



Catz Green Newsletter June 2022



This month's topic: Sustainable periods

Commonly used disposable period products are 90% plastic, with 18 million people in the UK using around 11,000 disposables in their lifetime! Some more sustainable and reusable alternatives are menstrual cups or discs, reusable sanitary pads/liners or period knickers!

As a run over from Green Week, here is a discount code for Modi Bodi, a period underwear company: **GREENWK15**

- Code is valid from 1/05/2022 – 31/10/2022 for one use per customer, minimum spend is £25.00, available in the UK only.

Modibodi® Check out these articles for more information!



- [Sustainable Periods: Your complete guide to having an eco-friendly period \(marieclaire.co.uk\)](https://marieclaire.co.uk)
- [How to have a sustainable period - Planet Mindful \(planet-mindful.com\)](https://planet-mindful.com)

News:

- A new environmental Facebook group has been created called Greenbridge! [Greenbridge | Facebook](#)
- Sam from the MCR is working on a project to try and get more people travelling to college via train. It would be great if you could fill out this short survey which will take 30 seconds to try and gauge student interest. <https://forms.gle/B3YyXnDhD2nu7vpY7>
- With exams coming up, it might be nice to unwind and visit some green or quiet spaces. Kettle's Yard has recently prioritised sustainable or local products and have gone fully vegetarian! They also use flowers picked from their garden in the House. The Botanic Gardens is looking stunning at the moment and is a great place to revise! Students can get in for free, just take your CamCard! If you want to pick up a plant on the way, they're now using reduced plastic plant pots!
- The University has adopted new guidelines on sustainable business travel, to encourage and support a reduction in non-essential University business travel and its associated carbon impacts. [Sustainable Business Travel | Sustainability \(cam.ac.uk\)](#)
- Check out this internship scheme with Cambridge Zero and the University team! [Summer Internship Opportunities: Cambridge Zero and Sustainability Team | www.zero.cam.ac.uk](#)
- Check out Save Our Soil, an international group which aims to bring awareness to soil extinction and get people to work together. [Welcome Earth Buddy! \(savesoil.eu\)](https://savesoil.eu) You can follow them on Facebook, Instagram and Twitter!



Events Coming Up:

True to Nature exhibition Fitzwilliam is running from the 3rd May – 29th Aug, and is free at the Fitzwilliam [The Fitzwilliam Museum - True to Nature: Open-air Painting in Europe 1780-1870 \(cam.ac.uk\)](#)

- From the Friday 27th May – 30th June there is the Cambridge Nature Festival [Upcoming Events – Cambridge Nature Network](#)
- There is also the Cambridge Botanic Gardens Festival of Plants – Saturday 11th June, 10am – 5pm [Festival of Plants 2022 - Cambridge Botanic Garden](#) - a fun day out for everyone!



- [Tickets](#) have gone live for the Cambridge Climate and Sustainability Forum! The Forum is a two day annual event, organised by students, aimed at increasing awareness of climate change and sustainability. It features a variety of panels, exhibitions and other events, and hosts a diverse range of speakers at the cutting edge of climate research and policy.

This year's CCSF will be held on the **11th & 12th of June**, at the **Cambridge Union**. Their theme, 'A Climate Reset', seeks to recalibrate our responses to the climate crisis by emphasising diverse voices in sustainability, centring intersectionality and non-traditional discussions. The panel topics range from 'Decolonising Climate Responses' to 'Representing the Climate Crisis Creatively'.

Speakers include Finn Harries, JoJo Mehta and Amali Tower, to name just a few. They also have a range of other events planned for the Forum: a Green Fair showcasing local sustainability initiatives, an art exhibition, short film screenings and a stimulating discussion on ecocide. An entirely vegan lunch and refreshments will be included in the ticket price, provided by local vendors.

The tickets for CCSF 2022 are now LIVE and can be found here:

<https://www.eventbrite.co.uk/e/312176828297>. The Forum is open to all, at a variety of prices.

Check out their [website](#), Instagram ([@ccsf_camhub](#)), [Facebook](#) or [LinkedIn](#) to find out more!



Catz-Environmental-Love,

Zsófi and Emilia