Toolkit 2023

Achieving a healthier community and healthier planet together

A Green & Healthy Future for Frome is a partnership made up of the following:



Green +Healthy Future

Telling Jur Story





Funded by:



Guide to this toolkit

This toolkit is intended for use by people who want to take action on climate and health including: healthcare professionals, local authorities, social enterprises and community organisers. It aims to share learning for anyone looking to adapt the Green & Healthy Future for Frome model in their own communities.

A Green & Healthy Future for Frome wants to achieve a health and climate win-win by exploring ways to help local people make changes which are good for their health and the planet's health. This communityled initiative is based on the fact that these issues are firmly linked – if we improve one, we'll also improve the other, enabling everyone to share in a healthier, fairer and more sustainable future.

The programme is a partnership between **Edventure: Frome**, **Frome Medical Practice**, **Frome Town Council** and our local community. Our programme is made possible by the **Climate Action Fund** through **The National Lottery Community Fund**.

This toolkit is part of a series of six and tells the story of one project strand: Storytelling. The full series is:

- Future Shed
- Cycle Together
- Choosing Wisely
- Green Community Connectors
- Storytelling
- Healthy Homes



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This Storytelling Toolkit was written by Poppy Taylor, Events & Marketing Lead, and Hannah Burd, Project Manager (until February 2022), from the Green & Healthy Future project. Thank you to all Edventure staff, particularly to Lisa Hawes whose ideas and passion helped develop the communications strategy and channels for the programme. Thank you to the GHFF Evaluators Veronica Wignall (until April 2022) and Owen King. All photos by Sue Palmer / Lisa Hawes / Hannah Burd.

This toolkit was completed in February 2023. An earlier working version was published in July 2022.





Outcomes & Insights

We have utilised various forms of communication to harness our shared audiences and have a wide reach within the community and beyond.

Climate messaging which uses a health or community angle is most effective

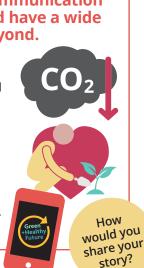
Some aspects of the programme have a direct and measurable impact on reducing carbon emissions

Conference - 150 people from 40+ organisations connecting, sharing & inspiring action on climate and health

50,000+ reached on social media

Town newspaper take-over reached 13,000 households

Video and toolkit resources capture and share our learnings



Checklist



Provide inclusive and supportive spaces

What is Storytelling?

Storytelling was led by Edventure Frome, as part of the communicating and marketing for the overall programme and its events. We told our story through:

- Setting up dedicated social media channels
- Running communications experiments on Facebook
- A take-over of the town newspaper
- Engaging with the community through various outreach events
- Conversation
- An interactive conference
- A series of short films
- This toolkit series

These activities were guided by our principle of participation. We utilised methods that harnessed the partners' shared audiences to reach as much of the community as possible, whilst trying to widen the circle of engagement by initiating discussions and reaching out to different groups and organisations.

We focussed on partnerships and collaborations, working with groups already established and active in the town. We wanted to work with and build on what already exists, taking caution not to step on the grassroots work that others have been doing for years. We aimed to strengthen networks as well as support people to grow their own projects and develop new initiatives. Storytelling is a way of bringing cohesion and focus to a multi-stranded project. It creates new opportunities and avenues for people to get involved. For example, a participant on the Cycle Together strand, may discuss a wellbeing idea with a new connection who points them towards Future Shed after seeing a post about it on social media. This sharing of knowledge, particularly through word of mouth, helps to raise awareness about the various opportunities in the programme and draws more people in through the different elements or 'strands'.

Storytelling is as much about listening as it is about sharing. We listen to the needs and interests of our community so we can find ways to support people in making change. These two-way conversations also help to inform us about the impact of our actions and find new opportunities for the programme going forward. Storytelling is as much about listening as it is about sharing

We focussed on partnerships and collaborations, working with groups which were already established and active in the town such as the Neighbourhood Network (A Sharing Town Ideas Event as part of Future Shed, January 2022)

Why were we focused on Storytelling?

