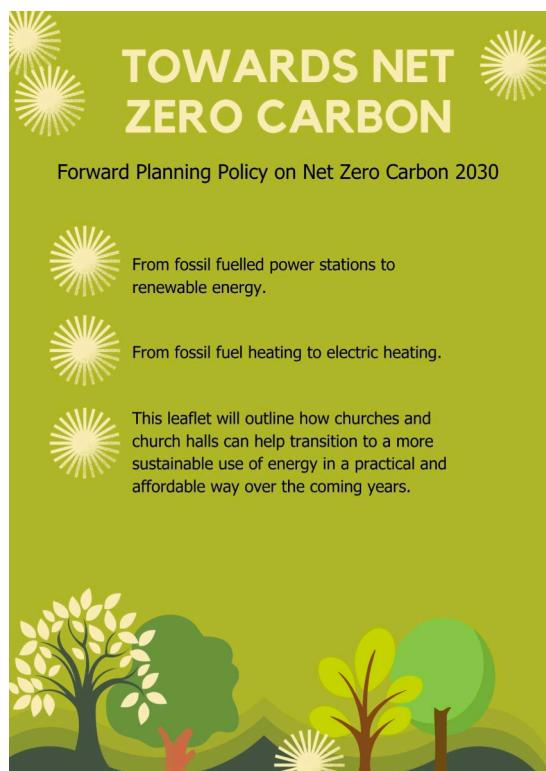


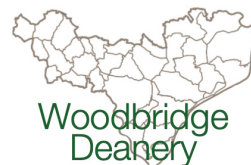
Our churches and the environment



As Christians, we are called to be good stewards of the earth which God has entrusted to us. We are also called to love our neighbours; this includes our global neighbours who are feeling the effects of climate change first and worst; and our future neighbours, who will inherit this world from us.

These principles are summed up by the Anglican Church's fifth 'Mark of Mission'- 'To strive to safeguard the integrity of creation, and sustain and renew the life of the earth'. The Diocese is committed to shrinking its own carbon footprint to Net Zero by 2030 and to encourage and equip churches and individual Christians to understand the fifth mark of mission and put it into practice in their worship, work and lives.





Milestones

By the end of 2023

- **10% of local churches in every diocese to be registered with Eco Church** and 5% to be awarded at least a Bronze Eco Church award.
- Every diocese to have a **90%+ completion rate for the Energy Footprint Tool**.

By the end of 2024

- At the point of contract renewal, **switch to 100% green electricity tariff**. If you still have gas heating after having reviewed options to replace fossil fuels, switch to a green gas tariff at the point of contract renewal, based on national advice about the criteria to apply.

Timing of this milestone to be kept under review, depending on stabilisation of the energy markets and / or government action.

By the end of 2025

- **All churches to have energy-efficient lighting installed** throughout, with timers and light and motion sensors where appropriate.

- **No new oil boilers** installed in churches after this date, subject to government action to connect rural communities to the grid.
- For those churches that are tourist destinations, **review opportunities to install electric charging for coaches.**

By the end of 2026

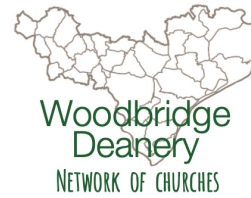
- **40% of local churches in every diocese to be registered with Eco Church**, 30% of these to have an award and at least a third of these to be awarded Silver Eco Church award or higher.

By the end of 2027

- From 2022, the top 20% of energy-consuming churches in each diocese to **begin to develop a Net Zero Carbon Action Plan**, to be finalised no later than 2027. These plans should include, as a minimum:
 - low-carbon heating options to replace fossil-fuel heating at end-of-life, such as heat pumps or far infra-red heating panels
 - a Heating Resilience Plan which should consider how to manage heat should the existing system fail, to avoid needing a quick like-for-like fossil-fuel replacement

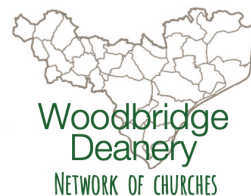
By the end of 2030

- Complete all actions in your **Net Zero Carbon Action Plan**.



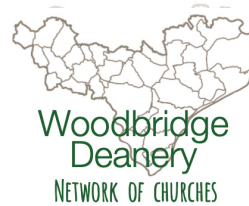
A Rocha UK's Eco Church Scheme

The scheme defines an Eco Church as one which has committed to caring for God's earth by worship and teaching; how we look after buildings and land; connecting with global and community environmental issues and encouraging involvement by all church members and hopefully attracting new likeminded people.



