

ST PETER'S MANEY

CREATIONTIDE 2019

INFORMATION, TIPS, AND SUGGESTIONS FOR A  
MORE ENVIRONMENTALLY FRIENDLY LIFESTYLE



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A number of people in the congregation have expressed a wish to have the various tips and suggestions made in Eco-Maney's Lent challenges and magazine articles brought together in a short booklet. We have now done this and also have added a few extra items. We hope that you will find it a useful reference and help in protecting God's creation.

## INDEX

### PAGE

|       |   |
|-------|---|
| 4     | Know your Plastics  |
| 5     | Main types of plastic and their uses  |
| 6     | Reducing plastic use  |
| 7     | Microfibres   |
| 8,9   | Reducing Co2 Emissions – flying, cruising, driving, meat, lightbulbs,<br>Green Energy |
| 10    | Christmas, Birthdays and Special Occasions  |
| 11    | In the office   |
| 12    | Holidays, train travel  |
| 13,14 | In the home – clothes, food   |
| 15    | Babies, water saving  |
| 16    | WEEE regulations – disposing of electrical goods and batteries                        |
| 17    | Garden  |



## Know Your Plastics

A great deal has been written and talked about plastic since David Attenborough's Blue Planet 2. Some people have been tempted to condemn all plastic but it is unlikely that we will cease to make use of its incredible versatility and convenience. Plastic has significant benefits and contributes greatly to our daily lives e.g.

- solar panels are largely made from plastics as are parts of wind turbines
- plastics have made cars and aircraft much lighter and therefore more energy efficient
- plastic packaging (although there is far too much of it) helps eliminate food waste.
- medical procedures have been transformed by the use of plastic

What is important is to use it wisely and to dispose of it responsibly

### Tips to reduce our use of plastic








- Buy as little one-use plastic as possible
- Avoid plastic water bottles, one-use coffee cups, plastic cutlery
- Avoid plastic straws
- Take your own bag to the shops
- Buy loose fruit and veg and put it unwrapped into your bag
- Use greaseproof paper or tinfoil to wrap food instead of cling film or cover bowls with a saucer or plate
- Use glass, ceramic or stainless steel for food storage and microwaving
- Use a bar of soap rather than liquid soap in plastic containers
- Use a safety razor not disposables
- Use matches rather than plastic lighters
- Avoid wet wipes – use a flannel or cotton pads/wool
- Choose clothing made with natural fibres
- Look for recyclable sweet and chocolate wrappers (paper and foil) or buy Pick and Mix
- Give up chewing gum (it's actually made of plastic!)

### Tips on disposing of plastic

- Check out what can be recycled in wheelie bins and at the tip [www.birmingham.gov.uk](http://www.birmingham.gov.uk)
- Recycle plastic bags plus the plastic film from magazines/catalogues at supermarkets
- Before throwing anything out check if there is a reuse or recycling option available e.g. companies who sell consumer goods must take away your old appliance for recycling – this covers kettles and toasters as well as big items. See WEEE regulations on page 15

## Main types of plastic and their uses

Below is a brief explanation of the most common plastics we deal with. The numbers within the recycling symbol can usually be found on the bottom of the plastic item.

| Name & number  | Main uses  | Recycling situation   | Additional information   |
|--|--|---|--|
| Polyethylene Terephthalate<br>                            | Drinks bottles<br>Food trays and roasting bags<br>Boil in the bag pouches<br>Fibre for clothes and carpets | Most widely recycled plastic in the world.                    | May absorb odours from food or drink stored in it.<br><br>Better not to re-use for food and not after heating                    |
| High Density Polyethylene<br>                             | Bottles for cleaning products<br>Food boxes<br>Toys<br>Garden furniture, Wheelie and compost bins          | Commonly recycled   | No known health concerns   |
| Polyvinyl Chloride<br>                                    | Credit cards<br>Shower curtains<br>Pipes, guttering, window and door frames                                | Sometimes recycled  | Contains harmful phthalates.<br>Not for food use.<br>Old plastic containers may have been made with PVC so avoid using for food. |
| Low Density Polyethylene<br>                            | Cling film, food bags<br>Bubble wrap<br>Refuse sacks   | Sometimes recycled  | No known health concerns but better to avoid using cling film with fatty foods such as cheese and do not use in the microwave    |
| Polypropylene<br>                                       | Most bottle tops<br>Yogurt and margarine pots<br>Crisp bags<br>Drinking straws<br>Fabrics and carpets      | Occasionally recycled   | Small amounts of plastic may be transferred to food when microwaved.<br>Safer to use glass or ceramic                            |
| Polystyrene<br>   | Egg boxes Vending cups<br>Takeaway containers<br>Disposable cutlery  | Commonly recycled   | Various health concerns.<br>Styrene is possibly a carcinogen   |
| Other plastics<br><br>e.g. Nylon, Acrylic Polycarbonate | Electric wiring<br>Polycarbonate is used in bottles, compact discs and medicine containers                 | Depends on type of plastic but generally difficult to recycle | Polycarbonate is derived from BPA which has been found to be a hormone disruptor.<br>Only buy BPA free plastics                  |

