

HOPE Australia

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Free workshops help you save money and energy in the home

A series of free workshops and information sessions throughout the Toowoomba region will help residents save energy, money and the environment.

The workshops are part of a larger Low Carbon Diet project being rolled out by HOPE (Householders' Options to Protect the Environment) – a Toowoomba based organisation dedicated to helping people reduce their impact on the natural environment – and funded by the Queensland Government.

Mr. Frank Ondrus, President HOPE Australia says the events will provide people with lots of tips and information for reducing the cost of energy bills in homes. Mr. Ondrus says the events are designed to give people practical information they can use straight away.

“The two-hour workshops will go through the principles of the 30-day Low Carbon Diet program which aims to help residents to substantially reduce their household carbon emissions. During the workshop, we will be looking at each room in a house and showing how simple actions like turning off appliances at the wall can save enormous amounts of energy,” Mr. Ondrus says.

Mr. Ondrus believes that climate change is one environmental problem that every person can do something about.

“Often when we hear about environmental issues, it’s hard for us to think about how our actions can actually make a difference,” Mr. Ondrus says. “But with climate change, every person can help reverse the impacts we make through greenhouse gas emissions.”

“From opting for walking and cycling instead of driving, through to choosing appliances with high energy efficiency ratings. Every person can make a difference to this enormous community issue.”

The **workshops** will be held as follows:

Date and time	Event type	Venue
Wednesday 15 July, 4.00 pm	Workshop #1	Toowoomba - St James Community Hall, corner Mort and Russell Streets
Wednesday 26 August, 2.00 pm	Workshop #2	Toowoomba - Groom Park Hall, Neil Street (opposite St Patrick's Cathedral)
Wednesday 26 August, 7.00 pm	Workshop #3	Toowoomba - St James Community Hall, corner Mort and Russell Streets
Wednesday 16 September, 2.00 pm	Workshop #4	Toowoomba - Groom Park Hall, Neil Street (opposite St Patrick's Cathedral)
Wednesday 16 September, 7.00 pm	Workshop #5	Toowoomba - St James Community Hall, corner Mort and Russell Streets

The **information sessions** will offer more general information about dealing with climate change in the home, with guest speakers giving an overview of the Low Carbon Diet Program.

Date and time	Event type	Venue
Wednesday 15 July, 10.00 am – 12 noon	Information session	Toowoomba - Groom Park Hall, Neil Street (opposite St Patrick's Cathedral)
Thursday 23 July, 10.00 am – 12 noon	Information session	Highfields Cultural Centre, O'Brien Road
Thursday 6 August, 10.00 am – 12 noon	Information session	Crow's Nest Community & RSL Centre 25 William Street
Thursday 20 August, 10.00 am – 12 noon	Information session	Oakey Community Centre, Campbell Street (next door to library)
Thursday 3 September, 10.00 am – 12 noon	Information session	Pittsworth Technology Centre, 42 Hume Street
Thursday 17 September, 10.00 am – 12 noon	Information session	Millmerran Cultural Centre – Anzac Room, corner Walpole and Campbell Streets
Thursday 1 October, 10.00 am – 12 noon	Information session	Clifton - Senior Citizen's Room, Meara Place
Thursday 15 October, 10.00 am – 12 noon	Information session	Cambooya Bowls Club, Lucy Street

HOPE's Low Carbon Diet initiative is funded by the Queensland Government. Further information about the workshops and information sessions is available online at www.hopeaustralia.org.au or by phoning 07 4639 2135.

Other organisations, such as Queensland Conservation, Toowoomba Regional Council and University of Southern Queensland are also supporting HOPE's Low Carbon Diet program. Further information about HOPE's LCD Project is available at the HOPE office by phoning 4639 2135 or email office@hopeaustralia.org.au.

HOPE *Low Carbon Diet Project*

Workshops and Information Sessions program

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RSVP to Frank Ondrus
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