



Climate change, this looks increasingly more like climate chaos

The question 'how can I contribute to a more sustainable world?' is very fundamental. It is an issue that has to be taken personally if there is to be any progress. To help people make adjustments to a world that is hopefully changing for the greener, 'Friends of the Earth' in Tunbridge Wells has started an initiative called **I pledge**.

I pledge is your way of helping us to help the environment by becoming greener in our behaviour. We want to show that individuals can make a 'real' difference in tackling climate change and other challenges facing the planet. This is how it works: you commit to pledges to be more environmentally friendly and for each one you make you are awarded points. There are three levels: easy, medium and hard. Two, four and eight points are awarded respectively for each pledge. Examples of pledges that earn two points are: switching to low energy light bulbs or turning unused lights off. For four points you might buy less processed/packaged foods or use your car less. Examples of pledges that earn eight points are: only making one flight a year or growing your own vegetables. We have set a target for 1000 points, so the more points you pledge the more the environment benefits and the closer we get to our target. You can find out more about this scheme and the pledges you can make and how close we are to the target by going to our website at www.twfoe.co.uk/iplodge. This is an opportunity to make some very necessary changes to our impact upon the environment.

Please join the Tunbridge Wells 'Friends of the Earth' group online. We meet in The Pitcher and Piano the first Wednesday of every month at 7:30.

There will be a free 'Friends of the Earth' quiz on the 24th June at The Ragged Trousers pub on The Pantiles at 8:00pm.

'An inconvenient truth' is being screened at The Trinity theatre on 14 June at 8pm.



"This is nothing short of life-changing; a film that needs to be seen by every single person on this planet"
FilmFocus.

AN INCONVENIENT TRUTH

Thu 14 Jun 8pm £6.50 (£5 members)

Cert U, 100 mins, Dir: Davis Guggenheim USA 2006

From director Davis Guggenheim comes the Sundance Film Festival hit *An Inconvenient Truth*, which offers a passionate and inspirational look at one man's fervent crusade to halt global warming's deadly progress in its tracks by exposing the myths and misconceptions that surround it. That man is former US President Al Gore, who, in the wake of defeat in the 2000 election, re-set the course of his life to focus on a last-ditch, all-out effort to help save the planet from irrevocable change. Here Gore is seen as never before in the media - funny, engaging, open and downright on fire about getting the surprisingly stirring truth about what he calls our 'planetary emergency' out to ordinary citizens before it is too late. Winner of Best Documentary Feature and Best Achievement in Music Written for Motion Pictures at the 2007 Academy Awards.

Trinity ticket office 01892 678678, open Mon-Sat 10am-3pm, Sun 1pm-3pm and 1hr before performances or book online on www.trinitytheatre.net.

Wellbeing Magazine in Association with Trinity Theatre are giving away **2 pairs of tickets to see 'An Inconvenient Truth'**. Send your name, address and telephone number to:

Wellbeing Magazine (Trinity Ticket Give Away), 5 Bentham Hill House, Stockland Green Road, Tunbridge Wells, Kent TN3 0TJ or email your contact details to rachel@wellbeingmagazine.com subject 'Inconvenient Truth'. Winners will be the first name drawn on the **25th May** and will be notified.