The 'best' and safest plastics are    . Although  is widely recycled, it degrades with each recycling until ultimately is only fit for landfill.

## **Reducing Plastic use**

Take your own bags and containers to the supermarket. Many supermarkets are happy to put fresh meat and fish into your own container.

Light cotton bags are available to use for loose fruit and vegetables

Lobby supermarkets, manufacturers, shopkeepers, utility companies, MPs. Talk to friends and neighbours about the problems and what we can do to improve things. Comment on the amount of plastic when you are at the checkout; ask the man in the fish and chip shop why he is still using polystyrene trays!

Bio-degradable plastics exist – we need more investment in developing them

Over-packaging can be reduced – Iceland are setting a target which the other supermarkets will have to follow

Washing machine manufacturers and water authorities can develop better filtering systems to stop micro fibres from getting into the seas and water supply

Don't worry about being different. If people see you putting fruit and vegetables in your trolley without plastic bags it will raise their awareness and encourage them to follow your example. Staff at the checkout are quite used to it.

## **Special cases**

### **Wet Wipes**

Wet wipes and moist toilet paper contain plastic. When flushed down the toilet they help cause fatbergs, and contribute to plastic waste in rivers and oceans. Progress is being made to develop bio-degradable wet wipes but until these are widely available please, please, please do not flush wet wipes – even if they say you can on the packet. In fact the advice is that NOTHING should go down the toilet except human waste and toilet paper. Biodegradable wet wipes and toilet tissue is available from: <http://www.natracare.com/products/wipes/>

### **Recycling Crisp Packets**

Not many people are aware that crisp packets can be recycled – it is difficult and not many organisations do it. Walkers have teamed up with recyclers and there are points all over the country which will store the used packets and then send them to the recyclers. Our nearest facility is at Boldmere library. Please take your packets there or if you can't make it there please save your packets and bring them to church where a member of Eco Maney will take them to the Library for you.

### **Recycling soft plastic**

More and more organisations e.g. The National Trust and the Royal Horticultural Society are moving to bio-degradable materials for posting magazines and communications. However plenty of soft plastic is still used and this can be recycled at major supermarkets - this includes bread bags and the thin plastic bags provided by shops. Just fold up your bags (you can also recycle the plastic used by dry cleaners) and store them inside a soft plastic bag until it is full then drop the whole thing into the recycling bins at Tesco, Sainsbury's or Waitrose.

## Microfibres

Every time we wash clothes which are made from artificial fabrics (that's over 60% of clothes) tiny microfibres are washed into the waste water system and many eventually end up in the oceans and their wildlife. To help this problem:

- don't wash garments unless you really need to
- try to fill your washer as a full load keeps the shedding of microfibres to a minimum
- wash fleece fabrics as little as possible and consider washing them inside a pillow case or a specially designed washing bag [www.uk.buymeonce.com/guppy-friend-washing-bag](http://www.uk.buymeonce.com/guppy-friend-washing-bag) (also available from Lakeland)