2 February 2023 - Update - Deanery statistics to December 2022

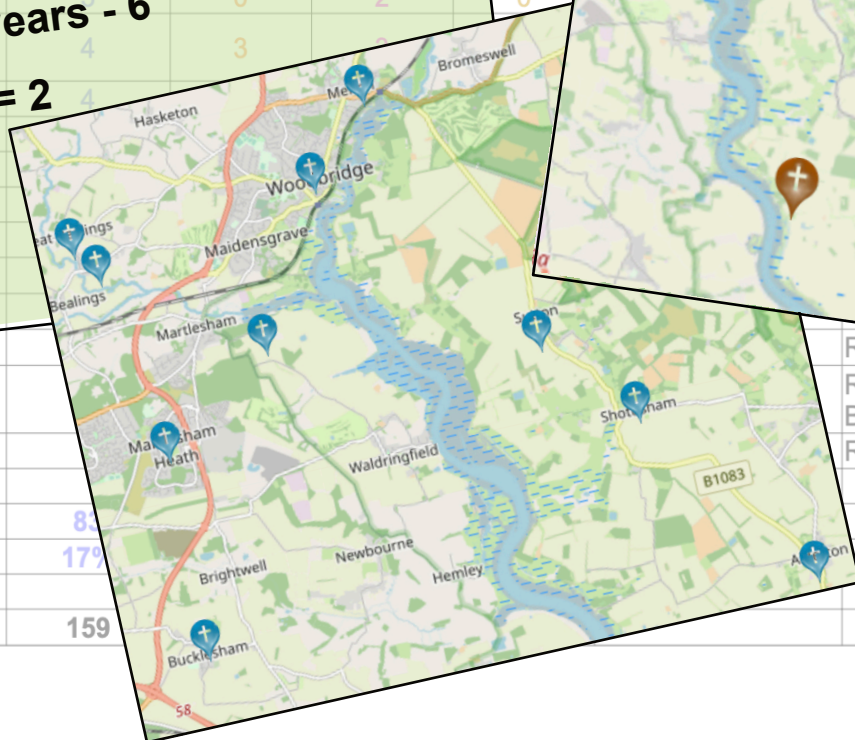
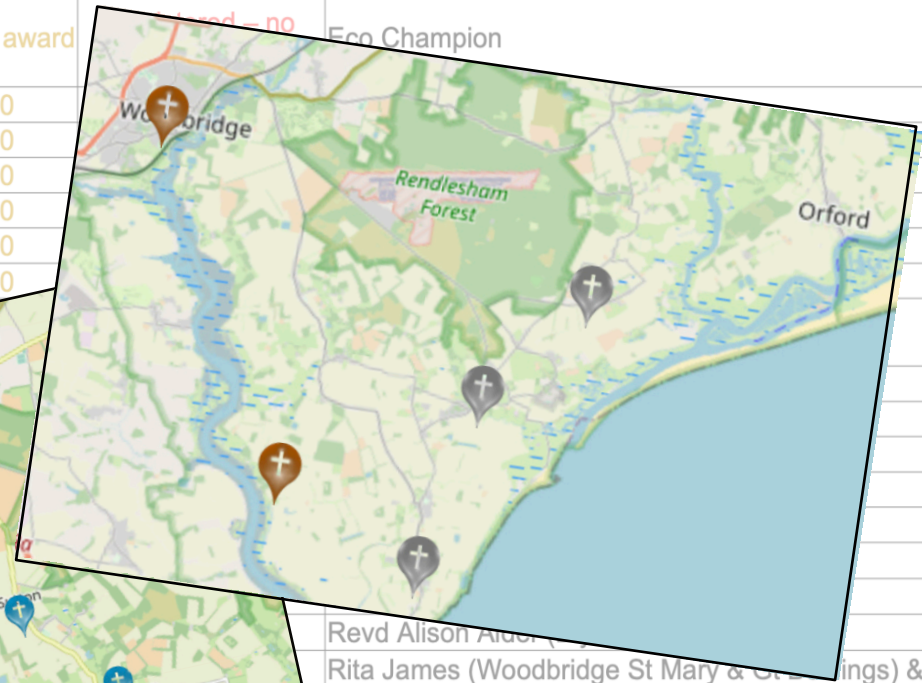
Deanery	No of churches in Deanery	No of registered churches	Registered – no award	Bronze award	Silver award	Gold award	Registered – no award > 2 years	Eco Champion
Clare	29	0	0	0	0	0	0	
Colneys	21	13	10	1	2	0	9	
Gipping Valley	42	12	10	2	0	0	4	
Hadleigh	23	14	5	9	0	0	1	Nicola Tindall
Hartismere & Hoxne	42	12	9	2	1	0	6	Mike Turton (Laxfield)
Ipswich	24	5	3	0	2	0	3	Rob Collett
Ixworth	31	10	4	3	3	0	2	Revd Karen Burton (asst. rural dean/Ixworth) & Jasmine Hobbs (Lay Chair)
Lavenham	30	11	4	6	1	0	3	Richard Stainer (Cockfield Benefice)
Loes	32	2	1	0	1	0	1	
Mildenhall	26	14	5	5	4	0	3	
Samford	19	5	2	2	1	0	2	
Saxmundham	23	18	7	10	1	0	2	
Sudbury	22	8	5	3	0	0	2	
Thingoe	25	16	7	7	2	0	4	Jackie Orbell (Risby)
Waveney and Blyth	54	6	3	2	1	0	1	Revd Alison Alder (Blyth Valley Team)
Woodbridge	36	12	8	1	3	0	6	Rita James (Woodbridge St Mary & Gt Bealings) & Ben Wale (Lightwave)
Cathedral	1	1	0	0	1	0	0	Revd Anita Rooney
Totals	480	159	83	53	23	0	49	
% of churches in Diocese		33%	17%	11%	5%	0%		
Total number of churches registered			159	as at	31 Dec 2022			



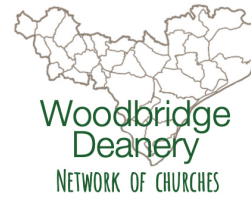
2 February 2023 - Update - Deanery statistics to December 2022

