

Handy tips to... Cut the carbon

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RECYCLE! Visit www.recyclenow.com/ for local guides on where to recycle specific items! 10 bottles or pieces of paper save 1 kg CO₂/month; 10 aluminium tins save 2 kg CO₂/month

advice to travellers, monitors their civil rights, and mediates and works to facilitate humane solutions. Contact: Community Base, 113 Queen's Rd, Brighton BN1 3XG. Tel: 01273 234777 Email: ffi@gypsy-traveller.org Web: www.gypsy-traveller.org

HUMAN RIGHTS WATCH is dedicated to protecting the human rights of people around the world, investigating and exposing human rights violations and holding abusers accountable. Contact: Human Rights Watch, 2nd floor, 2-12 Pentonville Rd, London N1 9HF. Tel: 020 7713 1995 Fax: 020 7713 1800 Email: hruuk@hru.org Web: www.hru.org

INTERNATIONAL CENTRE FOR TRADE UNION RIGHTS (ICTUR) International NGO which campaigns to raise awareness of and defend and extend trade union rights worldwide. Publishers of the journal International Union Rights. Contact: UCATT House, 177 Abbeville Rd, London SW4 9RL. Tel: 020 7498 4700 Email: ictur@ictur.org Web: www.ictur.org

INTERNATIONAL PEN Worldwide association of writers, with 145 centres in 104 countries. Exists to promote literature, defend freedom of expression and develop a community of writers worldwide. Contact: International PEN, Brownlow House, 50/51 High Holborn, London WC1V 6ER. Tel: 020 7405 0338 Email: info@internationalpen.org.uk Web: www.internationalpen.org.uk

JUSTICE Independent legal human rights organisation whose membership consists predominantly of lawyers. Promotes reform in all areas of criminal and civil justice, and comments on existing and proposed legislation. Contact: Justice, 59 Carter Lane, London EC4V 5AQ. Tel: 020 7329 5100 Email: admin@justice.org.uk Web: www.justice.org.uk

LABOUR START Where trade unionists start their day: international labour links and news. Contact: 51 Briarfield Ave, London N3 2LG. Tel: 020 8346 1953 Email: ericlee@labourstart.org Web: www.labourstart.org

LIBERTY The National Council for Civil Liberties is an independent organisation that works to defend and extend human rights and civil liberties in Britain. Contact: 21 Tabard St, London SE1 4LA. Tel: 020 7403 3888 Fax: 020 7407 5354 Web: www.liberty-human-rights.org.uk

MINORITY RIGHTS GROUP Publishes on and advocates minority rights worldwide. Challenges prejudice and racism through its education and information projects. Contact: 54 Commercial St, London E1 6LT. Tel: 020 7422 4200 Fax: 020 7422 4201 Email: minority.rights@mrgmail.org Web: www.minorityrights.org

THE RIGHT TRACK (THE CHILDREN'S SOCIETY) works to reduce the causes and effects of social injustice, including discrimination, and address the over-representation of black and minority ethnic young people in the Youth Justice System. Contact: Ann Tolaini (programme manager), Unit 3, The Old Malt House, 4-6 Pennywell Rd, Easton, Bristol BS5 0TJ. Tel: 0117 935 1515 Email: right-track-bristol@childressociety.org.uk Web: www.childressociety.org.uk

RIGHTS & HUMANITY International movement for the promotion and realisation of human rights and responsibilities. Contact: 8-10 Princes St, Ipswich IP1 1QT. Tel: 01473 286565 Email: info@rightsandhumanity.org Web: www.rightsandhumanity.org

SOUTH WEST TRADE UNIONS CONGRESS The TUC is the voice of Britain at work. Working with people from all walks of life, they campaign for a fair deal at work and for social justice at home and abroad. Contact: Nigel Costley, Ground Floor, Church House, Church Rd, Filton, Bristol BS34 7BD. Tel: 0117 947 0521 Email: ncostley@tuc.org.uk Web: www.tuc.org.uk/tucregions_info_southwest.cfm

STAR works towards the elimination of all forms of discrimination and negative stereotyping in the care/education of young children, promoting equality of opportunity, diversity and inclusion for all children. Contact: Riverside Youth Centre, York Place, London Rd, Bath BA1 6AE. Tel: 01225 336274 Email: info@star4diversity.org.uk Web: www.star4diversity.org.uk