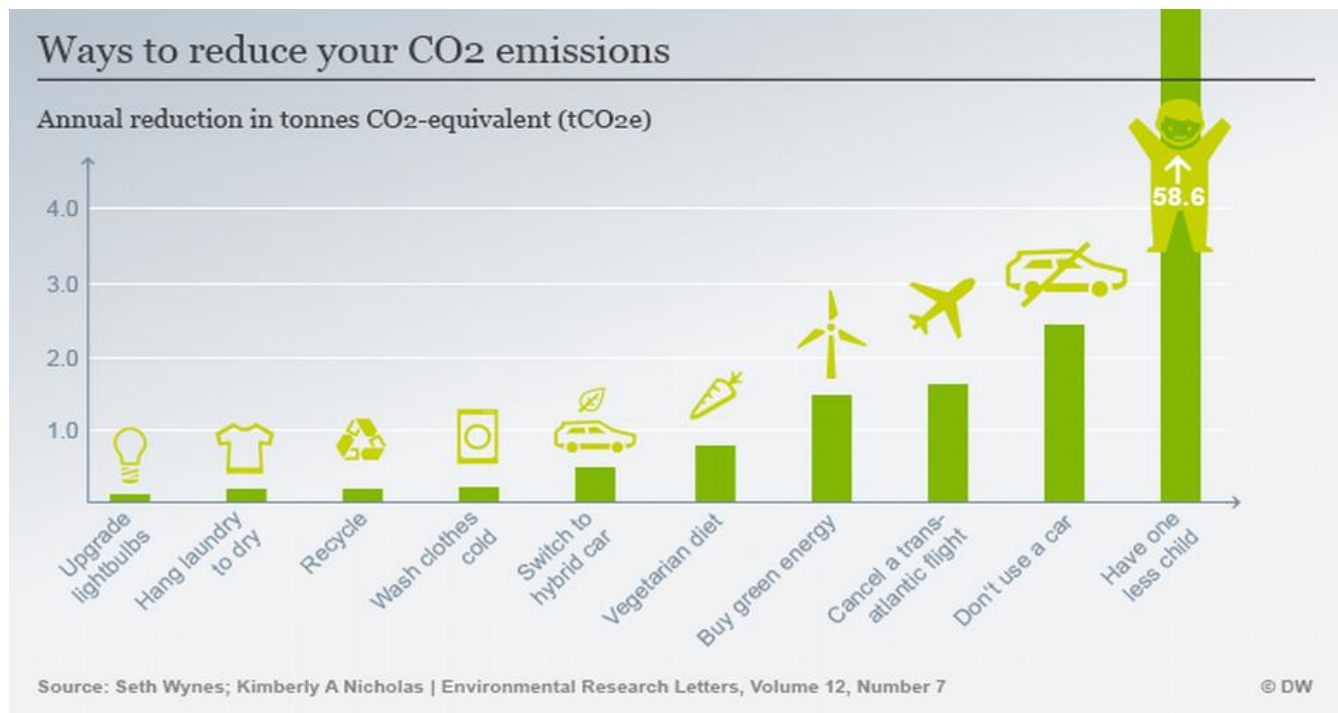
More info about microfibres at [www.stopmicrowaste.com](http://www.stopmicrowaste.com)



Look for the zero logo which certifies that the product is free from all known microplastic ingredients

## Reducing CO2 Emissions

The chart below shows the major changes which could reduce Co2 emissions. As the UK is committed to a zero carbon rating by 2050, these are some of the reductions that we must make.



### Flying

Aviation is a big contributor to CO<sub>2</sub> emissions and the fact that many of the emissions occur at high altitudes may have a more severe impact. It is time to think about flying less and if we do fly to consider the following ways of reducing emissions.

- Fly less – flying creates 3 times more CO<sub>2</sub> than rail
- Fly direct – avoiding more take-offs and landings means fewer emissions
- Fly from your local airport to avoid additional travelling and try to use public transport to get to and from the airport
- Choose an airline (if possible) with more modern planes which are more efficient. EasyJet has made the most progress on curbing emissions!
- Fly Economy – as more people are carried for the same energy consumption
- Keep your baggage to a minimum to reduce weight
- If you have to fly for business consider video conferencing as an alternative

### Cruising

- Cruising is not a good alternative to flying as many trips involve a flight at either end.
- Cruise ships use heavy fuel oil when at sea which produces high sulphur dioxide emissions
- Engines are run 24 hours a day even in port



## Driving

- Choose an electric or hybrid car if possible
- Choose petrol over diesel
- Drive less -of course it's not possible for lots of people, but those who are able could make the effort to walk more. Even one car journey saved a week would help.
- Use public transport – especially for seniors with free bus and train passes. Find out about routes, timetables etc. at [www.networkwestmidlands.com](http://www.networkwestmidlands.com)
- Don't sit in your car with the engine running - this is a major cause of pollution and is particularly harmful to babies, young children and the elderly.
- Drive more efficiently
- Try to keep speeds to 60 mph or below. Drive more slowly in traffic and try to look ahead to avoid the need for sudden braking. On approaching speed bumps slow down and then accelerate gently over the bump
- Make sure your tyres are at the right pressure – soft tyres use more fuel

