



If you are looking for something to read, watch or listen to over the summer - take a look at our recommendations below.

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A while back we asked our readers and volunteers what books, films, websites, podcasts and TV programs, TED talks, courses etc they would recommend to others and below is a very comprehensive selection. We hope you will find something to entertain and inspire you.

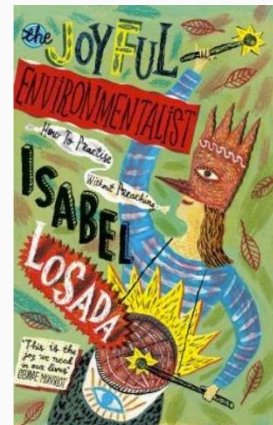
## Books

[The Future we Choose by Christiana Figueres and Tom Rivett-Carnac](#) - hard hitting but ultimately empowering and optimistic in its practical approach. This is a call to action to make the right choices now to tackle the environmental crisis. **Eleanor Hill**

[Drawdown - the most comprehensive plan ever proposed to reverse global warming - Ed: Paul Hawken](#) Colourful and readable with 80 "solutions" categorised by effectiveness. Updates and stories on the website. See: <https://www.drawdown.org/> **Phinna Brealey**

[The Joyful Environmentalist by Isabel Losada](#) - Another book that makes you feel it really is possible to create a liveable low-carbon future, indeed a much more *enjoyable, purposeful* future than our consumption-addicted world. Extremely well written, a page-turner. **Jenny Griffiths**

[SOS by Seth Wynes](#) - is a clear, well-researched little book that makes a substantial reduction in personal carbon emissions feel very achievable. As Wynes says, "the sheer scale of what we're facing is enough to cause paralysis in most people ... I know that and it took a long time for me to admit to myself that not only are things as bad as scientists say, but that, starting with my own actions, I have a duty to help change the narrative." I totally agree with him and often return to this book to reinforce my motivation. **Jenny Griffiths**



[The Wild Isles: An Anthology of the Best of British and Irish Nature Writing edited by Patrick Barkham](#) - a celebration of the endless variety of landscapes, seasons, plants and animals of these islands. (**Lesley Willis** has a copy of this book she would be happy to loan out.)

[Wild Child by Patrick Barkham](#) - Is about Barkham's experiences bringing up three small children in Norfolk and trying to instil in them a love of nature. He explores the worlds of Forest Schools and mainstream education and puts his personal journey as a parent in the context of wider changes in the opportunities that kids have to connect with the great outdoors. As a dad of two young boys, it resonated. **Dave Tickner**

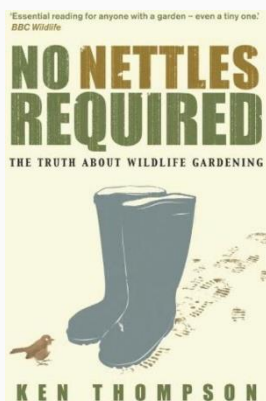
[English Pastoral by James Rebanks](#) - a chronicle of the life of three generations on a small farm and their relationship with the land. **Lesley Willis**

[Animal, Vegetable, Miracle by Barbara Kingsolver and Family](#) - "This is the story of how we made every effort to feed ourselves animals and vegetables whose provenance we really knew, and how our family was changed by our first year of deliberately eating food produced in the same place where we worked, lived and breathed the air." **Phinna Brealey**

[Also by Barbara Kingsolver - Flight Behaviour](#) - On the Appalachian Mountains above her home, a young mother discovers a beautiful and terrible marvel of nature: the monarch butterflies have not migrated south for the winter this year. Is this a miraculous message from God, or a spectacular sign of climate change. **Phinna Brealey**

[The Garden Jungle by Dave Goulson](#) - is about the wildlife that lives right under our noses, in our gardens and parks, between the gaps in the pavement, and in the soil beneath our feet. Wherever you are right now, the chances are that there are worms, woodlice, centipedes, flies, silverfish, wasps, beetles, mice, shrews and much, much more, quietly living within just a few paces of you. **Dave Tickner**

[Utopia for Realists by Rutger Bregman](#) - Every milestone of civilization - from the end of slavery to the beginning of democracy - was once considered a utopian fantasy. This guide to a revolutionary yet achievable utopia is supported by multiple studies, lively anecdotes and numerous success stories, From a Canadian city that once completely eradicated poverty, to Richard Nixon's near implementation of a basic income for millions of Americans, Bregman introduces ideas whose time has come. **Eleanor Hill**



