Community Outreach Postcard Consultation

Questions

• Have you made changes since lockdown that have benefitted the environment?
• Would you like to keep up these changes?
• What do you need to do that?

Participating groups

**Northern Corridor Volunteers**, Cardowan, North Lanarkshire – Pages 2 - 5

20 young people aged 8 – 17. Over lockdown delivered over 300 food and essentials packages per week to vulnerable households, some because of the need to shield some because of loss of income, at least 30 volunteers, some as young as 12 took part. Community volunteers walked dogs, shopped and collected prescriptions, tidied gardens and cleaned up local greenspace.

Format: postcards used as part of creative session during the summer programme (which replaced the cancelled local authority programme due to Covid-19)

**Edinburgh & Lothian Greenspaces Trust**, Out & About Project – Pages 6 - 14

20 people participated from: Residents at Old Farm Court Colinton Road; Oxgangs Walking Group; Oxgangs Roadshow participants; Best Bib n Tucker; The Quarries – Gilmerton; Moredun Roadshow participants; Zoom Gentle Fitness participants; Occupational Therapist working in Oxgangs took some to do with individuals she works with Volunteers at our Gracemount Litter Pick.

Format: postcards

**Pilmeny Development Centre**, Leith, Edinburgh – Pages 15 - 31

10 people participated from: Leith Timebank members; Men's Group Health and Wellbeing (over 50s); Drop-in Group (over 50s social group); Volunteers; Youth Club (5 yr olds)

Format: The respondents completed the consultation via postcards, email and phone.

**Speak Out Group**, Advocacy Western Isles – Pages 32 - 35

18 people participated: Independent advocacy group formed in 2006 for adults with learning disabilities.

Format discussed as part of the weekly zoom meeting.
Northern Corridor Volunteers – North Lanarkshire

20 young people aged 8 – 17
All from Cardowan, North Lanarkshire G33 6AA

North Corridor Volunteers delivered a summer programme for villages in the area as the local authority sessions had been cancelled due to Covid-19.

Format: Using postcard packs the groups made drawings and 3d models in response to the questions.

The group leader identified the themes that emerged as the children put together their model world were:

Houses with electric cars for everyone

• Fresh Food for Everyone
• Protecting Woodlands and animals/insects
• Keeping the Seas clean
• Doughnuts.
• Space Travel (as we will need a new planet soon)
What changes have you made since lockdown that have benefited or harmed the environment?

Ride my bike  Consumed less  WALKED MORE

less car  Ride my scooter

less public transport  Discover Nature

Would you like to keep up these changes?
What do you need to do that?

Joshua
What kind of world do you want to live in?
Create it below.

NoYol
Stake Park

Dear,
What kind of world do you want to live in?
Create it below.

No Canada
No Shark
What kind of world do you want to live in? Create it below.

- Cookie house
- Miss Mizer

What do you need to do that?
- Metal
- Money Concorde

What do you need to do that?
- Peace
- Healthy and happy

What kind of world do you want to live in? Create it below.

- Kid should be able to drive
- No war
- No pollution
- More animals
- Keep peace
- Everyone healthy and happy

What kind of world do you want to live in? Create it below.

- Money
- Peace
- Concorde

What do you need to do that?
- Metal
- Money Concorde
Edinburgh & Lothian Greenspaces Trust - Out & About Project

10 people from the following groups took part in the Green Recovery activity.

From the following groups:

- Residents at Old Farm Court – Colinton Road
- Oxgangs Walking Group
- Oxgangs Roadshow participants
- Best Bib n Tucker
- The Quarries – Gilmerton
- Moredun Roadshow participants
- Zoom Gentle Fitness participants
- Occupational Therapist working in Oxgangs took some to do with individuals she works with
- Volunteers at our Gracemount Litter Pick
What changes have you made since lockdown that have benefitted or harmed the environment?
I have started recycling more.
Walking places rather than driving or transport.
Making my own masks rather than using the one use ones.