## Reduce meat consumption

Why not try to have at least one day per week when you don't eat meat. Producing meat requires a huge amount of resources and can contribute to global warming, destruction of natural habitats, and drought. Check out delicious meat free recipes at <https://www.bbcgoodfood.com/feature/vegetarian>

## Light Bulbs

Energy saving light bulbs can be confusing. The Energy Saving Trust [www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk) has a useful website which provides a guide.

Other on-line providers include [www.lyco.co.uk](http://www.lyco.co.uk) and [www.thelightbulb.co.uk](http://www.thelightbulb.co.uk)

### Green Energy

If you haven't already switched to a Green Energy provider

check out tariffs on

[www.comparethemarket.com/Energy/deals](http://www.comparethemarket.com/Energy/deals)

[www.moneysupermarket.com/Compare/Energy/prices](http://www.moneysupermarket.com/Compare/Energy/prices)

[www.uswitch.com/Energy](http://www.uswitch.com/Energy)

## **Christmas, Birthdays and Special Occasions**

### **Cards and Wrapping Paper**

Please think about the environment when you are buying your cards and avoid those with glitter and foil which make recycling difficult. The same applies to wrapping paper. Ordinary wrapping paper can be recycled quite easily but foil paper or paper with glitter on it cannot. Finally go easy on the sellotape as that also makes paper more difficult to recycle. The card manufacturer Woodmansterne has stopped putting their cards into cellophane bags

### **Christmas Lights**

In recent years, the fashion for decorating the outside of one's house with Christmas lights has grown enormously and provides lots of enjoyment. However it can be very wasteful of electricity unless you make sure to turn your lights off during the daytime and when you go to bed. One way to ensure this would be to use a timing device.

### **Gifting Flowers**

If you are sending flowers to someone please ask the florist for eco-friendly packaging and presentation. Most Oasis is very difficult to dispose of but bio-degradable Oasis does exist. Question the need for so many unnecessary plastic bows and ribbons. Also there is no need for these silly sticks which hold the cards - they can easily be pinned to the paper instead. Why not give a plant rather than cut flowers – longer lasting and good for the household environment.

### **Children's Parties**

These are such stressful occasions that it is tempting to use everything that is disposable and probably made from plastic. Could you use paper or other bio-degradable items instead? See [www.littlecherry.co.uk](http://www.littlecherry.co.uk) for a fantastic range of green party and wedding catering items also including balloons, party bags, favours etc.

### **Glitter**

At parties and when dressing up or doing craft work, do try to avoid plastic glitter which is made from aluminium bonded to polyethylene terephthalate – a form of micro plastic. Biodegradable glitter is available from [www.festivalglitter.co.uk](http://www.festivalglitter.co.uk) or [www.joliebeauty.co.uk](http://www.joliebeauty.co.uk)

### **What Supermarkets are doing about glitter**

ALDI plans to scrap plastic glitter from its 2019 Hallowe'en range. It's part of a pledge to remove non bio-degradable glitter from all its products by the end of 2020

WAITROSE has pledged to remove glitter from all its own brand lines by the end of 2020, with a focus on Christmas trees

MARKS and SPENCER has been trialling a bio-degradable glitter – Deco Bioglitter – on gift bags and is now going to start using it on flowers and plants too

LUSH (Beauty Care Shop) is using plastic free sparkle made from synthetic fluorophlogopite to add dazzle to its bath bombs, shower gels and cosmetics

## At work (or in the home office)

- Don't leave your devices on standby and encourage others to do the same. Screensavers do not save electricity. If you want a break and don't want to turn off your computer, use the sleep or hibernate functions which use very little energy and mean you don't have to log in again
- Make sure all lights are turned off at the end of the day and the thermostat is appropriately programmed for nights and weekends
- Try to influence your employer to use Green energy and LEDs, install solar panels, light sensors in washrooms, encourage a car sharing scheme, offer loans for public transport season tickets.
- Air conditioning is very wasteful of energy and many people find it creates an uncomfortable working atmosphere. Some offices are also far too warm. Encourage your employer to find alternative, cheaper, energy-efficient methods of keeping the building warm and cool.