Woodbridge Deanery
 Number of churches in Deanery - 36 (33)
 Number of churches registered with Eco Church - 12
 Registered - no award - 8
 Registered - no award after 2 years - 6
 Bronze Award 1 (+ 1 in 2023) = 2
 Silver Award - 3
 Gold Award - 0

Deanery	No of registered churches	Registered - no award	Bronze award	Silver award	Gold award	Eco Champion
Clare	0	0	0	0	0	
Colson	21	13	1	2	0	
Gipping Valley	42	10	2	0	0	
Hadleigh	23	5	9	0	0	
Harismere & Hoxne	42	12	2	1	0	
Ipswich	24	5	0	2	0	
Ixworth	34	10	3		0	
Laithwaite	30	4				
Loes	26	2				
Mill	19	5				
Samford	23	18				
Saxmington	22	8				
Sudbury	25	16				
Thring	54	6				
Waveney and Blyth	36	12				
Woodbridge	1	1				
Cathedral						
Totals	480	159	8%	17%		
% of churches in Diocese		33%				
Total number of churches registered		159				



Revd Alison Alder
 Rita James (Woodbridge St Mary & St John's) &
 Ben Wale (Lightwave)
 Revd Anita Rooney



ECO CHURCH
AN A ROCHA UK PROJECT

LAND

1. Does your church have influence over any land? (e.g. churchyard, community nature reserve)
☐ Yes ☐ No
2. The land at our church is managed for the encouragement of native wildlife (birds, animals and plants):
☐ Yes ☐ No ☐ Need to find out
3. We encourage native wildlife on our church land through provision of the following:
☐ Bird Boxes ☐ Bat Boxes ☐ Bug Hotel ☐ Hedgehog Boxes
☐ Other (please tell us in the additional comments) ☐ None ☐ Need to find out
4. Stocked wildlife feeding stations are present on our church land (e.g. bird feeders, bird tables):
☐ Yes, all year round ☐ Yes, winter only ☐ No ☐ Need to find out
5. Our church land contains a pond or wetland area that is good for wildlife:
☐ Yes ☐ No ☐ Need to find out ☐ Not applicable (no space for a pond)
6. We grow plants on our land that benefit birds, bees, butterflies etc.:
☐ Yes ☐ No ☐ Need to find out
12. Our church participates in a scheme, other than Eco Church, designed to promote biodiversity on church land:
☐ Yes ☐ No ☐ Need to find out

WORSHIP & TEACHING

This is a printable version of the existing survey questions. Please note that they are not asked in this way in the app itself although the questions for both the test and actual survey are the same.

1. Special Sundays relating to caring for God's earth (e.g. Creation Time, Environment Sunday etc.) are celebrated in our church:
☐ At least annually ☐ Less often ☐ Never
2. The hymns and songs (and liturgies if used) in our church services enable us to care for God's earth:
☐ At least quarterly ☐ Less often ☐ Never ☐ Need to find out
3. Our church prays for environmental issues:
☐ Weekly ☐ Monthly (8) ☐ Occasional ☐ Never
4. Caring for God's earth is preached in our church:
☐ At least annually ☐ Less often ☐ Never
5. Our church hosts guest speakers from A Rocha UK or other Christian Aid, Tearfund, Green Christian, The John Ray Initiative) to speak about caring for God's earth:
☐ At least annually ☐ Less often ☐ Never
6. Caring for God's earth features as a teaching theme in our church's youth work:
☐ At least annually ☐ Less often ☐ Never

ECO CHURCH
AN A ROCHA UK PROJECT

BUILDINGS (CONTINUED)

ECO CHURCH
AN A ROCHA UK PROJECT

8. Our church premises are insulated as follows:

MAIN CHURCH

- | | | |
|--|--|--|
| <input type="radio"/> All walls and all lofts/ceilings | <input type="radio"/> Some walls and some lofts/ceilings | <input type="radio"/> All walls only |
| <input type="radio"/> Some walls only | <input type="radio"/> All lofts/ceilings only | <input type="radio"/> Some lofts/ceilings only |
| <input type="radio"/> Not at all | <input type="radio"/> Not applicable (listed status) | |

CHURCH HALL

- | | | |
|--|--|--|
| <input type="radio"/> All walls and all lofts/ceilings | <input type="radio"/> Some walls and some lofts/ceilings | <input type="radio"/> All walls only |
| <input type="radio"/> Some walls only | <input type="radio"/> All lofts/ceilings only | <input type="radio"/> Some lofts/ceilings only |
| <input type="radio"/> Not at all | <input type="radio"/> Not applicable (we don't have one) | |

CHURCH OFFICE

- | | | |
|--|--|--|
| <input type="radio"/> All walls and all lofts/ceilings | <input type="radio"/> Some walls and some lofts/ceilings | <input type="radio"/> All walls only |
| <input type="radio"/> Some walls only | <input type="radio"/> All lofts/ceilings only | <input type="radio"/> Some lofts/ceilings only |
| <input type="radio"/> Not at all | <input type="radio"/> Not applicable (we don't have one) | |

OTHER BUILDING (E.G. VICARAGE, MANSE ETC.)