We knew that to have impact, we would need to be able to share compelling communications about what the Green & Healthy Future project was trying to achieve in Frome, and why and how people would get involved. We wanted to have high engagement with all parts of the programme, from all parts of our community so that we could support meaningful behaviour change to happen - improving both climate action and actions to improve our health and wellbeing.

Part of sparking behaviour change involves telling engaging and motivational stories.¹ But we also knew that telling persuasive stories of climate action is not always straightforward. Climate change is often seen as something that is distant and hard to connect to and can be difficult to discuss. Throughout the programme, we have prioritised conversations that centre around health and wellbeing – things which are more relatable and of high importance to most people.

We also reached out to organisations who might not ordinarily intersect with us, to start connecting with others around these themes. Using this healthlens approach enables us to bring more people into the conversation, including those who may be sceptical about climate change or see it as less of a priority. This has helped to make our storytelling engaging whilst also providing opportunities to have an impact on the environment.



Above: An interactive event at the town's Picnic in the Park for children and families with the Green Health Connector

Social media

Initially, we relied on the existing social media channels of each partner to share news and events for the programme. Whilst this worked well for partner organisations sharing their own updates, the sense of partnership and awareness around the connectedness of programme strands was lacking.

In April 2022, we therefore decided to set up a dedicated profile for the Green & Healthy Future programme (@ ghfuturefrome) on Facebook, Twitter and Instagram. These platforms are used to communicate our story through cross-partner audiences which has helped to unify the projects and amplify the work of each partner.

As of January 2023, we have reached over 50,000 people through paid and organic content. Our audience is largely local with around a third of our Facebook followers and half of our Instagram followers living in Frome, although we also receive engagement on a national and global level.

As well as being a space for us to share information, social media has been a useful tool for listening to our community. We have received lots of positive feedback via social media, particularly during and shortly after the conference, from local attendees to those representing organisations such as the NHS.



Above: Screenshot of the @ghfuturefrome Instagram page, taken in January 2023



Jonathan Higman @jonathanhigman

Great to be here today. The link between climate change, inequality and health is key for us to understand and address if we are to meet our ambitions for the future @FromeMedPractic @NHSSomerset @FromeCouncil @SomersetFT @YeovilHospital #healthclimateconference @edventurefrome

Green & Healthy Frome @ghfuturefrome - Jul 15, 2022 Everyone's in the room @cheeseandgrain #Frome for our Health & Climate Conference with people from across the region and groups and sectors. Welcomet @TNLComFund #ClimateActionFund #healthclimateconference @edventurefrome @FromeMedPractic



What did we learn?

Creating dedicated GHFF social media channels in Year 2 didn't change much in terms of dayto-day content posting for the communications staff however, it did help to unify and present the brand, making it clearer and easier to share our activities and our stories. It also helped to identify the project strands as part of a wider programme which had dedicated funding. This was especially useful to the medical practice, as it helped explain that NHS resources or money were not being spent on activities that were outside of providing core healthcare services.

All three partners have different voices. Frome Town Council and Frome Medical Practice are trusted authorities with distinct tones which are public information orientated. @ghfuturefrome is the one voice that joins us all together and provides a space to share more emotive content which can facilitate more engagement.



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Sarah Walpole (she/her) @sarah... · 1d I've written my first blog on LinkedIn... Innovation in action in Frome: Healthy Climate Conference 15th July 2022 @edventurefrome @poppytaylor98 @FromeCouncil linkedin.com/pulse/ innovati...





Tze Ching Yeung

Had the pleasure of speaking about our work at Refashion Chippenham at Future Shed Frome last week.

It is such an amazing initiative, where the community come together to come up with collaborative solutions to solve sustainable issues.

We should all learn from their approach to problem solving as one.

They cover a different topic each week. Check it out. 💚

thegirlwhosimplified Myself and Paris (@be.naturallyou) have been inspired and registered. We both agreed we felt quite nervous to ride a bike in the roads and after hearing more information about the scheme at the conference, think it's the best and likely most fun way to build@our confidence and see if cycling can fit into our lives more.

12w 4 likes Reply

Above: Screenshots from social media, showing positive feedback about the Health & Climate Conference and Green & Healthy Future for Frome project

Communications experiments



Originally, we planned to run a series of focus groups to understand how people in our town would like to engage with climate action and the programme.

