



# MEC NEWSLETTER

JULY 2023



JONATHAN WRIGHT (RIGHT), COORDINATING CONNOR MULLEN (LEFT) IN REGARDS TO TRIMMING THE HEDGES AT PALLISTER PARK

## MEC JOINS THIRTEEN IN THEIR WEEK OF ACTION

During the week commencing 24th July, Thirteen and Cllr. Donna Jones undertook a Week of Action in Pallister Park, designed to renovate the park. Our team at Middlesbrough Environment City joined a whole host of partners including Middlesbrough Council, Rooted in Nature and Recovery Connections, alongside various other volunteers including Cllr Julia Cooke.

During the Tuesday and Thursday, we got stuck in with horticulture work, trimming hedges and bushes and generally tidying the area to tame wild shrubbery, as well as removing thistles and weeds. We also got to painting the benches which had been afflicted with rust, dirt and grime, giving them a new lease on life with some bright paint, as well as cleaning the outdoor pitches by shovelling out the muck, grime and litter. We also did a spot of litter picking as well.

Well done to everyone who showed up! It shows what we can do as a united front!

# ANOTHER SUCCESSFUL YEAR FOR ACTIVE TRAVEL

Our Active Travel team celebrate another school year coming to a close, finishing off their duties with pedestrian training at Pallister Park.

The year has seen the team deliver both pedestrian training and Bikeability to a whole host of schools across the Tees Valley area, as well as securing certification from 1st 4 Sport for Instructing Cycle Training: Doing so ensures that the team remains at the top of its game and fully qualified for pedestrian training and Bikeability in the years ahead.

We'll welcome our Active Travel team back in September when the school year begins. As always, remember to Stop, Look, Listen and Think when it comes to crossing the road!



A COLLAGE OF IMAGES FROM PEDESTRIAN TRAINING WITH Y3 FROM PALLISTER PARK PRIMARY SCHOOL

## CAM LAUNCHES SECOND CLIMATE ACTION CLUB AT ABINGDON

Climate Action Middlesbrough have their second climate action club officially up and running at Abingdon Primary School, joining the existing Climate Action Club at Pallister Park Primary School in providing a fun space for children to express their creativity while also learning about climate change.

This photo was taken from the second session, the last of the school year, where the students took part in making bird feeders: The Climate Action Clubs will return in September with the new school year, and CAM can't wait to return!



STUDENTS FROM ABINGDON PRIMARY SCHOOL MAKING BIRD FEEDERS AT THEIR NEW CLIMATE ACTION CLUB

## KEEPING OUR PARKS CLEAN WITH CAM

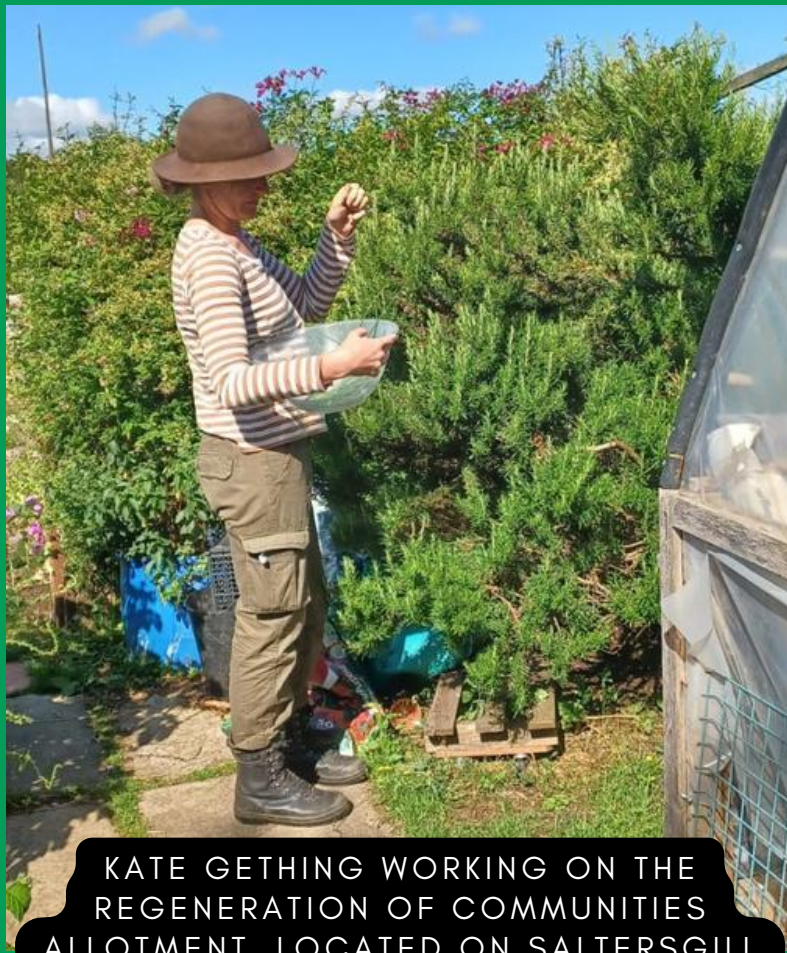
Climate Action Middlesbrough has run a variety of events over the past month, with a wide variety of partners getting involved on the project to deliver some fantastic events around the area.

