



# We are growing a Green and Healthy Frome

Supporting our community to make positive changes for people's health and the planet

## How can I get involved?

Join in, learn and take action – there are six different ways that residents can get involved...

### Healthy Homes

Get expert advice to save energy and lower your bills with our regular free advice sessions in town and support from energy advice champions, for greener, healthier, cost-efficient living.

### Cycle Together

Explore Frome and beyond together on two wheels. Borrow an ebike, learn bike maintenance skills and join a group ride.

### Choosing Wisely

Frome Medical Practice are supporting patients to switch or reduce medications and offering healthy lifestyle advice. Speak to the practice team to find out more.



### Storytelling

We share your stories of growing a Green and Healthy Frome. Follow our socials, view our website, and look out for events around town.

### Future Shed

Are you interested in joining or starting a green and healthy community initiative? Come along to our weekly meet-ups, get free coaching and support for your ideas and join our network.

### Green Community Connectors

Be more confident about making green and healthy choices with our short training sessions and join our network of Green Community Connectors to spread the word.

Since 2021, Green and Healthy Frome have been working to achieve a health and climate win-win by supporting our community to come together and make changes that are good for people's health and the planet. It is funded by the Climate Action Fund through the National Lottery Community Fund.



"It has helped me to feel more connected to my community and encouraged me to be more involved in community initiatives."

"I'm less worried about winter and increasing energy bills now I have more efficient new heating. It's a big weight off my shoulders."

"I like that it has made me think more about the connection between health and the environment."

## Get in touch

Follow our socials: @ghfuturefrome

View our website for more information: [www.greenhealthyfuturefrome.org](http://www.greenhealthyfuturefrome.org)

Email us: [greenhealth@edventurefrome.org](mailto:greenhealth@edventurefrome.org)

# Green and Healthy Frome: What have we achieved in our first two years?

## Healthy Homes

- Made contact with more than **21,000 people** in Frome.
- 5 volunteers** trained as Energy Advice Champions for the town.
- 388 people** received energy advice at Healthy Homes events.
- Directed **863 referrals** for energy efficiency measures.
- Estimated minimum emission reductions equivalent to **47,995 kg** of carbon dioxide (CO<sub>2</sub>e) or 23 average-sized petrol cars taken off the road for one year.
- Saved Frome residents **£158,032** through grants, bill savings and other interventions.



## Cycle Together

- More than **100 participants** in our ebike loan and cycle confidence class scheme
- 4,000+ miles** cycled on loaned ebikes
- 53%** of participants reporting that the scheme had helped them cycle more.
- 44%** of participants cycle more instead of using a car.
- 48% increase** in participants who feel 'quite' or 'very' confident riding a bike.
- 60% decrease** in participants who feel 'not very' or 'not at all' confident riding a bike.



## Choosing Wisely

- 14 hours** of training for Frome Medical Practice staff on prescription switching/ reduction and healthy lifestyle advice.
- 111,460 kg** CO<sub>2</sub>e emissions saved by switching patients to dry powder asthma inhalers, a 61% reduction.
- Carbon savings equivalent to taking **62 average cars** off the road for one year.
- 2,535 patients** accessed lifestyle advice and community support.
- New approach** to testing to reduce travel and minimise consumables.



## Green Community Connectors

- 45% increase** in participants reporting that they feel confident in knowing how to reduce their carbon footprint.
- 111% increase** in participants who feel confident in being able to talk about living in an environmentally friendly way.
- 80% increase** in those who feel confident in their knowledge of the link between low-carbon living and health.
- 25,000** more conversations per year about making healthy and environmentally friendly choices (from participants' estimates of weekly conversations before and after training).



## Future Shed

- More than **1,900 attendances** at Future Shed Fridays, meet-ups, activities, coaching and events.
- 95 sessions** of coaching and 53 hours of informal support for individuals' green and healthy initiatives and ventures.
- Three active network groups with a total of **275 members** supported, including:
  - Frome Food Network
  - Textile repair and reuse
  - Health and wellbeing.
- Other projects supported include Frome Seed Library and Frome Families for the Future



## Storytelling

- 13,000 households** reached via a newsprint wraparound for the Frome Times imagining a Green and Healthy Frome in 2030.
- 150 attendees** at the sold-out Health and Climate Conference.
- 850 followers** across Facebook, Twitter and Instagram.
- Over 52,000** people reached across Facebook and Instagram.
- Five mini-films**, viewed more than 1,000 times on YouTube and Instagram, one highly commended in The Climates awards at Frome International Climate Film Festival.