Would you like to keep up these changes?
Yes, I think it is important that we remember all the hard work we put in to cutting down on plastic waste before lockdown.

What do you need to do that?
More recycling bins or the ones we do have emptied more often.
Also more encouragement for people to wear reusable masks and how to dispose of one use masks properly.
What kind of world do you want to live in?
Create it below.

One wear people remember how clear the air and water was during the start of lockdown and don't forget that just because the pandemic is ending it doesn't mean the environment should suffer.

VOLCANOS
What changes have you made since lockdown that have benefitted or harmed the environment?

"It was a benefit to travel less. These changes were not made by me for choice, it personally did not make any conscious changes, kept more careful."

Would you like to keep up these changes?

"Not really, I would not like not to be free to travel, go out during the day, go to the Theatre/Cinema. It was more about the livelihood of local musicians, film-makers."

"I hate to think of these unemployed people."

What do you need to do that?

"I think social distance have been helped out better, get people on serve. I see it’s undeniable there was less pollution, we’ve financial ruin to many (post-lockdown)."

In Edinburgh, one, per tof had to go. With the cancellation of the annual festivals, people were
could be seen in the streets. At this point in the city, it was difficult. At one point, residents of the city were difficult, unpleasant."

"Hope a break will be a de-thrilling smaller in difference. Should do. I personally cannot change that, but vote to consider the impact of too many festivals."
What changes have you made since lockdown that have benefitted or harmed the environment?
Worked from home - less driving? benefitted
more recycling - more time
more gardening + planting
use of disposable masks. Not car sharing?

Would you like to keep up these changes?
Would like to use car less - part-time working from home?
Working from home means recycling & gardening are easier & more time to do things to benefit environment.

What do you need to do that?

Time
Reminders to keep it a priority. It is a good time to create new habits.
What changes have you made since lockdown that have benefitted or harmed the environment?

+ I have been driving much less! Due to not commuting to work.
+ Tiring to use plastic disposable things.

Would you like to keep up these changes?

I’d like to be able to work from home more so I don’t have to drive as much.

What changes have you made since lockdown that have benefitted or harmed the environment?

Travelled less. Grown our own vegetables. Less food waste, upcycling.

Would you like to keep up these changes?

Yes.

What do you need to do that?

Time & energy.
What changes have you made since lockdown that have benefited or harmed the environment?
Drove less, walked more. Less food wastage.
Gardening - bee/butterfly friendly now.

Would you like to keep up these changes?
Yes more plans to garden.

What do you need to do that?
Time.

What kind of world do you want to live in?
Create it below. (Would love to co)
What kind of world do you want to live in?
Create it below.

HILLS  MOUNTAINS  TREES  RIVER

CLEAN...  BALANCED...  ENJOYED...
WALKS  RESPECTED...

LEAVE NOTHING BUT FOOTPRINTS

Have you made changes since lockdown that have benefitted the environment?
GET FOOD DELIVERED
USE CAR LESS
CYCLE INSTEAD OF DRIVE

Would you like to keep up these changes?
YES

What do you need to do that?
SAFER ROADS

Have you made changes since lockdown that have benefitted the environment?
STAYCATION - NO AIRPLANE
GROWING
WORKING, CYCLING INSTEAD OF USING CAR
WORK FROM HOME - LESS TRAVEL

Would you like to keep up these changes?
SOME ARE SUSTAINABLE. I WOULD LIKE TO ALTER MY PREVIOUS HABITS TO BE MORE ENVIRONMENTALLY FRIENDLY.

What do you need to do that?
MORE SOCIAL ENGAGEMENT IN LOCAL OUTDOOR PLACES. BETTER PLACES.
Have you made changes since lockdown that have benefitted the environment?
Lockdown meant less car journeys and staying local - walk more

Would you like to keep up these changes?
I want to use car less but I like to travel.