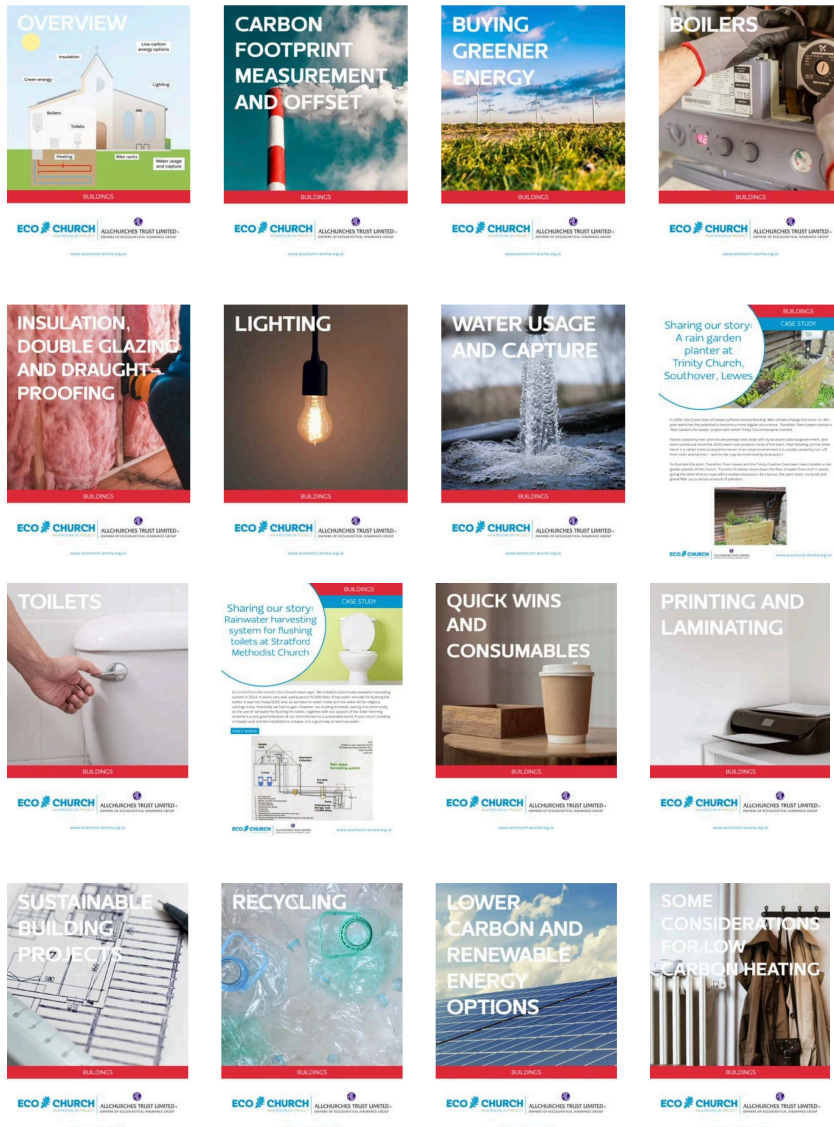
- | | | |
|--|--|--|
| <input type="radio"/> All walls and all lofts/ceilings | <input type="radio"/> Some walls and some lofts/ceilings | <input type="radio"/> All walls only |
| <input type="radio"/> Some walls only | <input type="radio"/> All lofts/ceilings only | <input type="radio"/> Some lofts/ceilings only |
| <input type="radio"/> Not at all | <input type="radio"/> Not applicable (we don't have one) | |

COMMUNITY AND GLOBAL ENGAGEMENT (CONTINUED)