We were keen to listen to the stories that already exist within our community and start with those, rather than telling stories 'to' people.

Since our project launched in the middle of UK Covid lockdowns, we instead turned to digital tools. We used Facebook Experiments to carry out a series of 'A/B tests' to explore which narratives around health and climate action were the most engaging. As an example, for an upcoming Green Community Connector training session, we tested 3 messages to encourage registrations (see posts below).

What did we learn through doing the communications experiments?

The first training session post did not make it past Facebook's social causes filter and was banned. From this we learned that caution was needed when sharing information about climate change. Through other 'A/B' tests we found that messages purely about carbon footprints seemed to be less effective and those with a community or health angle were seemingly more engaging. Social media marketing alone was insufficient to increase attendances on these occasions, confirming that multiple forms of communication were needed for the programme.

Facebook experiments: A/B tests **Climate Change Climate +Health** Community Heat waves, storms Want fresh ideas More than 120 people and floods risk our for how to reduce in Frome have trained health, but healthy as Green Community youricarbon lifestyles can also **Connectors** so far footprint in Frome? reduce climate change Become a Green Community Connector Join our growing community and help Got banned by Facebook

Posts accompanied with identical text:

Register for our upcoming sessions, online and in person: At Frome Town Hall 2 November 11-12: https://bit.ly/GreenComConTownHall At Pronto, 23rd November 11-12: https://bit.ly/GreenComConPronto Online (multiple dates): https://bit.ly/GreenComCon

Microinfluencer experiment

In October 2022, we signed up to to participate in a micro-influencer experiment with Glimpse; a social media agency contracted by the National Lottery to support CAF projects. The aim of the experiment was to connect with a local micro-influencer - generally defined as someone who has a social media following between 1,000-100,000 - and create content together to promote the project. After several leads fell through due to various personal circumstances, we connected with a local health and wellness coach who, in January 2023, attended our Future Shed session on community supermarkets with Frome Food Network. The microinfluencer recorded a video which was shared on Instagram accompanied by copy about what they had learned and experienced. We gained a new connection with a member of our community as well as useful insight into ways to engage with local people and reach new audiences.



Outreach at community events

We used storytelling for community participation and wanted to share stories and future thinking through creative and imaginative activities. For example, to encourage young people to share their vision for the future with the programme, we set up a



postbox in our local library and also took it out to town markets and events. We provided children with drawing materials and prompts, e.g. 'what would make our town green?' and asked them to post their letters in our box.

Outreach at other town events included:

- Picnic in the Park
- Children's Festival
- Glow in the Park
- Frome Seed Swap
- Family Fun Day at Victoria Park
- How To 2022
- Frome International Climate Film Festival



What did we learn through doing this outreach?

Children shared a collective vision for a town with lots of green space, trees and high tech solutions that would enable people to live healthy lives with small environmental footprints. We learned that the instructions had to be very clear and simple to enable children to engage. But when we did, they provided powerful messages to the rest of us. Wider community engagement and conversation, particularly with underrepresented groups, are an essential part of our programme.

Town newspaper takeover

During the COP26 fortnight, we collaborated with our town's local paper, the Frome Times, which is delivered to around 13,000 (the vast majority) of households in our town. In a partnership with Frome Town Council and a community organisation called Sustainable Frome, we funded a 'fake' front and back page 'wrapper' of the newspaper. This was designed to look like a newspaper edition from 2030 and included an array of articles, artwork and advertisements intended to create an inspiring vision for how our town and world could look, if we worked together to ensure climate change was averted and our health and wellbeing prioritised.

We invited members of our community to create articles and artwork via a series of social media callouts from the three participating organisations. These were supplemented with artwork created by children during a series of outreach events in the preceding months (see 'Children's postbox and drawing the future events' on page 10). An editorial panel made up of all three organisations reviewed the submissions and assembled a mix of content that spanned a diverse range of ideas - an optimistic vision of the future and sufficient motivational calls to action to encourage people

to take climate action. We were keen to keep the balance between visionary articles which inspired people to get involved and motivational articles that sparked people out of apathy. We did not include any articles with alarmist or inaccurate content in relation to the climate crisis.

