

If you go to the CAFOD website you can learn some essential facts about climate change: cafod.org.uk and look for Climate-Change-FAQs

1. Why are we campaigning on climate change now?
2. What is climate change, and what do we mean by sustainable energy?
3. What causes climate change? Why does energy matter?
4. Should rich countries take a lead in shifting to clean energy?
5. Won't limiting the use of fossil fuels hold poorer countries back from developing economically in the way richer nations have?
6. What are the Sustainable Development Goals, and what do they have to do with climate change?
7. What are the links with our faith?
8. What about Pope Francis' encyclical *Laudato Si'*?
9. How can I, and my parish, make a difference?
10. The UK is so small; will cutting our emissions make any difference?
11. Does campaigning work?
12. Is CAFOD working with other organisations?
13. Would building a coal plant give energy poor communities the services they need?

Have you faced tricky questions on climate change from neighbours or friends? Look for Climate-myth-buster for a quick guide on how to tackle some of the common ones.

MYTH 1. Scientists can't agree. The jury is still out.

MYTH 2. It's just part of natural change.

MYTH 3. The globe has stopped warming.

MYTH 4. Scientists have exaggerated claims about changes in our climate.

MYTH 5. Volcanoes emit more carbon dioxide than humans possibly could.

MYTH 6. Carbon dioxide is not a pollutant; it's natural and essential for life.

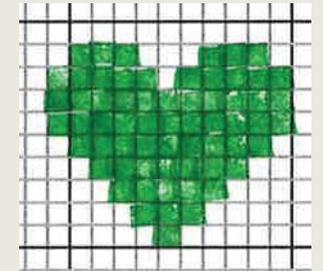
MYTH 7. Far back in time, global warming episodes had nothing to do with carbon dioxide levels.

MYTH 8. Some countries have always had droughts, heat waves and extreme bushfire weather. There is no link to climate change.

MYTH 9. Global warming is good for us!

MAKING A HEART

You can make a flat heart or a stuffed one. We have:



— Lots of green felt and green threads, and white canvas if you want to do cross stitch.

— White sewn hearts that you can colour in using the Inktense pencils or blocks and these can be finished and stuffed. (The Inktense will become much brighter when wetted and more or less permanent when it is ironed)

— Some pre-sewn green hearts that need to be turned right side out, decorated, stuffed and finished.

— Wadding (cut it up small if you want to use it for stuffing small hearts)

TALK ABOUT YOUR HEART

You need to know why we love our planet and why we don't want the climate to change too much. Already we have had some very odd weather (remember all the storms two years ago?) and although it seems cold today, the world taken as a whole is warmer year on year. See the back page and the CAFOD website.



Make your own green heart

Imagine a world safe from climate change. A world where all the things we love — our favourite places, our families, our passions — not only survive but thrive in the years to come. The good news is this world is still within reach, if enough of us show how much we care.

This Valentine's Day, green hearts will spark conversations about the places we love and the future we want for our children. Make, wear and share yours to help the love be felt by those who can make a world of difference.

This project was created by Clare Spender, NFWI Craft Adviser

What you will need

Green felt - the hearts featured here are approx. 4.5cm x 5cm

Green thread

Sequins, small green beads, miniature buttons or anything that you can decorate your heart with

Needles - very small or beading needles will be needed for the beads

Scissors

Small 2 hole brooch back

Something to stuff your heart



Cut two hearts of the same size out of the green felt for the front and back of the heart. Make sure that they are the same size and fit together well.

Stitch your sequins, beads, buttons or other decorations onto one of the hearts. Make sure that you leave a small seam allowance around the edge, about 1 - 2mm, this will allow room to sew around the outside of your brooch. Sew the brooch back onto the other heart, making sure that you use secure stitches.

Place the front heart onto the back heart and use small whip stitches, starting mid-way down the side of your heart, to hand stitch the front and back together. Make sure that each stitch is very close to each other so that the stuffing cannot fall out, but remember to leave a small gap to insert the stuffing.

Add stuffing a little bit at a time and push it up and out to all the edges. Keep filling the heart until you are happy with it and then hold together the sides of the gap and continue with your whip stitches to close the hole up.

Wear with pride!

