



RURAL
WOMEN
IN ACTION

**100 ways you can
make a difference**

#WeAreACWW



RURAL WOMEN IN ACTION

© 2020 ACWW A1922-57

For more copies of this booklet, or information, please contact:

Associated Country Women of the World
Ao4 Parkhall, 40 Martell Road
London SE21 8EN

www.acww.org.uk +44 (0)20 7799 3875 info@acww.org.uk
Registered Charity No.1174798

Why have we sent you this?

This booklet, *'100 ways you can make a difference'*, is a handy guide to your personal commitment to global change.

Individually, the challenges ahead can feel overwhelming.

Together, when the voices and actions of women all over the world are united, we begin to see real impact.

The idea is simple. Read through the booklet, start to make small changes, and take small actions in your everyday life. As you achieve each goal, note the date. When the whole book is complete, fill in your details on the back page and send it to ACWW Central Office (the address is there too!). We'll send you a certificate, and you can be assured that you have made a personal contribution to a world movement toward sustainability.

Section 1: Women's Rights CEDAW

Convention on the Elimination of all forms of Discrimination Against Women

	Date completed
1 Read CEDAW (you can find it in the little blue book!)	_____
2 Check if your government has signed and ratified CEDAW	_____
3 Share the information – meet with a friend and tell her what you've learned	_____
4 Contact ACWW Central Office for a copy of our report of the 72 nd Session of CEDAW	_____
5 Put up the CEDAW poster in a public place	_____
6 Put up the Article 14 poster in a public place where rural women will see it	_____

7 Organise a talk at your branch / institute / society about CEDAW

8 Share your knowledge with young women in your community (family, school, church group, etc.)

9 Distribute additional copies of the CEDAW booklet to friends and family (contact Central Office to order more free copies!)

10 Tell ACWW Central Office what you are doing, send us your pictures, or even a few words about your activities

Notes:

Section 2: The Sustainable Development Goals

Known as the 2030 Agenda, these are 17 Goals to be achieved by the end of 2030

	Date completed
1 Get familiar with the 17 Sustainable Development Goals (the SDGs)	_____
2 Pick three SDGs, and investigate their targets and indicators (contact Central Office with your 3 and we can send you digital or printed resources)	_____
3 Become a Change Champion for your 3 SDGs, and organise a tea or coffee morning to raise awareness	_____
4 Attend a town hall / community meeting and talk about the implementation of your 3 chosen SDGs	_____
5 Find a prominent place in your community to display the SDG poster included with this pack (you can always contact Central Office if you need more posters!)	_____

- 6 Look through ACWW's resolutions and match them up with relevant SDGs so that you see the connections - find them at www.acww.org.uk _____
- 7 Speak to your local library about making the SDG booklet available there, and contact us if they agree and need stock _____
- 8 Ensure that your branch / institute / society knows about the SDGs _____
- 9 Teach young people about the SDGs, and meaning for their future _____
- 10 Tell ACWW Central Office what you are doing, send us your pictures, or even a few words about your activities _____

Notes:

Section 3: Reducing and Recycling

Some personal challenges and ideas for change at home

- | | Date completed |
|--|----------------|
| 1 Suggest to your branch / institute / society that they reduce single-use plastics in their meetings and gatherings | _____ |
| 2 Visit your local waste-free shop if you have one | _____ |
| 3 Swap disposable plastic water bottles for reusable ones made from metal, ceramic, or glass | _____ |
| 4 Commit to a significant reduction in your waste for a month – check out local initiatives in your area | _____ |
| 5 Use and support local recycling facilities, and encourage them to include an area for reusable items for people to collect | _____ |
| 6 Do local schools recycle? If not, help and encourage them to do so! | _____ |

- 7 Encourage local businesses to investigate the sustainability of their suppliers (issues like single-use plastics, non-recyclable packaging, carbon footprint etc.)