SURVIVAL INTERNATIONAL Worldwide organisation supporting tribal peoples. It stands for their right to decide their own future and helps them protect their lives, lands and human rights. Contact: 6 Charterhouse Buildings, London EC1M 7ET. Tel: 020 7687 8700 Email: info@survival-international.org Web: www.survival-international.org

TERRENCE HIGGINS TRUST provides services for anyone affected by HIV or Aids, including practical help and advice on welfare, housing and legal issues. Contact: Bristol: Aled Richards Centre, 8-10 West St, Old Market, Bristol BS2 0BH. Tel: 0117 955 1000 Email: info.west@tht.org.uk Contact Swindon: Shaftesbury Centre, Percy St, Swindon, SN2 2AZ. Tel: 01793 554 825 Email: info.west@tht.org.uk Web: www.tht.org.uk

UNISON Britain's largest union, representing staff across local government, the NHS, gas, water, electricity, transport, education and voluntary sectors. It campaigns for workers and human rights, defending services with positive public campaigns. Contact: UNISON South West, Bristol Office, Vintry House, Wine St, Bristol BS1 2DB. Tel: 01823 288031 Fax: 0117 968 9474 Regional Office: Unison House, The Crescent, Taunton TA1 4DU. Tel: 01823 288 031 Fax: 01823 336 013 Web: www.unionsouthwest.org.uk

BLACK MINORITY ETHNIC (BME)

AASHYANA HOUSING ASSOCIATION Community-based, Asian-led social landlord providing homes that are affordable and available to those in greatest need among the Asian community. Contact: 429 Stapleton Rd, Eastville, Bristol BS5 6NA. Tel: 0117 939 3911 Email: housing.enquiries@aashyana.co.uk Web: www.aashyana.co.uk

AFRICANS IN ONE Community organisation to serve and represent the African Community in Bristol, promoting awareness, consciousness and unity through enhanced cultural and educational enrichment programmes. Also aims to support deserving health, poverty and educational projects in Africa through partnership with other organisations. Contact: Malcolm X Community Centre, 141 City Rd, St Pauls, Bristol BS2 8YH. Email: africansinone@yahoo.co.uk

ASIAN HEALTH & SOCIAL CARE ASSOCIATION Day centre for elderly people in the south Asian communities of Bristol & South Glos. Contact: Mr Amarjit Singh (manager), c/o Easton Community Centre, Kilburn St, Easton, Bristol BS5 6AW. Tel: 0117 954 0178 Email: asiandaycentre@postmaster.co.uk

AWAZ UTAOH Community-based organisation working to relieve distress, sickness and poverty among south Asian people (mainly women and youths) who are or are likely to become victims of crime and domestic violence.

Contact: 404 Stapleton Rd, Eastville, Bristol BS5 6NQ. Tel: 0117 935 4528 Email: awazutaoh2@aol.com

BANGLADESH ASSOCIATION (BRISTOL, BATH AND WEST) provides advice and information in Bengali and English on benefits, housing, immigration, education, employment, training, health and racial harassment in the Bangladeshi community. Contact: Abdul Wahab, Bangladesh House, 539 Stapleton Rd, Eastville, Bristol BS5 6PE. Tel: 0117 951 1491 Email: team@bangladesh-association.org Web: www.bangladesh-association.org

BLACK AFRICAN FAMILIES ASSOCIATION (BAFA) aims to integrate individuals and families through employment, housing, educational training and a welfare advice centre. Also aims to record people's stories in Bristol, to help and encourage young people to explore the memories and experiences of the black community, to enable them to learn more about their own heritage and traditions. Contact: BAFA, 24 King Square, Unit 15, Bristol BS2 8JJ. Tel: 0117 924 8915 Fax: 0117 942 3327 Mob: 07932 770143 Email: safariwamini@hotmail.com

BLACK CARERS PROJECT supports carers from ethnic minority backgrounds through the provision of information, advice, advocacy and emotional support. Contact: Mahedi Jeraj, Unit 6, 20-23 Hepburn Rd, St Pauls, Bristol BS2 8UD. Tel: 0117 914 4491 Email: admin@blackcarersproject.co.uk Web: www.blackcarersproject.co.uk

