

# Show the Love

## *Green Hearts Toolkit*



Beautiful things are possible.  
Together, we can protect the world we  
love from climate change.

Start with a heart. Make it green.  
Help the love be felt by those who can  
make a world of difference.



*#ShowTheLove*  
*[www.showthelove.org.uk](http://www.showthelove.org.uk)*

## Clean energy can protect the life we love

Climate change is already impacting on all the places we love and cherish — from our back gardens to the local woodland, from football pitches to beaches, from farms to fields. It can be seen in increased flooding, summer heatwaves, and affected bee populations. It is changing the seasons, upsetting crops and flowers, and disturbing the journeys of migrating birds.

These places may be changing, but our love for them is stronger than ever. Over the past year, thanks to the support of people like you, 195 countries agreed a landmark climate deal in Paris which endeavours to limit global temperature rise to 1.5°C. Now that the UK government has ratified this deal, it's time to turn this ambition into a powerful reality.

## Make beautiful things happen this Valentine's Day

This February, people across the country will show the love for all the things that are affected by climate change through the power of green hearts. Whether you make one, wear one or share one, each green heart is a moment of possibility — a chance to begin a conversation about the things we love that climate change threatens and the opportunities for a world powered by clean and secure energy.

## Hearts move worlds

Surprising and beautiful, green hearts can move worlds. Last year, handcrafted hearts turned Valentine's Day green as hundreds of thousands of people across the UK shared them with their friends and family, customers and colleagues.

But it didn't stop there. Green hearts winged their way across the web and made a special appearance on the BT Tower. They were spotted in Parliament and on Premier League football managers. And in one giant leap for green heart-kind, one was even sent back to earth from the International Space Station!

*This year, even more beautiful things are possible.*



"Politicians can't deliver on the ambition without the public saying 'We need you to do this.'"

**Rt Hon Amber Rudd MP**  
**Home Secretary and**  
**former Secretary of State for Energy and Climate Change**



## Three beautiful ways to show the love

Green hearts are for everyone — whether you have a couple of minutes, an afternoon or all the time in the world, there are lots of ways to take part. We'd love for you to join us!

### ***Wear and share a green heart***

Wear a green heart, share one with a friend, and talk to others about why you're wearing it.

*See page 7 for inspiration and ideas.*

### ***Make a green heart***

Make a green heart on your own or make it an opportunity to get together with friends. Craft a heart to wear, bake a heart to share, or even plant a heart and watch it grow.

*See page 7 for ideas of what to make, and page 9 for tips on making it a get together.*

### ***Take a heart to a place you love***

Whether it's your favourite tree or football ground, showcase somewhere that is special to you by using our photo template. Go alone or bring your whole community along to share in your cherished place.

*See page 11 for ideas on how to show off your special places.*

## Share the love

Show the world how you're taking part. Take pictures of your homemade hearts, the unique ways you're sharing them, or an event you're hosting — and if your MP or another special guest has been invited, don't forget to snap a picture with them too.

Sharing makes everything go that little bit further. To make sure we see your photos and hear your stories, please share them on social media using the hashtag #showthelove

*For tips on using social media, visit [www.showthelove.org.uk](http://www.showthelove.org.uk)*

## ***The things we love and don't want to lose to climate change***



“Farningham Woods is a beautiful ancient woodland in Kent. In 2015 an outbreak of Oriental Chestnut Gall Wasps was discovered and more than 3 hectares of wooded hillside had to be cleared of trees to protect the rest of the woodland.

Pests like this are becoming more and more of a problem as our winters become milder and they survive to reproduce and continue attacking our beautiful trees.”

**Matt Elliot**  
**Conservation Advisor, Woodland Trust**



## Wear your heart on your sleeve

Green hearts will be popping up across the country on Valentine's Day — get your own special heart and join in the fun.

Haven't got time to make your own? Hearts don't need to be fancy, furry, or sewn. Simple is powerful too.

The Climate Coalition are distributing thousands of green heart stickers at shops, nature reserves, and National Trust properties across the country.

*Find out where to get yours at [www.showthelove.org.uk](http://www.showthelove.org.uk)*

Sharing your heart can be an event or just part of your regular day. Give them out at work, share them with your family, or even hand one to your MP. Share them with your neighbours at a local event or share them with the world on social media.

*Turn to page 6 for tips for putting on an event.*

## Small chat, big change

Green hearts are an opportunity to start conversations about climate change — to talk about the places you love, and the choices we can make to protect them. This is your moment to tell others how increased flooding and heat-waves are threatening your favourite places. How this warmer and wetter weather is bringing destructive species into our woodlands, affecting bird habitats, and changing the seasons.