What do you need to do that?
Better buses

What changes have you made since lockdown that have benefitted or harmed the environment?
I have been sweeping up the local streets of rubbish/litter. I have Whilst doing so I’ve been using large plastic bags to take the bottles/glass for recycling. Numerous times have I seen cars casually dumping waste in public places. I have been in several weeks with people using the environment to carry an overnight stay without putting little extra effort. It has been very disappointing.

Would you like to keep up these changes?
I have joined the local Parish group keeping care that have been backed up by volunteers. My motivation to keep the local environment clean is that rubbish attracts more rubbish and I am concerned over the potential harm the rubbish can cause to small children and wildlife. I have seen others putting rubbish into bins for later collection. I will be continuing to pick up litter as I have noticed how effective is education of people who can leave so much waste in the streets. It will help. I have suggested this with the Parish council/summer. I have asked that maybe more precise waste may help but still unsure that would really help matters.

What do you need to do that?
- I would like green solutions to the disposal of dry mess.
- I would like more bins and more public service for litter being dropped.
- I would like there to be a rubbish tax or plastic - we need to stop seeing so much. Why are so many people using so much plastic or containers?
- MORE CRUSH B'Fall machines like for bottles etc. we need to change the culture in our country

Covid 19 has made people reflect - some habits have changed. More people have used the outdoors - they just need to understand how to use it without negative impacts.
Pilmeny Development Centre, Leith Edinburgh

20 people participated

- Leith Timebank members
- Men's Group Health and Wellbeing (over 50s)
- Drop-in Group (over 50s social group)
- Volunteers
- Youth Club (5 yr olds)

Format: the respondents completed the consultation via postcards, email and phone.

Pilmeny consultation done via email

AM (female, 60-70s)

1. What changes have you made since lockdown that have benefited or harmed the environment?
   - Working from home
   - Shopping local
   - Incurred increased heat/light, electricity, gas costs at home

2. Would you like to keep up these changes?
   - Maybe some home working – but not all the time
   - Keep local for shopping if possible
   - Don't want to have increased fuel / utility costs at home

What do you need to do that?

   - Additional help with Utility costs if working from home
   - Lower costs/pricing of local shop items

JA (female, 60-70s)

1. What changes have you made since lockdown that have benefited or harmed the environment?

I have walked more to get my weekly food shopping using a rucksack and without buying additional plastic bags. I have only used local small supermarket chains, Scotmid and Mc Calls. I haven't used the big supermarket in my area ie Tesco but wouldn't have done previously either. I have occasionally used Marks and Spencer in Ocean Terminal because they were quiet and observed good social distancing and stocked fresh vegetables. I don't have a car so would have used public transport on occasions prior to lockdown. Prior to lockdown I would occasionally request a car lift to get non food shopping so this hasn't happened either.

I have had to purchase increased amounts of wrapped vegetables as prior to lockdown I would have purchased these from a local independent greengrocer who was closed for a good period of the lockdown and when he opened I would have had to get a bus. Supermarkets use a lot more single use plastic packaging.
I have also had to purchase more non food and food items in new plastic containers such as laundry liquids, cooking oil, spices, as previously I used a local store, Weigh to Go, which refills your existing containers.

I have also had to use more online suppliers as I wasn’t able to source items locally or could not travel to find them.

MAF (Female, 60-70s)
1. We have been buying less food, so less landfill waste.
2. Yes.
3. We are being more mindful when food shopping.

RB (Female, 60-70s)
1. I have made no changes beyond those enforced by Covid19 lockdown:
   - temporary online shopping (now back to shopping in person).
   - walking further from the nearest bus-stop once lock-down was eased and Leith Walk road/tram works restarted. (Not welcomed by me but tolerated grudgingly).
   - taking taxi instead where circumstances called for that (e.g. carrying heavy items of shopping).
   - making substitute arrangements e.g. for exercise classes in absence of the live attendance ones.
2. I don’t plan to continue any of the substitutions when the original arrangements are available again. I get more from attending a live class and being in the company of other people. Similarly art activities.
3. I feel desperate for the resumption of the Steady Steps exercise class at Victoria Street Leisure Centre. The video the coach made is a big help but can’t compensate for being amongst other people. Also I live in hopes of the Filmhouse Cinema re-opening as it has been a big source of support to me in recent years. There’s nowhere else quite like it in the city. A jewel in the crown.