*Modern chargers use virtually no electricity once the device has been removed so don't worry about always turning your charger off at the wall*

## Save Paper and Printer Ink

- Use recycled paper (production of recycled paper uses 27% less energy than producing virgin paper and avoids CO2 or methane emissions when used paper is incinerated or dumped in landfill)
- Think before you print – do you really need a paper copy – use your phone or tablet
- Use both sides of the paper - set your computer default to print duplex (double sided).
- Use an efficient font such as Calibri or Times New Roman and avoid unnecessary **BOLDing** or Underlining
- In MS Excel use the Fit to Page function
- In MS PowerPoint print 'Handouts' rather than 'slides'
- Always use Print Preview to check layout and consider reducing font size, margins, amount of white space or changing portrait to landscape to get your document on fewer pages

## Meetings

Use conference calls to avoid travelling to meetings

## In the Kitchen

Some offices encourage people to 'boil the kettle for the next person' Please don't ...and explain to people why it is wasteful of electricity

**CHECK OUT ECOSIA - [www.ecosia.org](http://www.ecosia.org)**

Ecosia is a search engine like Google, but very different: they use their advertising revenue to plant trees. The Ecosia community has already planted millions of trees in Ethiopia, Brazil, Indonesia, Spain, and many other biodiversity hotspots.

## Holidays

See Section on Flying and Cruising above on page 7

- Before you book your holiday research the environmental credentials of your Tour Operator. Think about the impact your trip could have and consider more eco-friendly possibilities. Flights may seem quicker and cheaper than trains but are not always so when you factor in the cost and time of the trip to the airport and the long waiting times at either end.
- Don't buy mini bottles of shampoo etc. every time you go away. Decant your own into bottles you can reuse again and again.
- Discourage maids from replacing towels and toiletries every day
- Avoid the mini-bar where everything is provided in plastic.
- Don't run the air conditioning continuously
- If you are at the seaside one of the best things you can do to help the plastic problem is to spend a few minutes clearing plastic litter off the beach. If everyone did just a little litter picking it could start to make a big difference.



## Travelling by Train in Europe

No single website covers every European train operator but [www.loco2.com](http://www.loco2.com) (shortly changing to [www.raileurope.com](http://www.raileurope.com)) and [www.thetrainline.com](http://www.thetrainline.com) have the best connections.

You will have to plan carefully – but this is part of the fun of a holiday

Book early to get the best prices

Look at Rail Passes such as Interrail [www.interrail.eu](http://www.interrail.eu) which has passes for seniors, adults, youths and children. Children under 11 accompanied by an adult can travel free. There are also single country Interrail passes and many countries have their own schemes eg Spain [www.renfe.com](http://www.renfe.com) Germany [www.bahn.de](http://www.bahn.de) and Switzerland's [www.sbb.ch](http://www.sbb.ch)



## **In the Home**

Don't use a tumbler drier – they use enormous amounts of electricity; hang washing outside when the weather is fine and use the heat from radiators when it's not.

It is worth exploring the cost and practicality of getting appliances repaired; many manufacturers now have good deals with guarantees

Seek out energy efficient appliances when buying new – at least A+

Choose curtains (preferably lined) rather than blinds, as curtains are much more efficient at keeping heat in in winter – just remember to close them when it goes dark. When it's very hot, close curtains and open windows to keep rooms cool.

Use draught excluders to keep heat in and pop on an extra jumper or wrap yourself in a cosy throw

## **Clothes**

- Learn how to mend clothes – ask your gran or an older person to show you how to darn and patch.
- Buy less – don't buy anything unless you are sure you will wear it at least 30 times
- Choose eco-friendly fabrics like bamboo, hemp and soya if possible NB Cotton is not very eco-friendly because of the water used in manufacture. For a great guide to fabrics go to <https://www.vettacapsule.com/blogs/blog/your-guide-to-eco-friendly-fabrics>
- Consider buying from charity shops or swapping clothes with a friend
- Have clothes altered or repaired – or learn to do it yourself - there is lots of information on YouTube
- Don't wash your clothes so frequently – hang them up to air or in the bathroom when you are taking a shower.
- When using the washing machine, try to make sure it is full and use an Eco programme when possible
- Avoid capsule type washing powders/liquids. A Laundry Egg works with biodegradable pellets, produces excellent results and lasts for up to 70 washes (for £12.99 from Lakeland) or see [www.ecoegg.com/product/laundry-egg](http://www.ecoegg.com/product/laundry-egg)

## Avoid wasting food.

In the UK in 2015 7.3 million tonnes of edible food (worth £13 billion) were thrown away. It was estimated that the average person could save £200 a year by shopping and planning their food consumption better. In addition most food waste goes into landfill where it produces methane gas and adds to the problem of global heating.

