improves balance. She would like everyone to know that she describes herself as a long-time enthusiast but is not a qualified teacher. Sessions are at your own risk.

On the Tuesday morning we will have a tour of the site. If the weather is not ideal, there are places to shelter as we go round, so we will not be stood out in the elements all the time, but wear clothing that makes you comfortable for the conditions.

On the Thursday we will have a visit to a wind farm for those who do not need to get off for their journey home and we will need to arrange lifts to the wind farm. It would be very helpful to know who would like a lift and who is happy to offer transport. There is an attachment about this particular wind farm, that may help you decide if you would like to prioritise this visit.

A copy of the provisional timetable is attached.

Money

Your meals are included in the fee you have already paid. We have to pay extra for some of the sessions/speakers and some communal costs, so please could everyone bring £20 in cash to cover speaker costs and any other expenses. There is also a bar that will be open at in the evenings where you can buy drinks; credit card payment is preferred. As you book in, you will be asked to pay the £20 to our team and collect your name badge.

Preparation activities

- a) If you would like to make the Council Scorecards session more meaningful. You might like to find, and bring along your own local council results from the last Climate Emergency reports in 2021. At the end of this letter there is a form you can use if that helps you. You will find the information at <https://councilclimatescorecards.uk/>.

- b) Your own interest group. If you run a climate / environment group in your u3a there is a chance to talk about what you do. Please think about whether there is anything you do that others might appreciate hearing about. When we share, we will ask people not to repeat something someone else has said.
- c) For the intergenerational talk here is the activity:

In preparation for one of the activities at our Summer School, we would like you to write a 'Letter to the future'. Please bring this with you, printed out, to the Summer School. The letter is to be aimed at a young person who would hypothetically be your great, great grandchild to tell them one thing such as:

What you are doing now, with the future climate in mind, OR

Something that is encouraging you concerning the climate.

Max 150 words – and please stick to one subject!

And a request for some input from you! For the Intergenerational Session on the Wednesday, we would really like a handful of volunteers to hold a 'One-sided telephone conversation' with that young person, based on the content of their letters. Please let us know if you would be up for this!

We may quote you in a TAM article! If you are happy to do this, please also email your 'Letter to the Future' to Brenda Ainsley (b_ainsley@hotmail.com), with 'Letter to the Future' in the subject line.

If you want to know more about the intergenerational project details are at the 'How to' guide? [u3a: Climate Change & the Environment: Countdown2COP Intergenerational Dialogue \(u3asites.org.uk\)](https://u3a.org.uk/sites/default/files/2017-09/How%20to%20do%20it%20-%20Intergenerational%20Dialogue.pdf)

Please feel free to download onto your device if you wish to bring to CAT.

Climate Emergency: Climate Action Plan Scores: February 2022

Summary Scores

U3a Member Name		Council Name	
Part of the UK	England/Scotland Wales/Northern Ireland	Net Zero Target Date	
Index of Multiple Deprivation		Urbanisation	
Total Population		Total Score (Average is 43%)	
Current Political Control		Public Opinion 2021 You Gov Poll	

Question	Score/Score	Average District Council Score
Governance, development and funding		9.4/21
Mitigation and Adaptation		8.1/18
Commitment and integration		3.8/7
Community, engagement and communications		4.7/9
Measuring and setting emissions targets		2.6/5
Co-benefits		1.9/4
Diversity and inclusion		0.5/5
Education, skills and training		1.5/5
Ecological Emergency		1.8/4

Members Comments. (Please make any observations here. Continue overleaf if required)