Pilmeny consultations done over the telephone

CH (Female, 60-70s)
1. What changes have you made since lockdown that have benefited or harmed the environment?

   I haven’t made any changes to my life during lockdown – I have always used an olive oil soup and I have basic vegetarian diets. However at the beginning of lockdown for a little while I struggled to get fresh veg/ fruit, but now I have no issue with it.

   The biggest change I have felt is when I’ve been going for walk around Edinburgh and the air is so cleaner and I can see views clearer because there is less fumes. Everyone benefits from it.

2. Would you like to keep up these changes?

   It is sad to think, but I feel these changes/improvements to the environment will not continue. For example, in the news it was saying the because of cleaner air the ozone layer has healed,
but I feel people will go back to their usual habits. Already you can notice more traffic on the road. And when you hear about people leaving their rubbish on beaches/parks it is really annoying that some people don’t care about their environment.

3. **What do you need to do that?**

I think educating the public would be the best thing, so they can understand their impact on the environment.

**CT (70-80)**

1. **What kind of world do you want to live in?**

A world which is fair to everyone. Sometimes watching the news can be very scary. In relation to the environment hearing about the landslide in Scotland, climate change, etc can be very scary.

2. **What changes have you made since lockdown that have benefited or harmed the environment?**

I think there was only 2 changes I made.

I have taken less public transport as there were fewer places to go.

The only thing which I did thing harmed the environment was I had to use the disposable face masks.

3. **Would you like to keep up these changes?**

I will continue to use public transport as I live on my own I need to get out and see people. I hate being cooped up inside.

However I have noticed more road traffic which does create noise and air pollution, which I suppose I am adding to.

One of my friends gave me a few re-washable face masks which I now use. The first one she gave me was too thick and I thought I would have to start using the disposable face masks again, which I didn’t want to, but my friend then made lighter ones which I can reuse.

4. **What do you need to do that?**

The only thing I can do is to make sure I have my reusable masks.

**JM (female, 60-70s)**

1. **What changes have you made since lockdown that have benefited or harmed the environment?**

- The environment has improved – with less petrol and fumes
- I’m using less transport due to self-isolating.
- Also just walking to the local shop

2. **Would you like to keep up these changes?**

- Will have to use transport (public transport and buses) due to my mobility
- Want to keep shopping locally
3. What do you need to do that?

LA, Female, 60-70s

1. What changes have you made since lockdown that have benefited or harmed the environment?

I have always been very environmentally friendly, so I haven’t made any changes during lockdown. For example, I haven’t used any hard chemicals for cleaning, sanitising, etc, but continued to use eco-friendly products but on a more frequent basis (e.g. non-chemical soap).

2. Would you like to keep up these changes?

The biggest difference I have noticed is I can breathe properly due to less pollution which has been amazing. Previously the air pollution would cause me a lot of breathing problems and I would get a rash. Now that the air is better, my breathing is better and I don’t have a rash. As I live in Portobello and was self-isolating, I didn’t want to walk along the promenade because it was so busy, but what was great was I was able to walk along the high street which had less people, but also less cars, so I wasn’t breathing in car fumes.

MC

3. What changes have you made since lockdown that have benefited or harmed the environment?

The biggest thing I feel I have done which is harmful to the environment was using chemicals to ensure cleanliness and I felt I was purchasing a lot more plastic.

Also if lockdown didn’t happen I would have taken at least 4 flights due to holidays booked. While I have to admit I would still have loved to go on my holidays, I have loved the fact that the skies are clear of any planes and when looking up to the skies all you see is birds.

I have made a more conscious effort to reduce food wastage, as I have more time to plan meals.