- 8 Make a new garment or piece of clothing out of clothes you already own but don't wear anymore

- 9 Save your vegetable peels and scrapings to start a new compost pile, and contact your local authority to see if they have a scheme in place

- 10 Tell ACWW Central Office what you are doing, send us your pictures, or even a few words about your activities

Notes:

Section 4: Shop Local

What you can do to support your community

- | | Date completed |
|--|----------------|
| 1 Support your local businesses by focussing on independent retailers | _____ |
| 2 Buy your fruit and vegetables from locally-owned greengrocers, markets, or traders | _____ |
| 3 Get your meat from local butchers, or go direct to farmers / farm shops if you can | _____ |
| 4 Take your reusable containers and bags with you when you shop to help retailers reduce their waste | _____ |
| 5 Leave positive online reviews for local shops and artisans when you have visited them, and write to local newspapers to promote them | _____ |
| 6 Commit to buying all your gifts for a year from local artisans | _____ |

- 7 If you have to drive to your local stores, car-pool with a friend or neighbour

- 8 Help shop for those in the community who struggle with mobility or access

- 9 Establish and share a directory of locally owned and operated businesses

- 10 Tell ACWW Central Office what you are doing, send us your pictures, or even a few words about your activities

Notes:

Section 5: Eating and Nutrition

Every little bite makes a difference in the effort towards sustainability

	Date completed
1 Learn about seasonal eating, and how to plan your meals seasonally	_____
2 Visit a local farmer (even if you live in a town or city!) to find out how your food is produced	_____
3 If you're a confident cook who uses ingredients efficiently, why not host a cooking class for young women in your community	_____
4 Commit to avoiding "fast food" for 3, 6, or 12 months and focus on healthy, sustainable eating	_____
5 Find out about those who suffer from food insecurity in your community, and help raise awareness of the challenges	_____
6 Volunteer to help a local food bank / soup kitchen / food programme	_____

- 7 Focus on nutrition outside the context of weight loss, and help those in your family to plan meals full of nutritious foods

- 8 Share your experiences with expectant and new mothers at community groups, talking about child nutrition, breastfeeding, and providing healthy meals for children

- 9 Teach children about food preparation, where food comes from, and nutrition. Why not get grandchildren to help prepare meals, speak to a school group, or share recipes with a kindergarten or after-school club

- 10 Tell ACWW Central Office what you are doing, send us your pictures, or even a few words about your activities

Notes:

Section 6: Health Awareness

You know best about the issues that affect you - use that to help others

- | | Date completed |
|---|----------------|
| 1 Use the Rural Women's Healthcare Pack to familiarise yourself with some of the issues - available at www.acww.org.uk | _____ |
| 2 Make a list of additional issues or challenges you and your friends have faced | _____ |
| 3 Investigate healthcare services in your local area, and in your closest rural area if you live in a town or city | _____ |
| 4 Identify the biggest gaps in your community – perhaps obstetrics, geriatric services, or mental health provision | _____ |
| 5 Become a Change Champion for that issue, raise awareness of the gaps, and lobby your local authorities for improvements | _____ |
| 6 Encourage your community group or society, to offer transport services to those unable to get to the doctor or health centre | _____ |

- 7 Take note of ACWW resolutions on healthcare, and particularly Gender Sensitive Healthcare (2019), and create resolutions for action for your local branch / institute / society

- 8 Host a community group to discuss personal experiences of local healthcare, helping raise awareness of recurring issues, challenges, or successes

- 9 Remember isolation is a huge challenge in rural areas, and reach out to older members or young mothers for a chat and a cup of coffee

- 10 Tell ACWW Central Office what you are doing, send us your pictures, or even a few words about your activities

Notes:

Section 7: Climate Change

We know that individual action is not a replacement for responsible behaviour from governments and corporations, but here is a list of challenges and activities you can consider in your everyday life

- | | Date completed |
|--|----------------|
| 1 Commit to using your car less, and sharing journeys with others | _____ |
| 2 Consider using a bike, scooter, public bus, or walking instead of cars | _____ |
| 3 Turn appliances off when you are not using them, as 'standby' mode expends energy (and costs you money!) | _____ |
| 4 Consider reducing the amount of meat you consume, try one new vegetarian recipe per week | _____ |
| 5 Plant trees, fruit, vegetables, or plants (from a window box, to a garden, to a field!) | _____ |
| 6 Reduce how often you use mail-order services, combine multiple orders, share with other people to reduce the carbon footprint of the service | _____ |

- 7 Set up a community garden where everyone can contribute

- 8 Use slower postage options whenever possible, as it allows companies to combine orders to the same regions or communities

- 9 If you have to fly, invest in a carbon offsetting scheme (often offered by the airline)

- 10 Tell ACWW Central Office what you are doing, send us your pictures, or even a few words about your activities

Notes:

Section 8: Rural Awareness

Whether you live in a village, town, or city, you can make a difference!