We collated the following content to fill an A2 doublesided newspaper wraparound:

- 21 Articles
- 7 Adverts
- 5 items of Artwork
- 5 Letters to the Editor
- B Poems

What did we learn through doing the Town Newspaper Takeover?

The main place we could assess reactions to the newspaper was via posts on local social media groups (including our own channels) and in direct conversations with the project team. This means we likely did not hear negative reactions to it, however, the public responses were universally positive, with the following feedback shared:

• Love the idea of a Children's Forest circling Frome! And the lido of course."

I really hope something like this will happen. Love the idea of a Frome tram service."

Just loved the wraparound, great idea."





COP 35 COMES TO FROME **ACTIVE TRAVEL**

ALMOST exactly nine years ago, our very own Frome Blackbirds Thew' from the Market Place to Glasgow's Event Campus to 'Sound the Market Place to Glasgow's Event Campus to 'Sound the Blackbirds that al-medy been a hit with the world media in Comwall after their appearance at the G7 confer-ence. They then chose to fly one more, this time to the and planet changing Conference of the Panties (or COP) in 2021. The message of the blackbirds and manuer and ake coar leaders to an enter on the state of the conter-near exclosed systems." And an our coological systems." And an our coological systems." And and the the blackbird was finally ueded.



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THE ETAL SHILL

Library of Things

spreads nationwide

PBIBNE

IT'S time to celebrate as the tox's 50th Library of Things opens its doors! Side of the second barrow of the sec

tive by Edventure-riome in as-sociation with Frome Town ing waste. Council and The Cheese & Grain, SHARE:Frome's Manager

A special wraparound produced by Edventure: Frome, Frome Town Council, Sustainable Frome





Short films

In June 2022, we commissioned a series of five short films to share the story of each Green & Healthy project strand. These were designed

to showcase our work in action, to give people including locals and those from afar - a real sense of what community action on climate change can look like. At the time of writing, these have received over 1000 views across YouTube & Instagram. You can watch them here.

What did we learn from doing short films?

Our professionally produced films have captured the story of each project strand and have been useful in sharing our learning. These films and many of our own reels have received lots of engagement on social media. However, due to the live nature of these platforms, unless content is regularly promoted it can be become hidden down the timeline. The films could have benefited from more dedicated time for promotion.

Toolkits In July 2022, we created a series of

six toolkits to record and share our



learning widely beyond Frome. These written booklets each captured the story of a Green & Healthy project strand, with the intention of enabling others to use our examples to develop their own plans, build on our learning and adapt the project ideas for their own communities. We have shared what we did, what worked well, the challenges we faced and the learnings taken from them.

These initial toolkits were launched at the Health & Climate Conference in July 2022. These were distributed to attendees as part of their Digital Delegate Pack for the day, with physical copies also available for accessibility.

Following the launch, we made the toolkiits available as downloads from the Green & Healthy website. We received requests from people representing a breadth of organisations including local authorities, social enterprises, environmental groups and the NHS, from Grimsby to Cornwall.

In January 2023, to coincide with the end of our CAFfunded Development Phase of the programme, we created revised versions of the toolkits with updated statistics and learnings from recent events and activities. This is one of the toolkits, <u>you can request</u> <u>the others here</u>.

What did we learn from doing the toolkits?

The toolkits have been a useful method of recording our activities, challenges and successes during the Development Phase of the programme and serve as a point of guidance and inspiration to people in other communities looking to establish similar projects. As with all communication resources, there is always more to be done with promotion and it's vital to leave time to dedicate to wider promotion.

Conference

On Friday 15th July 2022, we hosted a sold-out national Health & Climate Conference at the Cheese & Grain in Frome. The purpose of this event was to share our learning experiences and tell the story behind the unique partnership of the programme.

We were keen to attract a crossover audience of local people and others from further afield, to facilitate connection and learning. We invited members of the community to join and hear more about how they could get involved with the Green & Healthy Future programme, as well as people from other regions to inspire them to take action in their own communities.