Also I am taken less transport due to lockdown. I have been walking more, which is not only good for physical and mental health, but also good for the environment.

The one thing I have noticed is the increase in wildlife activity. I saw a frog a few weeks back, and that was the first time I have seen one in years. Also last year, I saw only a few butterflies, while this year I feel there is a noticeable increase.

4. Would you like to keep up these changes?

I am definitely going to continue to reduce my food wastage.

I also want to continue to walking more, rather than use transport. It also means that if I shop locally, I am supporting my local economy, which is very important.

I will continue to use air transport, but lockdown has made me consider more staycations.

5. What do you need to do that?

I think more education about our impact on nature would help people take individual responsibility.
MH (60-70s)

1. What changes have you made since lockdown that have benefited or harmed the environment?

   Shop online
   Not taking transport because of shielding
   To socialise and learn have been using internet
   Using bleach a lot – add chemicals
   Using a lot of sanitiser

2. Would you like to keep up these changes?

   Want to continue to use less transport – using the internet more for learning and groups

RA (male, 60-70)

1. What changes have you made since lockdown that have benefited or harmed the environment?

   I haven’t really made any changes during lockdown – the only thing is I am more careful – washing your hands or sanitising.

   What I have noticed is there are hardly any cars on the road, which I think has had a positive impact on nature and it has given me a better appreciation of nature – I have always been interested in nature

2. Would you like to keep up these changes?

   I would like to keep these changes.

3. What do you need to do that?

   Encourage people to use public transport, walk, bikes, etc
What changes have you made since lockdown that have benefitted or harmed the environment?

Would you like to keep up these changes?

Yes

What kind of world do you want to live in? Create it below.

- No 2 m -

What do you need to do that?

Electric scooter
What changes have you made since lockdown that have benefitted or harmed the environment?

* Have travelled less (in car or any way other)
* Have had very little food wastage (as were at home all the time)

Have bought more plastic, due to shopping in one place, and not shopping around.

Would you like to keep up these changes?

* Would like to get back to more plastic-free shopping. Easier when a bit more time alone (child in school) and getting more confident going into shops with mask and distancing etc.

* Still not travelling a lot, but car will be used rather than public transport.

What do you need to do that?

* More widely available plastic-free shopping

* Work on gaining confidence in public transport.
What kind of world do you want to live in?
Create it below.
What kind of world do you want to live in?
Create it below.

If we live by
the maxim of
KINDNESS
our world would be:
- cleaner,
- safer, protected,
- and people
would be more tolerant,
- cared for, respected.

We would be free from
WAR, INJUSTICE,
PREJUDICE and
HATE.

Developing
sustainable, non-
polluting alternatives

Looking after our
forests, rivers,
seas, animals
and preserving
not destroying them.

More research into
viable alternatives
co-operation between
countries in this.
During the Coronavirus lockdown

What changes have you made since lockdown that have benefitted or harmed the environment?

I have learned how quickly the environment can recover from pollution, once it is halted even for a short time. I have become determined to be more careful of my own role (e.g. the use of plastic) to a much greater extent. Also I have resolved to campaign for change.

Would you like to keep up these changes?

Yes, because I have a great love and respect for the natural world, and feel very saddened that through greed, ignorance and selfishness our world is being destroyed in front of our eyes. I would like to be part of the drive to reverse this process, and hope in my lifetime to see some, if not all, of the negative effects of our negligence being reversed. I believe every single person has the capacity to do something. What do you need to do that? (If they want to!)

I need the will and the focus to keep my own enthusiasm alive, and more importantly, I need to share and join with others to bring about change.

I need to be confident that the leaders of my country are showing the way in bringing about change, so that present and future generations can benefit.

Our beautiful world already exists, it has all we need.

The key is EDUCATION, leading to profound change in attitudes, not just in young people, but also in older people who are rooted in destructive lifestyles due to culture and tradition.
What kind of world do you want to live in?
Create it below.