BLACK DEVELOPMENT AGENCY provides support and services to the black voluntary and community sector. Contact: 5 Russell Town Ave, Redfield, Bristol BS5 9LT. Tel: 0117 939 6645 Email: admin@blackdeva.org.uk Web: www.blackdeva.org.uk

BLACK ENVIRONMENT NETWORK (BEN) was established to promote equality of opportunity with respect to ethnic communities, in the preservation, protection and development of the environment. Contact: 1st Floor, 60 High St, Llanberis, Wales LL55 4EU. Tel/fax: 01286 870715 Email: ukoffice@ben-network.org.uk Web: www.ben-network.org.uk

BLACK SOUTH WEST NETWORK (BSWN) aims to provide access to information on policy and funding programmes, supported by an online capacity-building and advice service. Contact: 5 Russell Town Ave, Redfield, Bristol BS5 9LT. Tel/fax: 0117 939 6648 Web: www.bswn.org.uk

BRISTOL CHINA PARTNERSHIP aims to support closer cooperation between the Chinese community in Bristol and the people of Bristol and China. Contact: Wallace Kwong (general secretary). Tel: 07966 296505 Email: wallykwong@aol.com Web: www.bristol-china-partnership.com

BRISTOL CITY COUNCIL RACE FORUM helps black and minority ethnic communities in Bristol to communicate to the council about how to involve local people in the development of services to all its citizens. Any individual or organisation of BME people can become members of the forum. Forum members choose advisers to represent their views to the council: these advisers then represent the forum at council meetings. Contact: Bristol Race Forum, Community Engagement Team, FREEPOST (BS6935), 6 York Court, Wilder St, St Pauls, BS2 8QX. Tel: 0117 922 4562 Fax: 0117 922 2392 Email: avril.marshall@bristol.gov.uk Community forums allow Bristol City Council to hear the views of citizens: www.bccforums.org.uk

BRISTOL MAURITIAN ASSOCIATION aims for as many Mauritians in Bristol as possible to get together three to four times a year to share experiences, feelings and relevant information about life in England. Contact: Sundra Subramanyan, 84 Stoke Lane, Stoke Lodge, Patchway, Bristol BS34 6DS. Tel: 01454 898268

CEED CHARITY LTD works to improve the economic well-being of those currently disadvantaged in the labour market and business, particularly those from minority ethnic groups, through training, advice, enterprise and

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BLACK MINORITY ETHNIC (BME)

other development initiatives. *Contact: Ujima House, 97-107 Wilder St, St Pauls, Bristol BS2 8QU. Tel: 0117 942 9555 Email: enquiries@ceed.co.uk Web: www.ceed.co.uk*

ENGLAND'S PAST FOR EVERYONE Useful resource for finding out about the past of different regions. *Bristol contact: Patricia Diango (research liaison officer). Tel: 0117 328 4307 Email: epe@uwe.ac.uk Web: www.englishpastforeveryone.org.uk*

HINDU TEMPLE A place of worship for Hindus living in the south west. It's maintained for the purposes of public religious worship and other religious, cultural and charitable purposes. *Contact: Kamlesh Vyas, 163b Church Rd, Redfield, Bristol, BS5 9LA. Tel: 0117 935 1007 Email: panditji@bristolhindutemple.co.uk Web: www.bristolhindutemple.co.uk*

ISLAMIC FOUNDATION OF ECOLOGY AND ENVIRONMENTAL SCIENCES Muslims comprise at least one-fifth of the human community, contributing much to reevaluating the future direction of the human community, in order to save the planet for itself and other life forms. *Contact: 93 Court Road, Birmingham, West Midlands, B12 9LQ Tel: 0121 440 3500 Fax: 0121 440 8144 Web: www.ifees.org*

INSTITUTE OF RACE RELATIONS seeks to reflect the experiences of those who suffer racial oppression and draws its perspectives from the most vulnerable in society. *Contact: 2-6 Leeke St, London WC1X 9HS. Tel: 020 7837 0041/7833 2010 Email: info@irr.org.uk Web: www.irr.org.uk*

ISLAM INFORMATION CENTRE *Contact: 460 Stapleton Rd, Eastville, Bristol BS5 6PA. Tel: 0117 902 0037 Email: info@islamicinformationcentre.co.uk Web: www.islamicinformationcentre.co.uk*