Most recently, our CAM partners at Actes organised, and took part in, litter picks at Albert Park and Stewart Park. Alison and Jade were joined by a team of volunteers ready and raring to go, and they helped to clean up these beloved parks to ensure that they look clean and sparkling for Summer!

Well done to all who got involved and helped to make our local parks beautiful, and well done to Alison and Jade for organising them and rolling up their sleeves to take part!



VOLUNTEERS BRAVING THE ELEMENTS AT ALBERT PARK ON ONE OF CAM'S LITTER PICKS.



KATE GETHING WORKING ON THE REGENERATION OF COMMUNITIES ALLOTMENT, LOCATED ON SALTERSGILL ALLOTMENTS

## CAM PUTS IN THE WORK AT THE ALLOTMENTS

Climate Action Middlesbrough has also become a stalwart figure at Saltersgill Allotments, where the hard work at the Regeneration of Communities allotment plot has helped to transform it and turn it into something wonderful for local people to enjoy.

Kate Gething, from Actes, works tirelessly at organising these events and taking part in the hard work, joined by a multitude of volunteers as well as our very own Dave Scriven. Their hard work has transformed the allotment and given it a new lease on life: Well done to all involved!



NEWLY QUALIFIED WALK LEADERS FROM A VARIETY OF ORGANISATIONS, WITH WALK LEADER TRAINER DAVE SCRIVEN PICTURED ON THE FAR RIGHT

## ANOTHER BATCH OF WALK LEADERS HITS THE PATHS

Representatives from the Probation Service, NHS maternity team, Roseberry Park Hospital, Family Action, the Hope Foundation and volunteers from the local community attended Walk Leader Training on July 5th with the intention of setting up Wellbeing Walks around the area for their staff, clients and residents to enjoy and hopefully improve their physical and mental health. The Training, as usual, was delivered by David Scriven and Climate Action Middlesbrough as part of their aims to reduce the carbon footprint of residents in the borough by encouraging more sustainable methods of transport and reducing car dependency.

Walk Leader Training is held fairly regularly at our offices here on Sandy Flatts Lane in Acklam, and you can enquire about it by contacting Dave at [david.scriven@mencity.org.uk](mailto:david.scriven@mencity.org.uk).



ROOTED IN NATURE SERVICE USERS GETTING INVOLVED WITH COUNTING AND MEASURING ELVERS AT TEES BARRAGE

## ROOTED IN NATURE KEEPS ENGAGEMENT HIGH

Rooted in Nature continues engaging its wide array of service users: A project run by Middlesbrough and Stockton Mind in conjunction with various partners including ourselves at Middlesbrough Environment City, Rooted in Nature hosts a wide variety of activities throughout the week including walks, gardening and more.

Rooted in Nature also appears at various community events, including taking part in the Pallister Park Week of Action and most recently attending a community event at Central Mews on August 2nd. For more information, including how to access the service, contact Middlesbrough & Stockton Mind on 01642 257020.



THE ECO SHOP, LOCATED AT THE GREEN HUB IN MIDDLESBROUGH BUS STATION EVERY WEDNESDAY, WITH A HOST OF FOOD TO PURCHASE!

## FIGHTING FOOD WASTE

Our Eco Shop located in MEC's Green Hub, in Middlesbrough Bus station (previously the cycle centre) continues to go from strength to strength, regularly serving 50 - 60 customers a week with a variety of cupboard staples, fresh, chilled and frozen goods to choose from.

Working in partnership with FareShare NE, we want to ensure 'good to eat' surplus food is being used and not wasted. We want to challenge and change the perception of surplus food and the environmental issues around food waste and eco shops are a fantastic opportunity for people to support this incentive.

The eco shop is open to anybody who wants to help reduce food waste, for a suggested donation of £2 people can visit the shop and choose 10 items of high-quality goods that otherwise would have gone to landfill.

The Eco Shop at The Green Hub opens every Wednesday 11am - 2pm - please remember to bring own shopping bag! For more information about eco shops and find out where your local shop is located please visit [www.ecoshops.org.uk](http://www.ecoshops.org.uk)

## STAFF FAREWELLS

**Abby Fearon** - Affordable Warmth Advisor

**Ella Deacy** - Community Growing Officer

**Emma Phillips** - Forest School Practitioner