What changes have you made since lockdown that have benefitted or harmed the environment?
+ Reduced food waste.
+ Walking.
+ Recycling.
+ Upcycling furniture.
+ Using more chemicals & single use masks etc.

Would you like to keep up these changes?

yes.

What do you need to do that?

flexibility with work like during lockdown.

Use washable masks.

"Time".
What kind of world do you want to live in?

Create it below.

A fairer world which respects the vulnerable and the environment

-more people should get community based support
-more funding needed

Not many changes have continued with low carbon habits but have used less transport/light fewer things

Would you like to keep up these changes?

Yes, things like better cycle paths would help and more local businesses being supported

What do you need to do that?

-governmental policies need to change
What kind of world do you want to live in?
Create it below.

What changes have you made since lockdown that have benefitted or harmed the environment?
I have started to garden more - really enjoying it. I made a conscious effort to grow plants/flowers which will encourage butterflies + bees.

Would you like to keep up these changes?
Yes. I have noticed more wildlife in the garden.

What do you need to do that? Free resources - I got free wild bee seeds, herb seeds and a bee 'house' which I used.
What kind of world do you want to live in?
Create it below.

What changes have you made since lockdown that have benefitted or harmed the environment?
During lockdown my husband and I became carers for an elderly relative which meant we drove more frequently. I would like to spend more time for dog walks and have started to pick up rubbish from beaches, parks and woodlands.

Would you like to keep up these changes?
Yes, I would like to continue to clean up and recycle rubbish found on beaches etc.

What do you need to do that?
Access to recycling bins near beaches, woodlands etc would be good in order to dispose of rubbish responsibly.

What kind of world do you want to live in?
Create it below.
What changes have you made since lockdown that have benefitted or harmed the environment?  

Planted more Bee Insect and bird friendly flowers for pollinators. Stayed indoors till the only family was the garden which the upstairs neighbors have started destroying. 13 years of no insect and bee!

Would you like to keep up these changes?

The environment improved so much that all plant life went wild until growth. The atmosphere was clean and the birds were singing ad reproducing quite mad. That is till old trees and rose bushes birds ad butterflies were dug up and coal tits, blue tits ad all small birds nests were destroyed. Only the ones in an old pipe survived. A small indigenous bee box rest was destroyed ad a hive but having legs was installed ! So that...

What do you need to do that?

I need environmentally wise people to stay away from destroying what they don't understand. On a high note some people in the stairs well offered to stop this me, which give me hope x

Filmney Development Community. They brought much needed fresh produce every week and they make an enormous much needed help in talking to me x.

What kind of world do you want to live in?

Create it below.
What changes have you made since lockdown that have benefitted or harmed the environment?
- Use more plastic, esp gloves, face masks
- Use less public transport, but did use car more often - probably balanced out.
- More time to think about food waste +

Would you like to keep up these changes? Plan menu.
- Want to use less plastic
- Will start using public transport again when feel safe.
- Will continue to spend time planning meals so there is less food wastage.

What do you need to do that?
- Encourage grocery shops/supermarkets to sell products without packing
What kind of world do you want to live in?
Create it below.

A massive reduction in the use of cars.
Heads better set up for bike use (safe)
Better/more walkways and green routes so people are more inclined to get out and enjoy nature.
When new housing developments are planned they should include a large, central allotment where people can grow things and the community will have a means to bond.
More companies making sports gear, outdoor stores from natural products.
More homes powered by wind & solar.

What changes have you made since lockdown that have benefitted or harmed the environment?

I filled my freezer with very healthy food so that if I get sick, I could feel my body well and do so without relying on anyone else. This has meant a large reduction in food packaging and use of gas or electricity. I was pretty good at this before lock down but I do it to a much greater degree now and will continue to grow my own herbs, red, and potatoes which was good for my mental health as well as reducing what I bought from the shops and therefore packaging waste.
Would you like to keep up these changes?
I will.