A total of 162 bookings were made despite high rates of Covid-19 infections at the time, across a diverse range of backgrounds and sectors. A total of 43 organisations were represented including community groups, healthcare, environmental, local government and business. 60% of attendees were from Frome. The other 40% of attendees hailed from nearby towns in Somerset and Wiltshire, and further afield including London, Newcastle and Cornwall.



Attendees gathered at the Cheese & Grain for the Health & Climate Conference on July 15th 2022

We were conscious about how we curated our speakers, keen to bring different voices and perspectives into the room. Whilst aiming to keep the co



different voices and perspectives into the room. Whilst aiming to keep the content relevant to Frome, we wanted to bring in the wider world, encouraging people to think about the bigger picture and connect what's already happening with taking action in their own context. We invited people of colour and younger voices to speak on climaterelated issues such as politics, inequality and justice.

Our full speaker line-up included:

- Jonathan Higman Chief Executive, Somerset Integrated Care Board
- Dr Rita Issa Climate Researcher, Activist and GP, Bromley-by-Bow Centre
- Ian Preston Director of Household Energy Services, Centre for Sustainable Energy
- Yvonne Bignall Self-Care Coach & Women's Health Advocate
- Grace Maddrell Climate Justice Advocate & Author of Tomorrow is Too Late

For more information about the conference, see the *Digital Delegate Pack here*.

What did we learn from doing the conference?

- The conference was a strong example of the partners working together. It provided a key opportunity to amplify our work in the context of health and climate and to bring in global awareness.
- We gained a lot of social media traction on the day, especially on Twitter where there is an active medical and climate community.
- The conference required a lot of staff time and resource to organise. Similar sharing of knowledge could be delivered by project staff speaking at and attending other conferences and events.
- Attendees found the day helpful and inspiring. Staff received many positive comments, emails and social media feedback in the days following as well as the formation of new connections and collaborations.

What are the key ingredients?

The key ingredients for successful Storytelling include:

- Working with experienced communications staff in the partner organisations
- A project lead with a background in behavioural science and community participation
- Partnership working across the organisations to amplify the community reach through shared audiences
- Creating a channel for the programme where each partner can contribute content
- Inviting participation, initiating conversations and listening to the community
- Utilising existing networks to widen the audience reach

- Phoning, emailing and reaching out to different members of the community and underrepresented groups
- Focussing on community building, providing inclusive and supportive spaces
- Recognising what is already happening and acknowledging the wider cultural context
- Creating warmth and humanness in our content whilst building trust and authority
- Recognising that people don't need to know everything at once - often it is about sowing the seeds and providing enough information which enables people to find out more and make connections by themselves.

Below: A children's postbox and drawing the future event



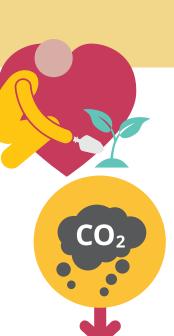
Outcomes and insights

- We have found it useful setting up programme-specific social media channels to share our story, emphasise the partnership and amplify each other through shared audiences
- Whilst the 'A/B tests' were interesting, we probably could have predicted the outcome that climate messaging which uses a health or community angle would be most effective
- Climate change content may be banned for political reasons - check social media community guidelines and choose wording carefully
- The town newspaper 'wrap-around' had a huge reach and is still used as an entry-point for discussions about the programme

- Some aspects of the programme have a direct and measurable impact on reducing carbon emissions whilst the impact of others are not quantifiable.
- Certain aspects of the programme such as the film and toolkit resources could have benefited from more dedicated time for promotion, especially for the purpose of sharing our learning with communities beyond Frome.
- Although most of our content has been locally-focused, it was important to include diverse perspectives when telling stories about climate change. The conference was a strong example of where we facilitated this.

Below: Screenshots of our short films on YouTube







In May 2022, the Climate Action Group 'Green & Blue Spaces' meet up was organised by Frome Town Council and supported by the Green & Healthy Future for Frome partners with more than 12 community groups represented and attended by Frome's mayor Andy Wrintmore

References

Page 5 https://link.springer.com/article/10.1007/s10584-019-02425-6

Watch our short films to see our project in action and download our other toolkits at www.greenhealthyfuturefrome.org/storytelling

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February 2023

