

Saturday 21st March 2009

Green Talk@The Blakehay

The Blakehay Centre, Wadham Street
Weston super Mare, (by Grove Park Car Park) BS23 2JZ

Inspiring talks and short films

Stands offering environmental information

Morning - 10.00 – 12.30: Energy Options (£3)

Worried about fuel bills? Find out more about 'Transition' and how to build a better lifestyle through a strong local economy and sustainable choices. Go 'green' and stay in the 'black'!

Film: 'What are we waiting for?'

Afternoon - 1.30 – 4.00: Food Choices (£3)

'Food for Thought' for anyone buying & cooking food. Be prepared to be inspired! 'Love Food, Hate Waste' and discover how to adopt economical, healthy and planet friendly approaches to the way we shop, cook and eat.

Film: 'One Planet Food'

Advance booking advised but tickets also available on the door. To book now please complete this slip and send with a self addressed envelope and a cheque payable to TENONS to: The Secretary, Flat 1, 22A Queens Road, Weston-super-Mare, BS23 2LQ

Main Auditorium	Price	No of Seats
Morning Session:	£3	
Afternoon Session	£3	
Full Day	£5	
Accompanied child under 14 FREE		
Lower Studio - Stand & Information Exhibits: FREE		

Lunch time snacks & drinks

www.tenons.org.uk
contact: 01934 623000

Innovative & thought provoking: Energy options

- **Cara Naden:** Explore alternatives to our reliance on gas, coal and oil and how some communities in Britain and around the world are already working towards the transition to sustainable alternatives. Cara holds a degree in Eco Design and has worked with the Sustainable City Team in Bristol, the Recycling Consortium and Urban Eco Development, to name a few. She is currently the Renewable Energy Advice Officer for Somerset County Council and heads up Transition Langport.
- **Tobias Parker:** Discover how to conserve energy and reduce our carbon footprint with the practical incentive of lower fuel bills. Tobias has an MSc in Environmental Science, Policy & Planning and a BSc in Geological Sciences. Currently he is the CEO for Sustain, one of the UKs leading energy efficiency programme management companies.

Entertaining, inspiring & educational: Food choices

- **Barney & Phil Haughton:** Barney has been described by Rick Stein as a 'real food hero' a colourful pioneer, serving local, organic and sustainable food for over 20 years. His brother Phil founded and developed through a radical approach to retailing, the highly successful 'Better Food Company', Bristol's largest organic supermarket. Both are enthusiastic in sharing their expertise, and demonstrating how better quality food takes better care of the health and vitality of our communities. Barney founded 'Quartier Vert', in Clifton, Bristol, and more recently Bordeaux Quay, a restaurant, café, bar, bakery and cookery school at Bristol's Harbourside. Phil's Better Food Company incorporates a large retail area with a café, meeting place, organic food box scheme and regular newsletters.
- **Trevor Bell:** Works for WRAP (Waste & Resources Action Programme) Trevor will enlighten us on just how much food is wasted by us all and advise on meal planning and creating great dishes from leftovers, with a quick lesson on understanding dates on packaging. He will encourage us to 'Love Food, Hate Waste' and use our power as consumers to minimise landfill, carbon emissions and improve our environment as well as our health.