[No Nettles Required – The Reassuring Truth about Wildlife Gardening by Ken Thompson](#) This book shows how easy it is to fill our gardens with everything from foxes, frogs and mice to butterflies, ladybirds and literally thousands of fascinating creepy-crawlies. **Dave Tickner**

[Silent Earth: Averting the insect apocalypse by Dave Goulson](#) Eye-opening, inspiring and riveting, *Silent Earth* is part love letter to the insect world, part elegy, part rousing manifesto for a greener planet. It is a call to arms for profound change at every level - in government policy, agriculture, industry and in our own homes and gardens. **Dave Tickner**

[How to make a wildlife garden by Chris Baines](#) shows how to transform a garden into a haven for wildlife. **Jenny Griffiths**

[What if solving the climate crisis is simple? by Tom Bowman](#) How a shift in perspective changes everything. **Eleanor Hill**

[The Sustainable\(ish\) Living Guide](#) Everything you need to know to make small changes that make a big difference. Easy, do-able, down to earth ideas and suggestions for people whose to do list is already far too long. **Patrick Busby**

[Regenesis - George Monbiot's radical idea](#) George Monbiot's big idea makes a lot of sense but couldn't be more controversial - see what you think! **Sam Salmon**

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## BBC iPlayer

### Countryfile - Seasonal Hub

Like many farmers Adam Henson is facing a dilemma. In the face of pressure to go green, how can you change your farming habits and still pay the bills? Adam catches up with his neighbour David Wilson, who is a regenerative farmer, to find out more about one of the big new trends in agriculture and to see what ideas might work on Adam's farm. **Lesley Willis**



### Our Changing Planet

Seven years. Six habitats. One planet. Charting our world's most threatened ecosystems - a unique global portrait of extraordinary change and the hope of ground-breaking solutions. **Lesley Willis**

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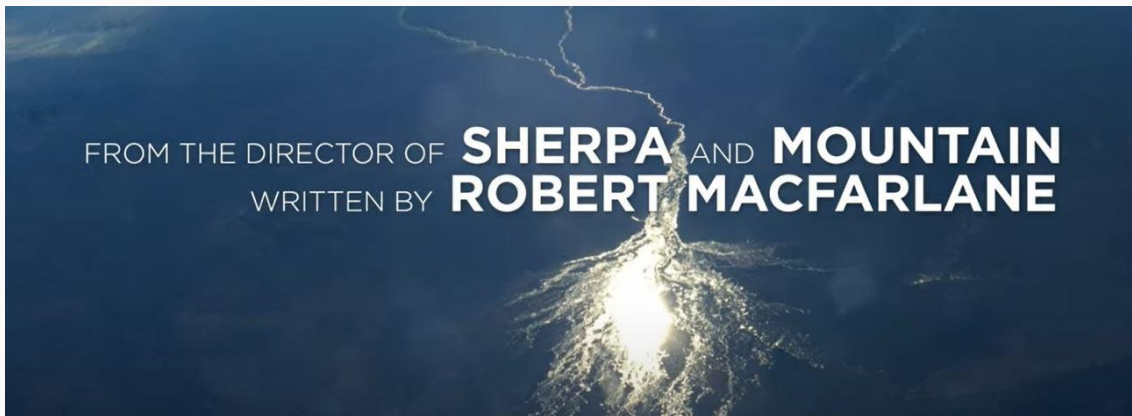
## BBC Sounds - Podcasts

[39 ways to save the planet.](#) Great when out walking the dog. **John Hubbard**

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## Films and Documentaries

[River by Robert MacFarlane](#) - Written by Robert MacFarlane, narrated by Willem Dafoe and with music by Radiohead among others, it's a visually mesmerising documentary about how humans have forgotten to revere rivers, and about the way in which the human project has devastated rivers worldwide. It ends on a heartening note, highlighting the growing global movement for dam removal and the life that returns to rivers when they are allowed to run free. It's available to download for a small fee. **Dave Tickner**



[Seaspiracy on Netflix](#) - A documentary film about the environmental impact of fishing directed by and starring Ali Tabrizi, a British filmmaker. The film examines the devastating impact of industrial-scale fishing

on marine life and advocates for ending fish consumption. My husband and I radically changed our diet after seeing this film and now only eat Sockeye Salmon, which may be more sustainable (but we need to review that soon.). **Jenny Griffiths**