One reason for so much waste is misunderstanding of food labelling. Only two labels are really important - '**use by**' and '**best before**'.

'**Use by**' dates apply most importantly to perishable foods e.g. fresh meat, fish. The date given is the cut-off date after which it is considered unsafe to eat the product. It is important therefore to look at these dates when buying food and also to keep an eye on them in the fridge. If you are not going to be able to eat it by the '**use by**' date then you can freeze or cook/freezer the item to use later.

'**Best before**' dates refer to the quality of the product. It will still be safe to eat after the '**best before**' date but may not taste quite as good although you could remedy that by using some extra herbs or spices or adding a little wine or cream.



*Always read the labels on food items*

Labels such as '**sell by**' and '**display until**' are just instructions to the retailer to help their stock control. The labels do not refer to the safety or quality of the food.

Many foods remain edible even beyond the '**use by**' date e.g. foods with lots of fat such as hard cheese, sugary foods like jams or biscuits, salty items like pickles or crisps, dried pasta, rice, pulses and tinned goods. **If it looks OK and smells OK it more than likely is OK.** A useful website which provides advice about how long food lasts is [www.eatby.com](http://www.eatby.com)

## Avoid buying too much food

### ➤ **Make a menu plan and a shopping list and stick to it**

If you shop weekly try to buy for 5 or 6 days rather than 7. If you do run short, either buy on the day, treat yourself to a takeaway or fall back on something from the store cupboard. The experts say that when people plan their meals and make a shopping list they are much less likely to overbuy

### ➤ **Make good use of leftovers**

You can make delicious soup from chicken bones, or leftover vegetables and potatoes. Try stretching small amounts of meat with lots of vegetables, make bread and butter pudding (both savoury and sweet), add leftovers to stir-frys or pasta sauces

If you exhaust all the possibilities for yourself, don't forget the birds or the compost heap. Mix leftover fat with scraps of meat, breadcrumbs, peanuts, oats and a few raisins to make a delicious pudding for the birds. (This also saves disposing of the fat elsewhere and helps avoid 'fatbergs' in our sewers.) Anything which goes on the compost heap is not completely wasted.

## Water Saving

The average person in the UK uses 140 litres (nearly 250 pints) of water a day. Of this, approximately 22% goes on laundry. Each flush of the toilet uses about 9 litres and you can waste 12 litres of water if you leave the tap running when you brush your teeth.

- Have a shower not a bath – or even a stand-up wash
- Only wash your clothes when they really need it.
- Put the plug in – don't wash your hands, teeth, dishes etc. with the tap running
- Put a hippo in your toilet (but not if it's dual flush). You can get a free hippo and other water saving devices from South Staffs Water [info@savewatersavemoney.com](mailto:info@savewatersavemoney.com) for more information
- Get a water meter installed – if it doesn't save you money you have a year's grace to decide if you want it removed.
- Fix leaks and dripping taps quickly
- Get a water butt – with the added advantage that rain water is often better for your plants
- Don't use a sprinkler – if you don't cut your lawn too short in dry weather, your lawn will recover when it rains
- Use a bucket to wash your car – not a hose
- Always run the dishwasher as full as possible

## Babies and Young Children

**Breastfeeding** – if you are able to do this it is by far the most environmentally friendly way of feeding



your baby . and usually much more convenient.

**Nappies** - Cloth nappies are available but the environmental cost of laundering them is quite high. Conventional disposable nappies are definitely not disposable or environmentally friendly but there are few biodegradable alternatives that really work. They are also very expensive. We should lobby manufacturers to come up with more environmentally friendly products and local authorities to provide appropriate recycling facilities

**Baby equipment and toys** – Small babies don't care about second-hand clothes, equipment and toys (providing they are safe and clean). Share baby stuff with friends and families

Baby wipes, nappy bags, food pouches and many other baby convenience items are hard to dispose of – use when out and about but try to use cotton pads, home cooked food, reusable items at home



## WEEE

**Recycling Waste Electrical and Electronic Equipment (WEEE)** legislation aims to ensure that old electrical and electronic equipment is recycled or reused rather than dumped in landfill sites. The rules that apply are set out in [SI 340 Waste Management \(Waste Electrical and Electronic Equipment\) Regulations 2005](#), and in the European Commission's revised [Directive 2012/19/EU](#), which took effect on 14 February 2014.

