

sUStain: transforming climate concerns into Active Hope

What is sUStain?

sUStain is a pioneering new climate anxiety project, which will provide support for adults and young people. The project is being led by Norfolk and Waveney MIND working in partnership with UEA, the Climate Psychology Alliance (CPA) and The Resilience Project.

We will offer a range of support around eco-anxiety and climate grief, when the project starts in March 2022. These will include:

- Awareness events to normalise concerns
- Monthly “Climate Café” drop-ins co-facilitated by UEA students where feelings and strategies can be shared
- A 7-week programme based on mindfulness and elements of the Active Hope approach (following the best selling book *Active Hope: how to face the mess we are in without going crazy* by Resilience expert Chris Johnstone and eco-philosopher Joanna Macy)

What is Active Hope?

The Active Hope element of this approach is radical in that it does not require us to feel hopeful to take action, or paradoxically, to focus on the outcome. This frees us to try new, creative ways to resolve issues. Resourcing gratitude and resilience practices assist this. We build a sense of community at every stage of our service to feed individual wellbeing.

How can you get involved?

Student voice and input is a core part of this project. We are looking for individuals who are:

- Passionate about the climate crisis and biodiversity loss, who have knowledge or experience of eco-anxiety or climate grief
- Committed to learning new skills in a variety of settings
- Curious to learn more about approaches which address climate anxiety
- Able to commit to attending meetings and/or events at UEA and online

Benefits of volunteering include:

- Free training from leading specialists in climate anxiety, ongoing support from MIND and reflective practice sessions with peers and professionals
- A space to feel heard and validated regarding climate anxiety
- Meeting like minded individuals and taking an active role in facing climate anxiety
- Opportunities to continue aspects of the project in the future

Volunteer Opportunities Available

Climate Café Co-facilitator

This is a unique opportunity to train with the Climate Psychology Alliance to co-facilitate (with a MIND employee) drop-in Climate Café sessions. From this training you will gain: an understanding the design principles of climate cafés, a taster experience of the café model; an understanding of the distinctive role of the climate café facilitator and opportunities to plan and run your own facilitation in pairs.

Project Steering Group Member

Would you like to have your say about how this project can be best delivered? This opportunity involves participating in our quarterly steering group meetings to input your thoughts at our friendly and informal sessions, as the project progresses. You will meet other members of the project steering group from a range of organisations and backgrounds to share your views. No prior experience in this area is needed and you do not need to be an expert in eco anxiety.

Co-design Associate

We are looking for students to co-design the content of our 7-week Mindfulness and Active Hope course, so that it best meets the needs of the young people attending. We will train you in co-design principles with a bespoke workshop from our fantastic partners The Resilience Project who are experts in developing programmes by young people, for young people around climate anxiety themes.

-Please note while we hope to hold all these activities in person, all these opportunities may be undertaken online subject to COVID restrictions-

Contact sustain@norfolkandwaveneymind.org.uk for more information and to request a volunteer application form for any of the roles above.

Further information about climate anxiety, resources and our partners:

- <https://www.climatepsychologyalliance.org/support/climate-anxiety-faq>
- <https://www.climatepsychologyalliance.org/>
- <https://www.theresilienceproject.org.uk/>
- www.norfolkandwaveneymind.org.uk/support-and-information/information-resources/

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