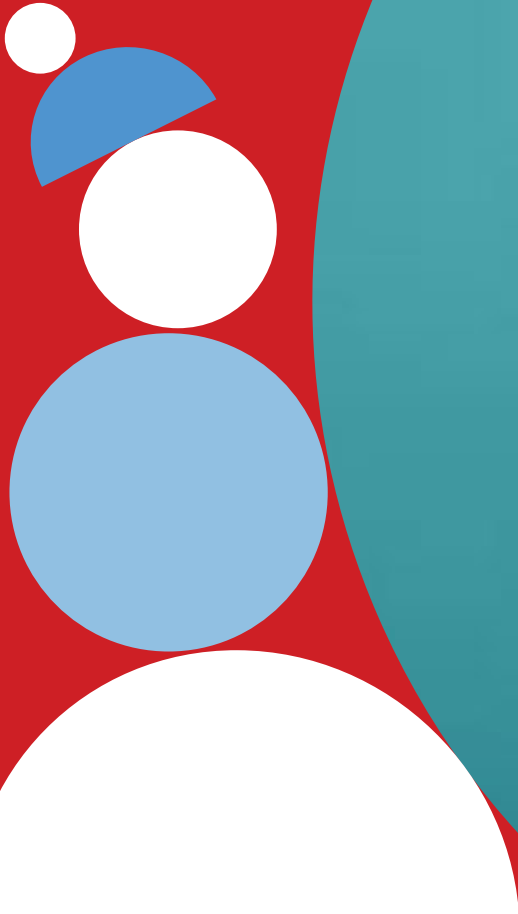




ZURICH[®]
Community Trust

Partnership Newsletter

3rd Edition
December 2024



What's new?



Dear Partners,

As we approach Christmas and the end of 2024, we want to say a huge 'Thank you' for everything you do to support your communities, and for being such incredible partners.

It gives us great pleasure to work alongside some truly inspirational and incredible teams that are collectively helping to improve so many lives.

Before we sign off for the holidays, we wanted to share some seasonal tips on sustainability and opportunities that could be of benefit to you and your organisation.

Thank you once again, and we hope you all have the chance to relax and enjoy the holidays with your loved ones, over the coming weeks.



Save time - save us as a favourite!



Partnership Hub



TIME SAVING TIP:
***Save the hub link as a favourite
under your search bar!***



'Tis the season to keep air pollution down



Keep your air clean while cooking over Christmas!

Take care of your air

“Air pollution is the biggest environmental health risk of our time. It also exacerbates climate change, causes economic losses, and reduces agricultural productivity”.

According to the UN, 99% of the world’s population breathe polluted air.

We’re proud to offer our partners the opportunity to apply for funding through our annual **Sustainability Fund** (*Read more about our Sustainability Fund and our application criteria on page 5*). We created the fund to help our charity partners tackle SDG issues within their communities, such as poor air quality, linked to conditions such as dementia, COPD, asthma and heart disease.

Last year, our partner, the Leeds Older People’s Forum “LOPF” applied for a grant for £10,000 to support a new initiative centred around improving home air quality for elderly residents living locally to Leeds. The project is further endorsed through support offered by Leeds City Council Public Health Team and Health Improvement Specialists.

LOPF’s workshops, funded by our sustainable grant, outlines what indoor air quality is, where air pollutants can be found in the home, the impact to health and how participants can make simple changes to improve their own indoor air quality.



Photograph showing participants at [Cross Gates Good Neighbours](#) discussing types of air pollutants, like cooking oil and cleaning products.



Photograph showing participants from the [Coffee Pot Memory Cafe](#) at Drighlington showing off their Home Air Quality Goodie Bags



Photograph showing Robina (an employee of LOPF) leading an activity on where people think air pollutants are in the home. Photograph taken at [Cross Gates Good Neighbours](#)

'Tis the season to keep air pollution down



Keep your air clean while cooking over Christmas!