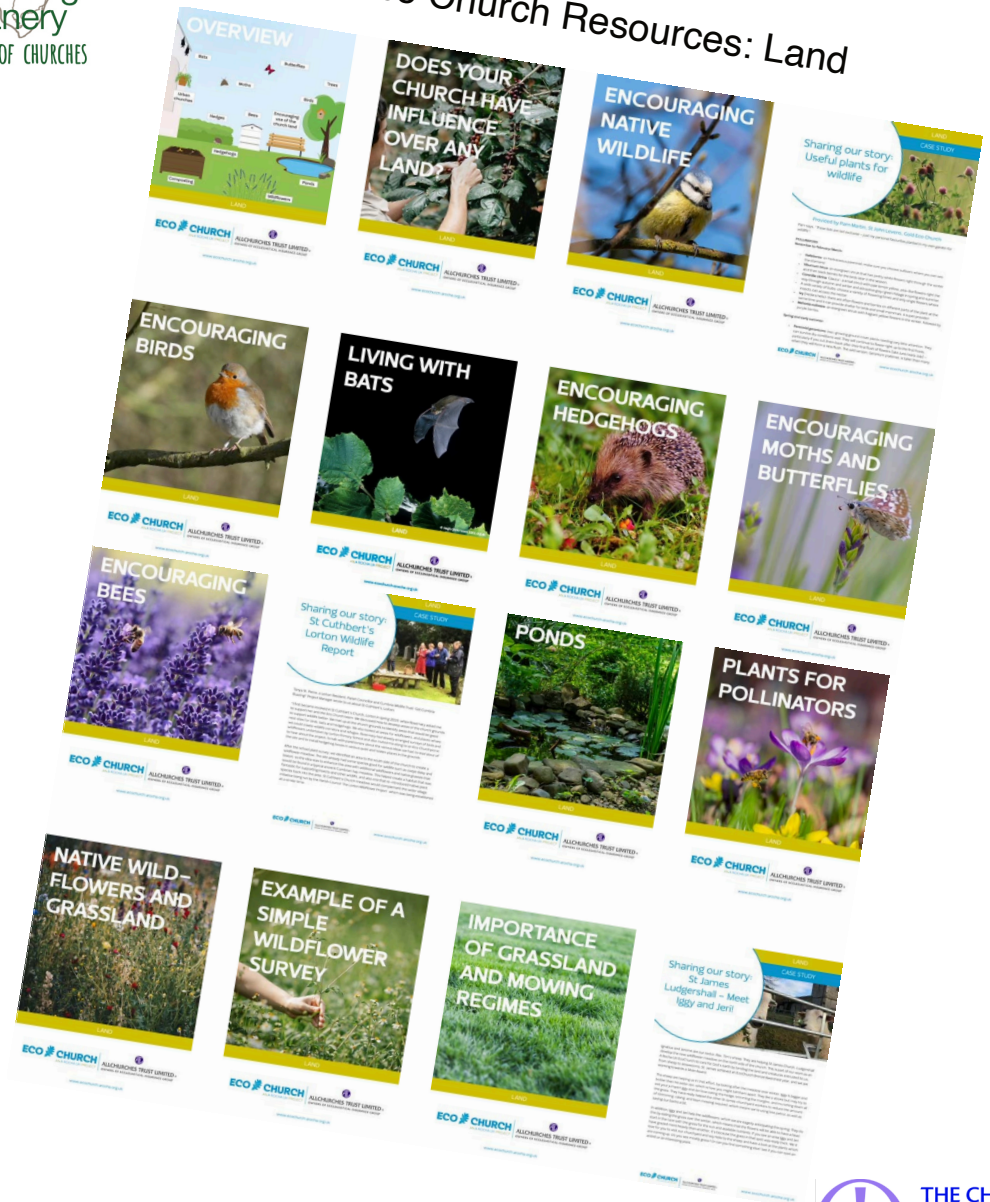
ECO CHURCH
AN A ROCHA UK PROJECT

14. Our church participates in regular sustainability initiatives (e.g. Carbon Fast, WWF's annual Earth Hour event):
☐ Yes ☐ No ☐ Need to find out
15. Our church participates in campaigns concerning national environmental issues:
☐ At least annually ☐ Less often ☐ Never ☐ Need to find out
16. Our church participates in campaigns concerning global environmental issues:
☐ At least annually ☐ Less often ☐ Never ☐ Need to find out
17. Our church participates in the Tearfund/Cord 'Toilet Twinning' scheme as follows:
☐ All our toilets are twinned ☐ Some of our toilets are twinned ☐ Need to find out
18. Our church keeps the congregation informed about the impact of climate change and environmental degradation on Christian communities elsewhere in the world:
☐ Yes ☐ No ☐ Need to find out
19. Our church financially supports an environmental charity:
☐ Yes ☐ No ☐ Need to find out
20. Our church is registered with the Fairtrade Foundation as a Fairtrade Church:
☐ Yes ☐ No ☐ Need to find out
21. Wherever possible, Fairtrade and/or ethically sourced goods are used at church services and events:
☐ Yes ☐ Sometimes ☐ No ☐ Need to find out
22. Any meals provided by the church use food that is locally grown:
☐ Always ☐ Sometimes ☐ Never ☐ Need to find out ☐ Not applicable (no meals are provided)

Eco Church Resources: Buildings

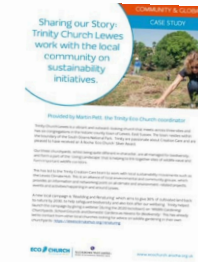
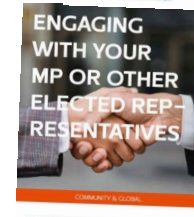
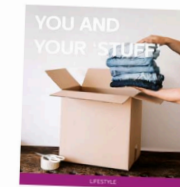
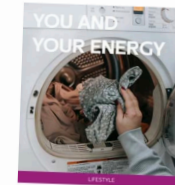
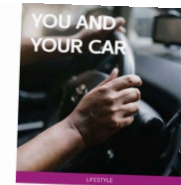


Eco Church Resources: Land



Eco Church Resources: Lifestyle

Eco Church Resources: Community and Global



The Church of England's Carbon Footprint

Catherine Ross, from national CofE Net Zero Carbon team
Tom Wood, from national CofE Research and Statistics team



Why net zero carbon?



- IPCC report: scientific analysis > **halve emissions by 2030** and **net zero carbon by 2050**
- "**code red** for humanity"
- General Synod have called for all parts of the Church to move faster, setting us the challenge of planning for **net zero by 2030**

What is net zero carbon anyway?

Energy use (oil, gas,
electricity) x
conversion factors



Fuel from
reimbursable travel x
conversion factors



Majority of **gross** "carbon footprint"