KHAAS Unique organisation in the south west, providing services to Asian families who have children with disabilities and special needs. *Contact: St Werburghs Community Centre, Horley Rd, St Werburghs, Bristol BS2 9TJ. Tel: 0117 955 4070 Email: khaas_bristol@yahoo.co.uk*

MALCOM X COMMUNITY CENTRE provides social, recreational, educational and entertainment facilities to the residents of St Pauls and neighbouring areas. *Contact: 141 City Rd, St Pauls, Bristol BS2 8YH. Tel: 0117 941 4410 Email info@malcolm.x.org.uk Web: www.malcolm.x.org.uk*

MUSLIM COUNCIL OF BRITAIN aims to promote cooperation, consensus and unity on Muslim affairs in the UK. *Contact: PO BOX 57330, London, E1 2JW. Tel: 0845 262 6786 Fax: 020 7247 7079 Email: admin@mcb.org.uk Web: www.mcb.org.uk*

NILAARI AGENCY Services include counselling, advice and support to educate and empower young people and adults who misuse or are at risk of misusing drugs and/or alcohol. *Contact: 184 Stapleton Rd, Easton, Bristol BS5 0NZ. Tel: 0117 052 5742 Email: info@nilaari.co.uk Web: www.nilaari.co.uk*

PAKISTAN ASSOCIATION BRISTOL offers advice, information and advocacy on matters of immigration and social welfare. *Contact: Mukhtar Ahmed Younis, 46 Sandling Ave, Horfield, Bristol BS7 0HT. Tel: 0117 979 3628*

SIKH RESOURCE CENTRE aims to improve the economic well-being of ethnic communities, while also tackling poverty, promoting education and encouraging participation in mainstream services. *Contact: Narinder Vir Kaur (coordinator), 114 St Marks Rd, Easton, Bristol BS5 6JD. Tel: 0117 952 5023 Email: src5@btconnect.com*

BME Aid Organisations

BAPS CARE INTERNATIONAL Non-profit international charity organisation committed to sincerely serving the world by caring for individuals, families and communities. *Contact: 81 Suttons Lane, Suit 103, Piscataway, NJ 08854 USA. Tel: +1 732 777 1818 Email: info@bapsicare.org Web: www.bapsicare.org*

HINDU FORUM HFB facilitates consultation and communication to support and influence public policy by providing broad and collective views of the Hindu community on a wide range of issues. *Contact: Unit 3, 861 Coronation Rd, Park Royal, London NW10 6PT. Tel: 020 8965 0671/07951 383 103 Fax: 020 8965 0672 Email: info@hinduforum.org Web: www.hinduforum.org*

ISLAMIC AID seeks to make immediate and lasting improvements to the lives of people affected by poverty, war and disaster. *Contact: 47 Theydon St, London E17 8EN. Tel: 0845 130 8990 Email: mail@islamicaid.org.uk Web: www.islamicaid.org.uk*

ISLAMIC RELIEF British aid agency addressing the needs of the world's poorest people. Work ranges from emergency relief to long-term development projects in areas such as water and sanitation, health and nutrition, orphan sponsorship. *Contact: Unit 40, Uplands Business Park, Blackhorse Lane, London E17 5QJ. Tel: 020 8531 6752 Fax: 020 8527 1743 Web: www.islamic-relief.org.uk*

KASHMIR INTERNATIONAL RELIEF FUND has a long understanding and capability to deal with the human tragedy resulting from natural or political disasters.

Contact: Head Office, 255 High Rd, London, E11 4HH. Tel: 08700 421700/020 8521 7058 Email: info@kirf.org Web: www.kirf.org

MUSLIM AID *Contact: PO Box 3, London E1 1WP. Tel: 020 7377 4200 Fax: 020 7377 4201 Email: mail@muslimaid.org Web: www.muslimaid.org*

MUSLIM HANDS International NGO working in over 40 countries worldwide to help those affected by natural disasters, conflict and poverty. *Contact: 148 Gregory Boulevard, Nottingham NG7 5JE. Tel: 0115 911 7222 Fax: 0115 911 7220 Email: contact@muslimhands.org Web: www.muslimhands.org*