We know that many pollutants can be found in our indoor environment where we spend a huge proportion of our time. Pollution indoors can come from several activities such as cooking, cleaning, drying clothes, burning wood or candles as well as using certain personal care or decorating products.

We've taken the top tips from the workshops and on keeping your air fresh over the festive season...

- Let in fresh air by opening your windows a few times a day if possible and safe - this releases stale air and moisture from inside your home. Leave trickle vents on windows open and unblocked especially when bathing or cooking.

- Stop condensation – if possible, dry your clothes outdoors or in a tumble dryer. If this is not possible then use a well aired room, turn on your extractor fan or open your trickle vents to remove moisture from the air. When cooking, cover your pans with a lid and use your extractor fan.

- Use electric or gas heating to heat your home rather than wood or coal if possible. If you are heating your home with a wood burning stove, make sure this meets the required eco design ready standards, and use clean fuels such as wood with the 'ready to burn' logo.

- Keep warm by making sure your house is at least 18 degrees Celsius, especially in colder months. This will help to prevent damp and mould. Even heating your home at a low level can help stop the build-up of mould which can be very harmful to health.

- Keep your home free from cigarette smoke.

'Tis the season to keep air pollution down



Keep your air clean while cooking over Christmas!

- Have a professional service your heating and cooking appliances including your boiler and oven annually - faulty appliances can emit dangerous levels of carbon monoxide. If you rent your property your landlord is legally required to do this. Contact them if you have not had a recent service.
- Vacuuming regularly will stop dust from getting into your mouth or nose and reduce irritation of the nose, throat and eyes. If possible, use a vacuum with a High Efficiency Particulate Air, or HEPA filter.
- When buying cleaning and personal care products, try to find products labelled 'chemical free', 'fragrance free' or 'allergy friendly'. The Ecolabel on some products will tell you the amount of volatile organic compounds in them, also known as VOCs. VOCs can cause irritation to the eyes, nose, and throat. Always follow the instructions on paints, solvents and glues.
- Whilst lit candles look very pretty, they also release pollutants. Remember to ventilate your house while you are burning candles and incense indoors. Make sure you have a smoke alarm fitted on each floor of your home and test them on a regular basis.
- When cooking your Christmas dinner, open your window and close your kitchen door, if possible. This will reduce pollution from the burning of oils and gas flames and will reduce condensation caused by steam. Keep your window open or extractor fan on for 10 minutes after cooking.

You can get more top tips by watching the accessible online videos below:



[Indoor Air Quality: sources of pollution and health impacts \(youtube.com\)](#)



[Indoor Air Quality: sources of pollution and health impacts with audio description \(youtube.com\)](#)

Sustainability Fund



Great News! Our Sustainability Fund window is now **OPEN**



The application window for our sustainability related grants for 2025 is NOW OPEN.

With a funding pot of £100,000, applications will be assessed on a first come, first served basis. The application window will remain open until all monies are spent.

Our **Sustainability Fund** aligns with the UN's 17 Sustainable Development Goals "SDG's" and was created to help our charity partners tackle related issues within their communities - such as poor air quality (as highlighted in our opening article).

This fund is exclusively for our charity partners. Each application can request funding of £5,000 up to £10,000 to support a sustainability related project.

The first tranche of funding decisions will be made within the first two weeks of January 2025.

To be eligible, you must be a **first-time applicant** – those who have already received a sustainability grant from us, will not be eligible to apply on this occasion.

You can find out more about the grants we've previously awarded, via the [ZCT HUB](#).

If you would like to apply for funding support for a sustainability related project, please complete the application via the link below.

 **APPLY NOW**

OPEN

Seasonal Sustainability



Christmas Trees

A “Tree [is] for Life – not just for Christmas”.

The Woodland Trust says the most environmentally friendly Christmas tree is one with roots, which can be planted in the garden and brought in for next year. If you are buying a felled tree for your charity, please check it's got an accreditation from the Forest Stewardship Council (FSC) or the Soil Association, which tells you that it has been grown sustainably and ethically.