From their own gardens to the wild shores filled with puffins, people across the country are already getting conversations about their favourite places started on the pages of this toolkit. Take a moment to read through their quotes, and think about your own special place that could be affected. By talking about the things we love, we have the opportunity to protect them.

*For tips on starting these conversations, read our guide at [www.showthelove.org.uk](http://www.showthelove.org.uk)*

## The things we love and don't want to lose to climate change



“The greater occurrence of more extreme weather events is a concern.

As chairperson of the Braunston Village Gardens Association, gardeners are telling me they've had to replant their produce gardens this year as they have lost a high proportion of their first plantings due to the wet and increase in pests.”

**Kate Mawer**  
**Braunston WI, Northamptonshire**



## Hearts as unique as you are

Make your green hearts in a way you enjoy, and use what you have on hand. No matter what you choose, hearts will be special and effective because they come from you. Here is some inspiration to get started:

### Stitch a felt badge

**This project was created by Clare Spender, NFWI Craft Adviser**  
For detailed instructions and more ideas, please visit [www.showthelove.org.uk](http://www.showthelove.org.uk)

1. Cut two hearts of the same size out of the green felt
2. Stitch your sequins or other decorations onto one of the hearts
3. Sew the brooch back onto the other heart that you cut out



### Cook up some heart krispies

**This project was created by Victoria Murphy, NFWI Food and Cookery Adviser**  
For detailed recipe and more ideas, please visit [www.showthelove.org.uk](http://www.showthelove.org.uk)

1. Melt butter and marshmallows together over a very low heat.
2. Stir in rice krispies until coated.
3. Press mixture into a baking tin and leave to set.
4. Once cooled, cut the krispie mix with a heart shaped cookie cutter



## The things we love and don't want to lose to climate change



“The telescope is on the puffin, and I wait for our visitors to squeal with excitement at the sight of them.

How sad and alarming it is to learn that these incredible little birds are declining and have been placed on the endangered species list.”

**Rosemary Nicholls**  
Volunteer at Bempton Cliffs, RSPB Reserve



## Green hearts bring people together

When you make a green heart, make it a get together — a chance to meet with friends and neighbours, team mates or colleagues, or members of your book group, church, or club. A bit of company makes light work and multiplies the results — before you know it, one heart will be twenty.

Together you can bake some green heart krispies to share around, make wearable hearts to give to your loved ones, and start conversations about what you want to protect from climate change and how people in your community can help deliver that change.

Don't just make hearts together, share them together as well. Why not give them out at a local football match or use them to decorate a local landmark?

Visit [www.showthelove.org.uk](http://www.showthelove.org.uk) for more ideas and tips for organising a green hearts get together, as well as posters and flyers to help get the word out about them.

## Share your event with local media

If you're holding an event, get the word out by writing to your local paper and letting them know about it. If you're planning something particularly interesting, like a gathering with your MP and community at a local landmark, they might even send along a photographer to help document it. If not, invite the editor of your local paper or send them a press release to let them know what happened.

*A template press release and tips for contacting the press can be found at [www.showthelove.org.uk](http://www.showthelove.org.uk)*



Our trees are vital to protecting what we love from the effects of climate change.

Write a personal message on a green heart about the things you want to protect and hang it from a tree that is special to you.

Once you're done, take a picture of your heart and share it on social media along with the hashtag #showthelove and #treecharter so we can share your message with as many people as possible.



## Show off what you love

Many of our most cherished places across Britain are already affected by climate change — from the seaside towns we holiday in, to the ancient woodlands we walk in; from the parks we play in, to the castles we imagine from. Climate change has already made its mark on the British landscape, where our lives play out and our memories are made. In fact, all over the world people and the places they cherish are being affected by climate change.

This February, invite your friends and family, neighbours and colleagues, or even your whole community to a place that you cherish. Share why you love it, the memories you've made there, and your concerns for its future. You can even invite your MP along so they hear how climate change will impact the special places in your local area, and help represent them in Parliament.

Whether you go alone or invite everyone for a big day out, use the frame which can be found at the end of this pack to take a picture of your special place. Share your picture across social media and show everyone just how important it is that we don't lose it to climate change.

*For more information about the impact of climate change on local places, visit [www.showthelove.org.uk](http://www.showthelove.org.uk)*

### Show the love for your local rugby pitch or favourite tree



## The things we love and don't want to lose to climate change



“We run residential programmes for school children and attract groups from all over England. For some, it's their first visit to the coast.

The tidal surge in December 2013 caused devastating flood damage that forced us to close for 18 months.”