What do you need to do that?
I already have the cooking skills, a good local supermarket and a genuine concern for the environment so I’m set.
The only time it’s tough is when I’m tired or haven’t eaten enough and the appeal of a take-away or processed food (pizza etc) becomes too great. However, this will get easier now that the gyms are open and my feeling fit again will help.
Speak Out Group,  
Advocacy Western Isles 
18 people participated, from the group which is for adults with a learning disability. Format discussed as part of the weekly zoom meeting

‘As the Speak Out Group is a collective, they verbally made their points and comments which I have then typed up. They have two responses to share with you; one that is a positive and one that is a negative. The responses have been typed up into two separate Word documents. We wanted to ensure that we were gathering every point the group made to ensure that they felt their voices were being heard’

Question 1  
What changes have you made since lockdown that you think may have benefitted or harmed the environment?

With lockdown forcing the closure of many services on the island, each of us found that we were using the car less. This is good for the environment and it means we are using less petrol which will help to make the air cleaner. As we were advised to stay in our local area during the lockdown, we were walking more to get to and from places. This is good for our physical health as it helps us to get fitter.

Again, because many services and activities that we would usually attend were cancelled or closed, we had to find other things to do. A couple of people in the group started spending more time in the garden growing and planting. Because we were not spending money on petrol, we had more money to spend on our gardening. This is good for our physical health, but it is also good for the environment as growing and planting help the Bees which we need for pollination. Some of us could also sell what we were growing and planting to our local communities, helping people to get items that the supermarkets had run out of.

Question 2  
Would you like to keep up these changes?

Everyone in the group agreed that they would like to walk more after lockdown ends, but they also said that not having a car or access to buses made life more difficult for them. We all feel that it is more important for things to get back to normal as quickly as possible. We have felt isolated and forgotten during lockdown and we feel that our general health and well-being should be more important right now.

Also, walking and working in the garden are weather dependant in the Outer Hebrides. We get a lot of wind and rain here which means if you do not have indoor activities or access to buses to take you to things, then you can get very bored in the house for a long time. This is another reason why
it is important that things get back to normal soon. We need things to open again and we need transport to get us out of the house. It will soon be winter; the nights are very dark and many streets do not have street lights making it very unsafe to go for walks in the evening.

**Question 3**
*What do you need to do that?*

If members of the group wish to continue walking after lockdown then we will need to have better pathways. Many of the walking paths are overgrown or full of potholes. Also, in the winter there is a lot of black ice and the paths do not get salt on them. Many of the paths do not allow for safe social distancing, this makes us uncomfortable using them when lockdown is over. All these things make it too dangerous for us to go for walks.

Winter in the Outer Hebrides is very dark, and the weather can also be very bad with a lot of wind, rain and black ice. This makes it unsafe to go out regularly for walks. Many of the streets in the rural communities are without streetlights, even without pavements. We want to walk, but it is unsafe to walk on a road without a pavement or lighting.

Also, even before lockdown happened, the public transport in the Outer Hebrides was not very accessible as there were fewer bus runs. This makes it very difficult for us to travel to other beauty spots on the islands where there are nice walks. We feel that we should not be excluded for accessing these other walks. Some of us would be happy to access walks in our local village, but lack of pavements and safe paths means that we do not feel comfortable doing so, as we are having to walk on the main road. This is dangerous as it could cause a car accident.

We also suggest, to maintain our safety and to protect the environment, that it would be a good idea for there to be an electric bus that could collect us to go on our walks. We would also like information on how we might be able to get an electric car that can fit our needs.

Finally, we want to say again that our mental health and wellbeing is the most important thing to us. We agree that looking after the environment is important, but our needs are more important right now. We have been forgotten about during lockdown. All our services were taken away and no alternatives offered. This has been very hard on us and our families, who have had no help. We miss our activities and seeing our friends. Lockdown is lonely and it took away all the things and people we love. We would like things to get back to normal as quickly as is possible.