### Retailers must

- Take back your old electrical and electronic equipment in store for free on a one-for-one, like-for-like basis. This means the old product must be of the same type or have the same purpose as the new item purchased.
- Retailers in large stores (with an electrical-goods sales area greater than 400 square metres) must accept your small appliances (less than 25 cm high) for recycling without insisting you buy anything.
- If you are having something delivered to your home, you can have the old item collected at the same time for no extra cost on the same one-for-one, like-for-like basis.
- The retailer cannot charge for collecting the waste equipment (although they can charge a delivery fee for the new item).
- Retailers must give 24 hours' notice of delivery and you must have the old item ready for collection and disconnected from all electrical, gas or water systems.
- If a retailer has not given 24 hours' notice of delivery and an old appliance is not ready for collection, they must return to collect it within 15 days.
- If you do not wish to use the free collection service when your new equipment is delivered, then you can return your old item to the shop at any time.

### Disposing of batteries and contaminated waste

Batteries should be disposed of carefully and not sent to landfill because they are classed as hazardous waste. According to WEEE legislation, retailers only need to take batteries which are contained within electrical or electronic equipment.

You can deposit waste batteries free of charge at:

- Any local authority civic amenity site
- Any shop selling the same type of battery

Retailers must take back batteries of a type they supply, even if you did not get the batteries from them. You do not have to buy anything from the shop when you are depositing waste batteries.

But retailers do not have to take back batteries of a type they do not supply. For example, they do not have to take back a car battery if they only sell batteries suitable for a torch or remote control.

Retailers are not obliged to accept contaminated waste that would present a health and safety risk to their staff, such as leaking batteries.



## In the Garden

**Go organic** – avoid commercial pesticides and weed killers; research organic methods e.g. vinegar or a combination of vinegar and salt is a good weed killer. Vinegar is available in quantity from Amazon or e-Bay and can be delivered to your door.

### Use peat free compost

**Make a pond** – this has been shown to be the most effective tool for attracting wildlife to the garden

**Attract birds, insects and wildlife** with appropriate plants, feeders, and habitat. Don't be too tidy – leave seed heads for the birds, some fallen leaves, twigs, and trimmings for insects, make log piles for wildlife. Consider having an untidy corner or area where things can go a bit wild.

**Compost** your household and garden waste [www.rhs.org.uk/advice](http://www.rhs.org.uk/advice)  
[www.gardenersworld.com/how-to/maintain-the-garden/how-to-make-compost/](http://www.gardenersworld.com/how-to/maintain-the-garden/how-to-make-compost/)

**Use water wisely** – get a water butt; reuse grey water; water plants early or late in the day to avoid evaporation

**Reuse plastic pots**, seed trays, and compost bags until they fall apart. Choose non-plastic pots if available – more and more are being developed. Many garden centres are changing from black plastic pots (which can't be recycled) to other colours which can be recycled. Pots for seeds can be made from rolled up newspapers or the insides of toilet rolls.

**Plant a tree** or sponsor one to be planted [www.woodlandtrust.org.uk](http://www.woodlandtrust.org.uk), [www.nationalforest.org](http://www.nationalforest.org)  
[www.treesforlife.org.uk](http://www.treesforlife.org.uk)









*“The biggest thing that most of us do that contributes to climate change is to assume that what we do does not really matter. We underestimate our own capacity to contribute to a sustainable world”*

**Karen O'Brien, Professor at the University of Oslo, co-founder of cchange.no.**



**The potential for each of us to contribute to a fair and sustainable world is huge**

-  We can set an example by our own behaviour.
-  We can talk about the issues and inspire our friends and families, schools, workplaces and communities to make changes.
-  We can 'hold our MPs' feet to the fire' by writing/emailing them and mayors, councillors, and business people about our concerns.
-  We can work with organisations like Greenpeace or Extinction Rebellion for climate justice and sustainability. We can support young people's action on climate change
-  We can vote and sign petitions
-  We can pray