100% renewable
electricity



Carbon offsets /
sequestration

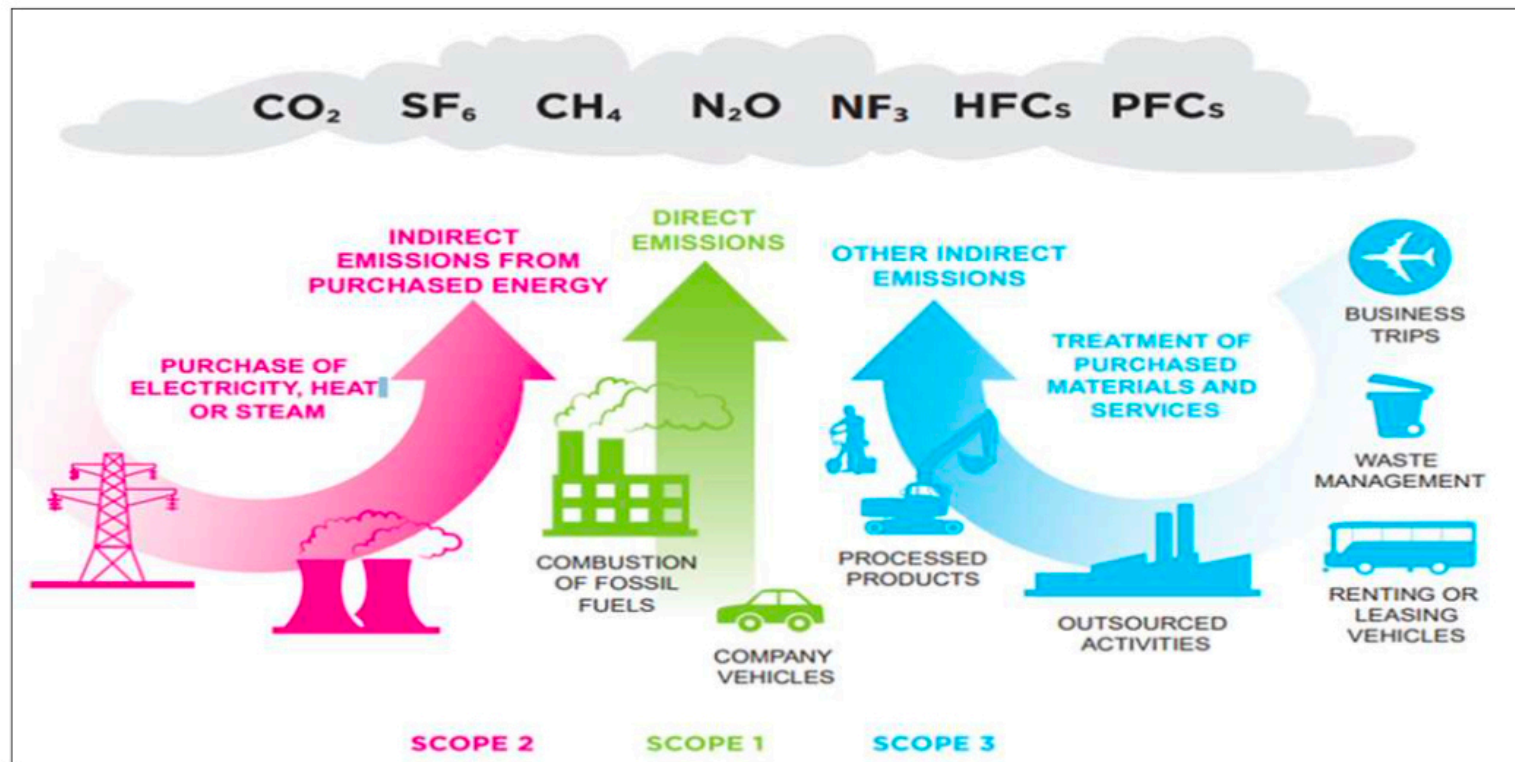


Majority of **net** "carbon footprint"



Zero by 2030

Defining terms: scope 1, scope 2 & scope 3



In scope by 2030

1. The energy use of our buildings;

- Gas, oil, or other fuel use
- Electricity purchased (no matter the source it is purchased from – renewable electricity purchased is accounted for later)
- For the following buildings;
 - **Churches**, including church halls and ancillary buildings. (This includes non-parochial churches, BMOs and others if they have their own utility supplies.)
 - **Cathedrals** (all buildings within the green line forming part of the precinct)
 - **Schools** where the DBE has a significant degree of influence (generally Voluntary Aided & Diocesan Academy Trusts) including halls/other buildings
 - **Clergy housing**, bishop's housing, and other staff accommodation wholly owned by the Church
 - Church bodies' **offices** including Church House Westminster, diocesan offices, and bishops' offices
 - **Peculiars**, only if they come under faculty jurisdiction
 - **Other diocesan property**, including common parts of tenanted properties
 - **Theological Education Institutions** which are part of the Church of England

In scope by 2030

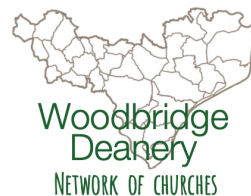
2. All work-related travel

(eg the petrol / diesel used by archdeacons on visitations, CBC / DAC members on visits to discuss projects, reimbursable clergy and ordinand travel, reimbursable staff and volunteer travel, reimbursable train journeys, staff and clergy making reimbursable flights for work or ministry, coaches hired for school trips etc).

In standard Greenhouse Gas reporting definitions, these are our “Scope 1” and “Scope 2” emissions and some small elements of Scope 3 which are operationally simpler to include.

3. From this, and on the understanding that real reductions in energy use have been made, the following can be removed:

- **Excess energy generated on site** (e.g. from solar PV) and exported to the grid
- **100% renewable electricity** purchased either from the Green Energy Basket or agreed companies, reviewed annually, having regard to the criteria used by the Big Church Switch
- **Green gas** [agreed companies, renewed annually]
- **Other reliable offsetting schemes**, meeting national criteria to be developed.