**Don't Look Up on Netflix** - Two astronomers go on a media tour to warn humankind of a planet-killing comet hurtling toward Earth. The response from a distracted world: Meh. A satire on the pitiful response to the climate emergency. Not the greatest of films and apparently many viewers didn't get the satire, but I often find myself quoting "Don't Look Up" when discussing the current paralysis of action. **Jenny Griffiths**

The Age of Stupid - [What If?](#) - is a mini sequel (8 minutes) to the Age of Stupid. It stars Ed Miliband, Jon Snow, Jonathan Pie, Jack Harries, Tamsin Allen, Chris Packham and Caroline Lucas as inhabitants of a planet uncannily like Earth, in which the people do everything they can to stop climate change and succeed. **Tim Woolman**

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## Periodicals

[The Inkcup Journal](#) is a (mostly) weekly newsletter set up by Sophie Yeo, an independent journalist based in the north of England. It's an excellent digest of goings on in the national nature conservation scene, and hugely worthy of support. Sophie initially produced and distributed Inkcup Journal for free but it was taking up so much of her time that she now runs it on a subscription basis (you can choose how much to pay). Sophie also writes, and sometimes commissions, weekly feature articles which are distributed to subscribers **Dave Tickner**



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## Websites

[The Transition Network](#) - Founded by Rob Hopkins in Totnes, Devon, the global transition "movement has been growing since 2005. Community-led Transition groups are working for a low-carbon, socially just future with resilient communities, more active participation in society, and caring culture focused on supporting each other." I go to this website for comfort and reassurance when everything feels impossible, because I believe strongly in its underlying principles of community-led participation, mutual support and developing local strength and resilience. **Jenny Griffiths**

[Climate Outreach](#) - this charity has been researching how to communicate with people about the climate for 20 years and has lots of useful short videos and resources. It's well-researched advice is eminently sensible, for example, "Lifestyle change and system change are two sides of the same coin" and "Our brain does NOT understand climate change" (because for most of us, most of the time, it is not personal enough, abrupt enough, immediate enough). **Jenny Griffiths**

[Our Wilder Strategy - Hampshire & IoW Wildlife Trust](#) - their strategy for landscape-scale nature restoration is inspiring and we can all contribute, not least by gardening for wildlife. **Jenny Griffiths**

[The Wildlife Gardening Forum](#) Produce very informative newsletters and used to run brilliant events pre-pandemic. **Jenny Griffiths**

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## TED Talks

### [7 of the best TED talks about Climate Change](#)

Greta Thunberg - Save the world by changing the rules

Dr Katherine Hayhoe - The most important thing you can do to fight climate change - talk about it.

Dr J Marshall Shepherd - 3 kinds of bias that shape your world view

Mary Robinson - Why climate change is a threat to human rights

Dr Katherine Wilkinson - How empowering women and girls can help stop global warming

Sean Davis - Lessons from how we protected the ozone layer

Al Gore - the case for optimism on climate change

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## [Waterbear](#) - free streaming service

There are far too many wonderful - mostly short films on this streaming website to pick out more than a few.



[The Island Dweller](#) 27 minutes - A 50-year old man has swapped his corporate job for an off-grid island in Leicester — yet his dream is at risk of collapse. Can he defy the odds or will he be evicted from his sustainable haven? **Eleanor Hill**

[Redress the Future](#) 3 episodes at 15 minutes each - this series exposes the problems with the fashion industry as we know it and gives us an idea what a more circular fashion future could look like. **Eleanor Hill**

[Eve: The off grid life of a nine year old climate activist](#) 21 minutes - Follows Eve's journey returning to school and becoming a young climate activist and shows what living off grid means for a UK family. **Eleanor Hill**

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## Online Courses

### Future Learn

These are short, free, self study courses presented by academics from universities around the world that you can follow at your own pace on a whole range of topics including: Agriculture, Climate Change, Ecology, Food Tech and Sustainability  
Typically they run for several weeks and you could expect to spend 3 or 4 hours per week studying.  
For example:

[Championing Change: Human Rights and the Climate Crisis](#) - 3 weeks at 1 hour per week - Learn why climate change is a human rights issue, and how human rights can be used as a tool to combat the climate crisis.

### Post Carbon Institute

[Think Resilience](#) - is an online course made up of 22 short lecture videos to help you start doing something about climate change and our other sustainability challenges—starting in your own community.

This was a bit more of a time commitment but very interesting and motivating. ***Eleanor Hill***

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