



**The Art of Sustainable Living:** based on the principles of One Planet Living

## 1. CULTURE and COMMUNITY: film script

Welcome to the Art of Sustainable Living, with Melanie Rees of the Green Centre. This month we are looking at the second of the One Planet Living principles and the first in the **AND** group: that's **CULTURE and COMMUNITY**.

According to Bioregional, the organisation who invented One Planet Living, the challenge we face as a global community is that local cultural heritage is being lost throughout the world due to globalization, resulting in a loss of local identity and wisdom.

To address this challenge, we must foster a sense of place and belonging, encourage active citizenship, enhance local culture and heritage, and nurture a sense of sustainability.

When the Green Centre secured premises in 2009 through the East Brighton Trust, Irene Mensah, a friend, multi-talented artist, and experienced community worker, reminded me to be mindful of our arrival in a new community and the need to create space for meaningful connection.

In the first week we opened, I was working alone, when a young girl visited. She wanted to know what I was doing. I explained and she offered to help. I could not have known at the time that this connection would spark the beginning of a long and rewarding relationship with the East Brighton community. Chloe, then aged six, volunteered with us until she was fifteen and over time so did her mother, her father, her brother, her sister, her nephew, her cousins, her grandmother, her school friends, her neighbours, and her neighbours' neighbours! I always say, before Greta Thunberg there was Chloe Banks!

In the first 18 months East Brighton residents donated and bought items from our reuse shop helping us raise our core costs. This support continued for 8 years and continues today albeit in a different capacity. The East Brighton community have an incredibly special place in our heart.

In 2017, at the end of our lease, the Green Centre left East Brighton. Josie Jeffery, then Director of Brighton Open Market, offered us a new home. I could not have known at the time that this connection would lead us to securing a permanent home at the market. I am proud to be part of Planet Brighton providing a home for a family of environmental organisations shaping and nurturing a new and exciting pathway to a sustainable city.

Connecting with others is more important than you might imagine. It can be a meaningful experience full of positive implications, experiencing oneness in the best possible way. It is impossible to feel a sense of belonging without feeling connected. Connection is something we all need to live a happy and fulfilled life.

And you can do this too. By connecting locally, offering friendship and kindness, getting involved and valuing your local community.

You can find out more about the Green Centre **CULTURE & COMMUNITY** journey on our website along with a FACT SHEET to help you map out your own, bespoke adventure.

Let us act together, to make truly sustainable living a reality. Welcome to the Art of Sustainable Living.

503 words