The following suppliers are deemed to have sufficiently met these EFT criteria in 2022*:

<i>Electricity</i>	<i>Gas</i>
<ul style="list-style-type: none"> • Ecotricity • Good Energy • The 'Green Energy Basket' from Parish Buying / Total • Green Energy UK • Green Journey/SSE • Octopus <ul style="list-style-type: none"> ○ Bulb (owned by Octopus from Dec '22) • Opus Energy • SSE Solutions. 	<ul style="list-style-type: none"> • Crown Gas & Power (100% green gas tariff only) • Green Energy UK • SSE Solutions (100% green gas only).

** i.e. The 2023 version of the EFT, which calculates churches' 2022 carbon footprint, using 2022 utility data.*

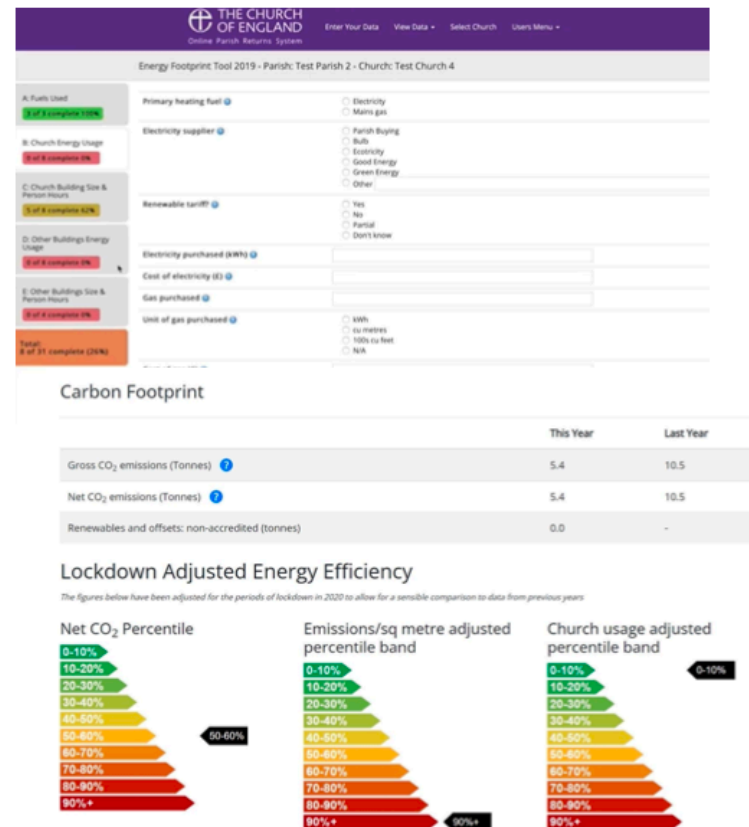
If a church uses a supplier not on this list, but which states it is either 100% renewable or fully offset, then they can tick "yes" when prompted by the EFT. In either case, the electricity/gas used **will not** be automatically removed from their net carbon footprint but it **will** be shown in the results as having already been offset.

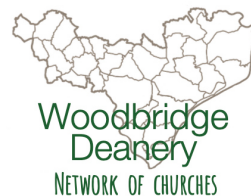
None of these companies or tariffs are necessarily *recommended* to parishes. Parishes will want to take into account other factors such as ethical sourcing, cost and customer service. The list is solely to determine whether gas or electricity should be deemed to be net zero carbon in the EFT's calculations.

Last updated 10th Jan 2023

Church Energy Footprint Tool (EFT)

- Allows churches to calculate their CO₂ emissions from their energy bills
- Results as gross and net CO₂ emissions
- Weather adjusted figure that allows for comparison between different years
- Energy efficiency ratings for building size and the number of people using the building
- Awarded 'Innovation of the Year: Services' at The Energy Awards 2021





Headline figures

Almost half (48%) of the estimated carbon emissions from buildings come from schools, with a further third coming from church buildings (27%) and halls (4%)

The average large urban church emits around 15 times the amount of an average small rural church.

You can find the **Energy Footprint Tool** itself on the **online Parish Returns system**. The system is now open for submissions until end July 2023.