SIERRA LEONE BRISTOL ASSOCIATION (SLEBA) was established as a fully constituted community organisation in 2001 with a view to becoming a UK charity. SLEBA's mission is to facilitate the economic, educational and social well-being of the Sierra Leone Community living in Bristol and the south west and embark on projects that strategically target the root causes of poverty and life expectancy in Sierra Leone. *Contact: 39 Brangwyn Grove, Bristol BS7 9UF Email: sleba2000@yahoo.co.uk Web: www.sleba.org.uk*

Refugees

AMNESTY INTERNATIONAL (REFUGEES) supports the right to non-discrimination, one of the most important rights common to all refugees, asylum seekers, migrants and internally displaced persons (IDPs). *Contact: International Secretariat, 1 Easton St, London WC1X 0DW. Tel: 020 741 35500 Web: web.amnesty.org/pages/refugees-index-eng*

BRISTOL AND DISTRICT VIETNAMESE REFUGEE COMMUNITY Provision of assistance and support for Vietnamese refugees settling into mainstream society. *Contact: 17-19 Dean St, St Pauls, Bristol BS2 8SE. Tel: 0117 944 5657 Email: thong@onetel.com*

BRISTOL ASYLUM SEEKERS CAMPAIGN *Contact: Box 41, 82 Colston St, Bristol BS1 5BB. Tel: 0117 944 1481 Email: asylumbristol@hotmail.com Web: www.asylumbristol.org.uk*

COMMITTEE TO DEFEND ASYLUM SEEKERS (CADS) *Contact: BCM Box 4289, London WC1N 3XX. Tel: 07941 566183 Email: info@defend-asylum.org Web: www.defend-asylum.org Bristol group: www.asylumbristol.org.uk*

EUROPEAN COUNCIL ON REFUGEES & EXILES *Contact: ECRE Secretariat, 103 Worship St, London EC2A 2DF. Tel: 020 7377 7556 Fax: 020 7377 7586 Email: ecre@ecre.org Web: www.ecre.org*

HEALTH FOR ASYLUM SEEKERS & REFUGEES PORTAL (HARP) provides social inclusion research and online health information for health professionals and voluntary agencies working with minority communities. *Contact: Email: pauline.lane@nhs.net Tel: 07789 006724 Web: www.harweb.org.uk*

IMMIGRATION ADVISORY SERVICE The UK's largest charity providing representation and advice in immigration and asylum law. These services are free to people who are eligible. Office opening times: 9am-1pm, 2-5pm. *Contact: Unit 8, Hide Market, West St (use Waterloo St entrance), Bristol BS2 0BH. Tel: 0117 955 7300 Advice line: (Tue 2-4pm) 0117 955 7310 Web: www.iasuk.org*

IMMIGRATION LAW PRACTITIONERS' ASSOCIATION (ILPA) *Contact: Lindsey House, 40-42 Charterhouse St, London EC1M 6JN. Tel: 020 7251 8383 Email: info@ilpa.org.uk Web: www.ilpa.org.uk*

INDEPENDENT RACE & REFUGEE NEWS NETWORK (IRR) is at the cutting edge of research and analysis that informs the struggle for racial justice in Britain, Europe and internationally. It seeks to reflect the experiences of those who suffer racial oppression and draws its perspectives from the most vulnerable in society. *Contact: Institute of*

CLIMATE WITNESS

Robert Swan Antarctica

A polar explorer who's been visiting the Antarctic continent for 23 years.

"It's the speed of change in Antarctica that has major kick-on effects for the whole region. In 2002, the Larsen B ice shelf, a giant floating extension of this permanently frozen land, sheared off from the mainland and over 500 billion tonnes of ice disintegrated into the sea in less than a month. The ice sheets that form each winter are larger than the continent's total land area. When they form, because freshwater freezes at a higher temperature than salt water, a load of salt is dumped in the ocean. This more salty, cold, oxygen-rich water sinks to the bottom of the ocean near Antarctica, and from there it flows under the oceans of the world, breathing life into the algae, krill and deep sea plants that support all sea animals. With the Antarctic ice sheets melting away, more



fresh water is flowing into the oceans, threatening to slow this process, and as a result a huge portion of our food supply is threatened."

Ffi: www.panda.org/climatewitness