**Question 1**
*What changes have you made since lockdown that you think may have benefitted or harmed the environment?*

We have noticed that during lockdown our use of cleaning chemicals, hand sanitisers & moisturisers, and single use plastic bags have increased. We think that this has harmed the environment as plastic does not break down and is harmful to animal and sea life. Also, we do not think that using so many chemicals is good for us. Some of us, not all, have found that the hand sanitisers are making our skin dry and crack. We are also not sure how safe it is to use cleaning chemicals more often. We are having to clean lots more at home, and if we do go out to places for lunch or dinner or into shops then the staff are always cleaning too. We understand that this is good to help stop the spread of COVID-19, but we do not know if it is harmful to us in different ways.

**Question 2**
*Would you like to keep up these changes?*
We do not want to use single use plastic as much as we are. We understand having to use more cleaning products and hand sanitisers, but we think that there should be more information about what other issues they may be causing us, and if they are causing any damage to the environment.

We also don’t think that it is a good idea to have hand sanitisers in shops that everyone is touching. We are worried that there will be cross contamination if we pick up a hand sanitiser bottle that lots of other people have used. We think that shops should have sanitiser bottles that are automatic, like we already have in bathrooms for soap.

**Question 3**

*What do you need to do that?*

We use more plastic bags when we go to the supermarket and buy loose fruit and vegetables. We think that the supermarkets should supply paper bags or biodegradable ones instead of ones that do not break down. Only one supermarket on the island provides biodegradable bags. Also, there is plastic in many of the single use facemasks. Alternative masks should be available without plastic in them.

There needs to be clearer information about the cleaning products we are using and what damage they may do to us and the environment. Organic cleaning products and hand sanitisers should be provided for people. If someone has sensitive skin, a skin condition or an allergy they can be in a lot of pain because of having to use products with a high alcohol content.

We also think that shops should have automatic hand sanitisers bottles so that we are not picking up a bottle that has been picked up by lots of other people. We are also worried about the checkouts at the shops. In some of the supermarkets they have bags at the checkouts that lots of other people have touched. Is it safe to pick up a bag that someone else has touched? Is it safe for us to touch our shopping after the shop worker has touched it? We need clearer information about this that is written in a way we can understand. Lockdown has been very difficult, and we are feeling anxious about what is safe and what isn’t. The information is confusing, and it is different in many places. We would like something that is for us and our area so that we can understand.
Thank you for taking part in our postcard consultation. We want to hear your views.

A Green Recovery means the way that we recover from the coronavirus crisis in a way that is fair to people and looks after our environment.

We want you to think about changes you have made since Coronavirus and how to help the environment.

The Environment Climate Change and Land Reform Committee (ECCLR) at the Scottish Parliament wants to understand how Covid-19 has impacted on the people of Scotland, how we can recover from it and at the same time protect our environment.
In order to take part we need to make sure that you understand what we will do with the information that you provide. We have attached a privacy notice for children and young people so you understand how we will process data when providing information to the Committee.

If you would like to share your photo for the Scottish Parliament to use then you also need ask your parent to complete a photo consent form.

Have fun creating a picture of your dream world and answering our 3 questions.

Once your card is completed your group will share your feedback with us and we will report back to the ECCLR committee who will then use it to report back and question the Scottish Government.

Thank you so much for taking part and we look forward to hearing from you.
SOME EXPLANATIONS

The job of the Scottish Parliament is to question and examine the work of Scottish Government and public authorities. Different areas of Scottish life and laws.

Committees in Parliament help do that job. They are made up of MSPs (Members of the Scottish Parliament) from different political parties.

Committees want to hear what the people of Scotland think about these issues and laws so they tell the Scottish Government changes that need to be made.

When we say environment, we mean everything around us where we live. My place and my planet, wherever we live in Scotland.

Climate change is when the environment around us changes for the worse because of things that humans do.

Covid-19 is a virus that means that people are getting poorly.

Green Recovery means the way that we recover from the Coronavirus crisis in a way that is fair and looks after our environment.