Another option is to rent a tree – a rented tree is then replanted by the supplier during the year. All across the UK, garden centres and plant nurseries are now offering this service. They'll often deliver and collect the tree to save you the hassle and the tree can then carry on growing after its return.

An example of one of these schemes, is Rental Claus from the Primrose Vale Farm Shop in Cheltenham. They deliver and collect the tree, with prices starting at £15-£45.



Get in touch

If you have any questions around any of the topics covered in our newsletter, please reach out to [Carla Mandis](#) or [Jane Boulton](#) and they'll be happy to help.



Seasonal Sustainability



Wrapping Paper



According to the Soil Association “It’s estimated that each year in Britain, we throw away enough wrapping paper to circle the globe 9 times!”.

Piles of wrapping paper, often with glitter, foil or containing plastic are not recyclable, so look for wrapping paper, ribbon and bows that can be recycled and / or have multiple use.

If you choose mono materials, which are products only composed of a single material type, they are typically easier to recycle than products made from different materials. You could even consider purchasing fabric wrapping paper or reusable boxes that can then be used to store any decorations for next year.

If it’s not clear whether your wrapping paper can be recycled, use the scrunch test. Simply scrunch up the paper and then let it go. If the paper stays scrunched up then it can be recycled, however, if it unfolds on its own accord, it likely contains non-recyclable elements.

If you have the budget available and would prefer to use the most environmentally friendly option, you can buy tissue paper or gift tags with seeds embedded - these can then be planted in the garden ready for spring!

For further hints and tips on sustainable wrapping, check out these articles from [Reduce Reuse Recycle](#) and the [Woodland Trust](#).

Seasonal Sustainability



Christmas Lights

Choose LED Christmas lights. According to Country Living, “If every UK household swapped a string of incandescent lights for its LED equivalent, we could save more than £11 million and 29,000 tonnes of CO2, just over the 12 days of Christmas... LEDs are far better than traditional twinkling incandescent lights, because they use up to 80% less energy”.



Glitter

Whilst it may look very pretty, glitter is difficult to recycle and can escape polluting the environment. If your charity wants a bit of sparkle, opt for plant-based, vegan glitter like that from [Eco Glitter Fun](#).

All of their biodegradable glitter comes in glass bottles and packaging is made from recycled cardboard, shredded newspaper, and paper packing tape.

For further hints and tips on how to have a sustainable Christmas, please check out these articles from [“Sustainability for All”](#) and [Reduce Reuse Recycle](#).



Merry Christmas and a Happy New Year



Merry Christmas from the ZCT team!



As we approach the end of another year, I wanted to take a moment to reflect on the time I've spent with many of you, since I took on this role in March.

I've cherished every opportunity to engage with you - whether it's been through board meetings, the eye-opening Seeing is Believing visits, or unforgettable events like the summer dance at Dementia Concern. Each encounter has left me inspired and deeply moved by the outstanding work you do in your local communities.



What truly stands out is the way you continuously innovate to meet the unique needs of your beneficiaries in such personal and meaningful ways. Your dedication and resilience are nothing short of remarkable, especially in the face of the numerous challenges this year has brought. From navigating the cost-of-living increases and budget impacts, to tackling procurement hurdles and addressing the growing societal issues of poverty and mental health, your commitment has been unwavering.

I'm incredibly proud that we can enrich communities together and build partnerships that are not only meaningful, but also supportive and collaborative. It's been wonderful to hear about the value you continue to find in our More than Money offering, and I am excited about achieving even more together in 2025.

So, from the bottom of my heart, and on behalf of the entire ZCT team, thank you for your incredible work and partnership. Wishing you a joyful and restful festive season.



Merry Christmas and here's to a fantastic year ahead!

Laurie & the ZCT team

Laurie Deans

Head of Zurich Community Trust



Next issue:
March 2025