**Katherine Tofield**  
Centre Manager at Brancaster Activity Centre





**theWI**  
INSPIRING WOMEN

**Beautiful things are possible. Clean energy gives us the power and security we need to protect the world we love from climate change.**

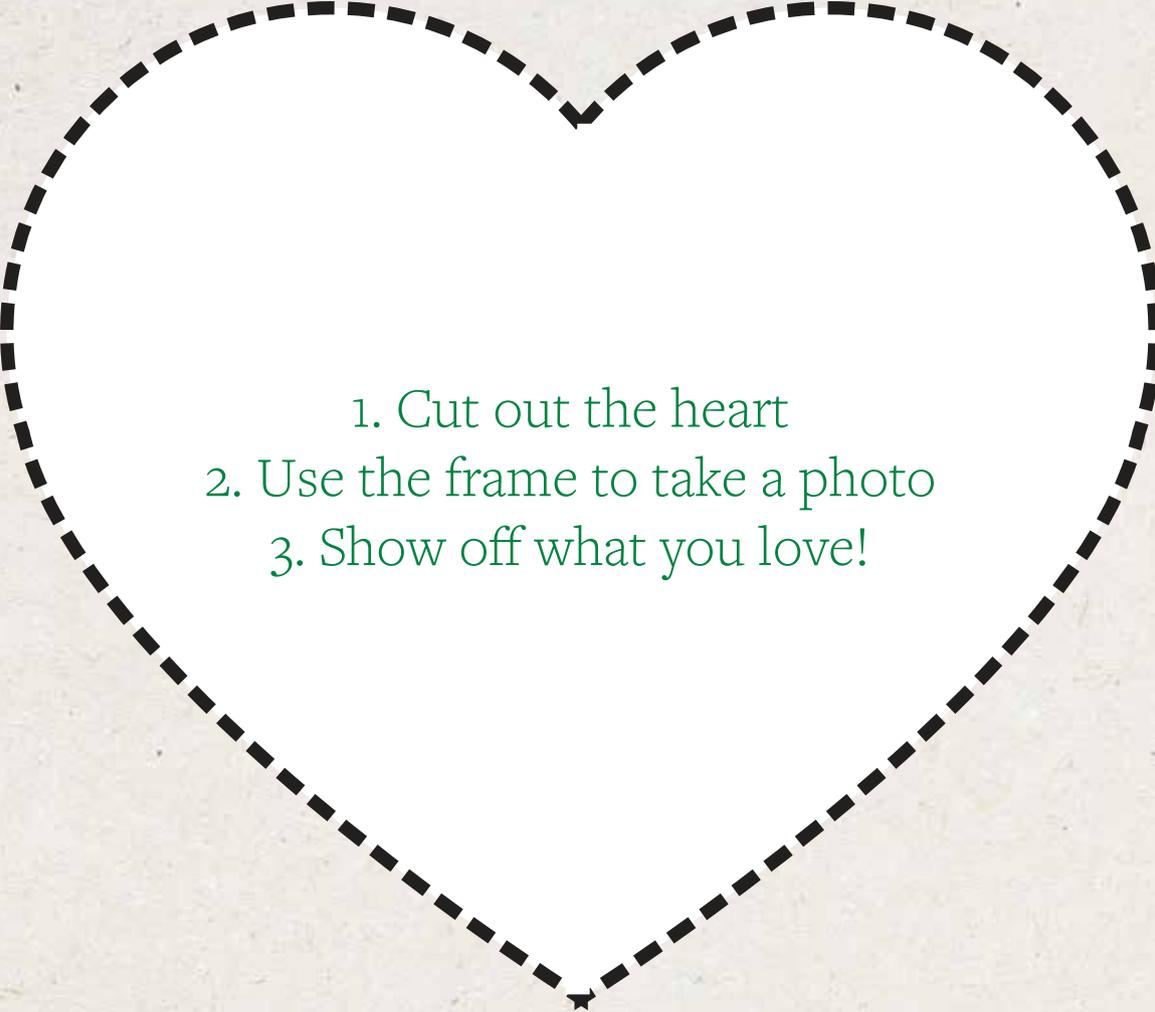
The love is strong. The changes and investment needed to protect our world have begun; we can be powered by clean energy within a generation. We can have new jobs and new industries. We have the power to choose.

But time is short. We are living through the warmest decades in recorded history, with 2016 being the hottest year since records began. All around us the places and things we love and depend on are threatened and changing because of climate change.

**Show the love for the places, people and life we want to protect.**



*The Climate Coalition is the UK's largest group of people dedicated to action on climate change and limiting its impact on the people, places and life we love at home in the UK and around the world, including the world's poorest countries. Together with Stop Climate Chaos in both Wales and Scotland we are over 15 million people from all parts of the UK.*

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1. Cut out the heart
  2. Use the frame to take a photo
  3. Show off what you love!



#ShowTheLove