- | | Date completed |
|--|----------------|
| 1 Discover your nearest rural community if you live in a city or town | _____ |
| 2 If you live in a rural area, reach out to local towns and educate community groups about the realities of rural life | _____ |
| 3 Investigate whether issues like fracking, pipelines, and urban construction methods are affecting rural communities near you | _____ |
| 4 Take your children, grandchildren, friends and family to visit local farms, growers, and smallholders | _____ |
| 5 Set up a meeting with local representatives and discuss the challenges faced by rural people. | _____ |
| 6 See what their action plan is, and report back to ACWW Central Office on local initiatives | _____ |

- 7 Come together with other women in rural communities, and make a list or scrapbook of the biggest positives, challenges, and experiences – then share that with ACWW

- 8 Organise or host a community event, bringing together rural and non-rural people to celebrate the successes and best practices, and draw attention to the challenges

- 9 Encourage participation from local artisan makers and crafters, food growers, and independently owned businesses in your event

- 10 Tell ACWW Central Office what you are doing, send us your pictures, or even a few words about your activities

Notes:

Section 9: Political Engagement

Making sure that your voice is heard locally, nationally, and internationally

	Date completed
1 Find out who your local government representatives are and how they are held to account	_____
2 Choose an issue presented in this pack, and write to your local politicians about it (mention how and why it is important to you!)	_____
3 Familiarise yourself with ACWW's role in the United Nations system	_____
4 Keep ACWW up to date with local challenges facing rural women – we need information to help hold national governments to account	_____
5 Attend or organise local meetings before elections, invite candidates to come and address the issues you and your community raise	_____
6 Promote inter-generational learning and sharing by talking and listening to your family, as different age groups often have different experiences of the same things	_____

- 7 Tell ACWW about your local political system. Do you have opportunities to engage with it, and how do you do so? If you don't, what stops you from being able?

- 8 Help to create support of rural communities by inviting local politicians to learn more about local businesses, activities, challenges, and examples of good practice

- 9 Tell local politicians about ACWW as the international organisation that supports you, with a global network of more than 9 million women

- 10 Tell ACWW Central Office what you are doing, send us your pictures, or even a few words about your activities

Notes:

Section 10: Partnership

You are strong. Two of you are stronger. All of us together are unstoppable.

- | | Date completed |
|--|----------------|
| 1 Get one friend, colleague, or family member to join ACWW and help raise awareness of our work | _____ |
| 2 Contact ACWW Central Office to establish a connection with another Member Society to share ideas, successes, and challenges on this journey to sustainability. | _____ |
| 3 Using your existing society, or creating a new group, work in your community to develop and support Change Champions for Sustainability (certificates available from ACWW Central Office!) | _____ |
| 4 Pair up with other local Change Champions and set yourselves a deadline for an action or activity – then follow up and achieve it | _____ |
| 5 Host knowledge exchanges between marginalised groups in your community, where women can share different approaches to the same issue – or completely different life experiences | _____ |

- 6 Listen before you speak. Meet other local communities, and learn a craft or tradition from them

- 7 Work with your branch / institute / society to make sure that they complete their Triennial Report of Work for ACWW

- 8 Encourage and support them in taking part in our online surveys and consultations

- 9 If your branch / institute / society is not a member of ACWW in its own right, encourage them to join

- 10 Tell ACWW Central Office what you are doing, send us your pictures, or even a few words about your activities

Notes:

Fill in your contact details below, and post the completed booklet to
ACWW Central Office at:

Associated Country Women of the World
A04 Parkhall, 40 Martell Road
London SE21 8EN

Your name: _____

Email address: _____

Telephone: _____

Your address: _____

Country: _____ Postal / ZIP Code: _____