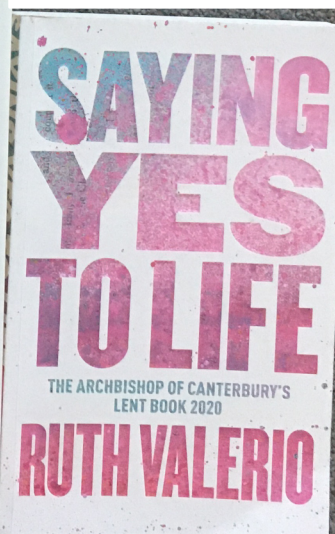
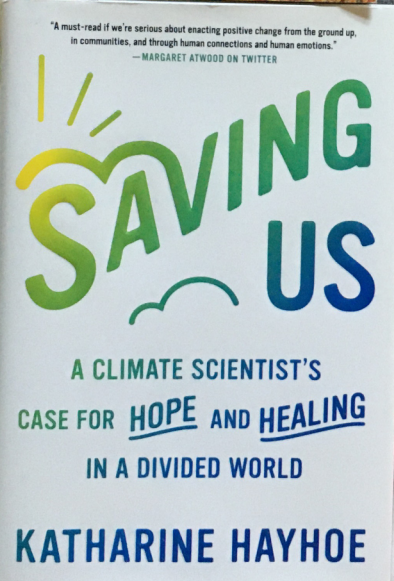
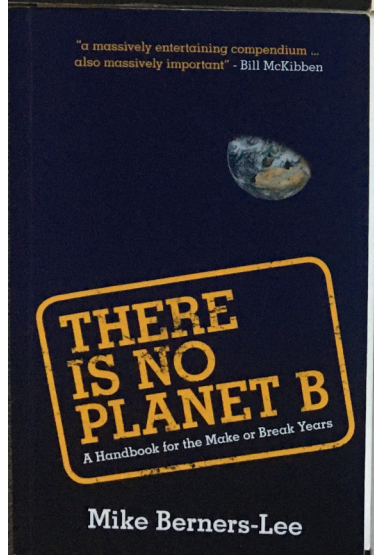
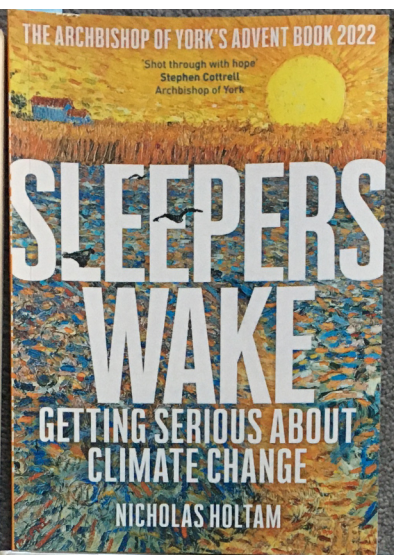
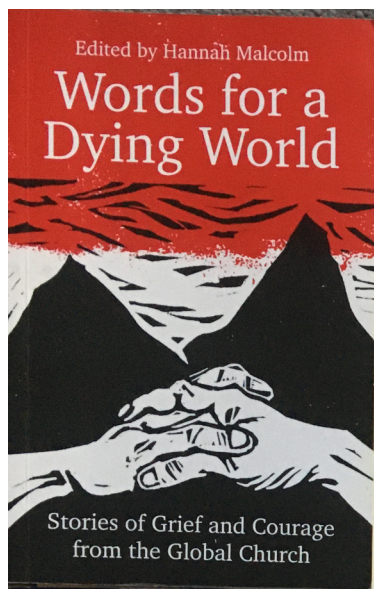
Upcoming webinars on getting started on becoming a Net Zero Carbon church -

- * What net zero carbon means?
- * What kind of practical change might it require?
- * How do you know your start point?
- * What resources are out there to help you?
- * Plus inspiring examples from churches around the country

Speaker: Catherine Ross, who has led on net zero carbon for the Cathedral and Church Buildings Division, including creating the "Practical Path to Net Zero Carbon for Churches"

Date and time: two options:

- **Feb 28, 16:00-17:00** BOOK HERE(link is external)
- **Mar 2, 12:00-13:00** BOOK HERE(link is external)



Words for a Dying World - edited by Hannah Malcolm
Stories of Grief and Courage from the Global Church

Sleepers Wake - Nicholas Holtam
The Archbishop of York's Advent book 2022

There Is No Planet B - Mike Berners Lee

Saving Us - Katherine Hayhoe
A Climate Scientist's case for Hope and Healing in a Divided World

Saying Yes to Life - Ruth Valerio
The Archbishop of Canterbury's Lent book 2020

L is for Lifestyle - Ruth Valerio
Christian living that doesn't cost the earth

The Earth is the Lord's - Hilary Marlow
(Grove Books)

What Climate Justice Means - Elizabeth Cripps
and Why We Should Care

Our Father's World - Edward R Brown

LINKS TO ONLINE FILMS -

<https://www.tearfund.org/campaigns/christianity-and-climate-change-film-series>

<https://www.theletterfilm.org/watch/>

A practical path to net zero carbon

A checklist for your church

Welcome to the Net Zero Checklist.

The Church of England's General Synod has recognised the climate emergency and called on all parts of the Church to become net zero carbon by 2030.

This commitment requires us all to take action to reduce our carbon footprint. This will involve making material changes to our buildings and adopting new behaviours that both reduce our energy use and switch usage to renewable sources.

This checklist is a tool for reviewing the carbon emissions of your church building(s) and identifying actions that can be taken to help your church reduce its energy use and associated carbon emissions. It should be used alongside the "Practical path to net zero carbon for churches" guide which provides additional advice and information to help you in this journey.

The actions recommended have been developed based on the findings of a national church energy audit programme and with input from a range of professionals in the field. Depending on the size and complexity of your church, you may also wish to commission a specialist energy audit. Contact your Diocesan Environment Officer to find out more.

To use this checklist tool, complete the tick boxes in each section, before identifying which actions you will take as a church. The tool can be printed off or completed by clicking and typing into the pdf form.

We suggest you review progress towards implementing these actions at a PCC meeting.

If you require any support, please contact your Diocesan Environment Officer.

Please note: Many of the actions suggested in this checklist require a faculty. Please seek advice from your DAC before taking action, especially if the church interior is of historic, architectural or artistic interest; stabilising the environment for these interiors is important to minimise cycles of treatment, with their inherent carbon cost.

ECO CHURCH BY A ROCHA UK

<https://ecochurch.arocha.org.uk/>

SEASON OF CREATION

<https://seasonofcreation.org/>

CREATION CARE

<https://creationcare.org.uk/>

GREEN CHRISTIAN

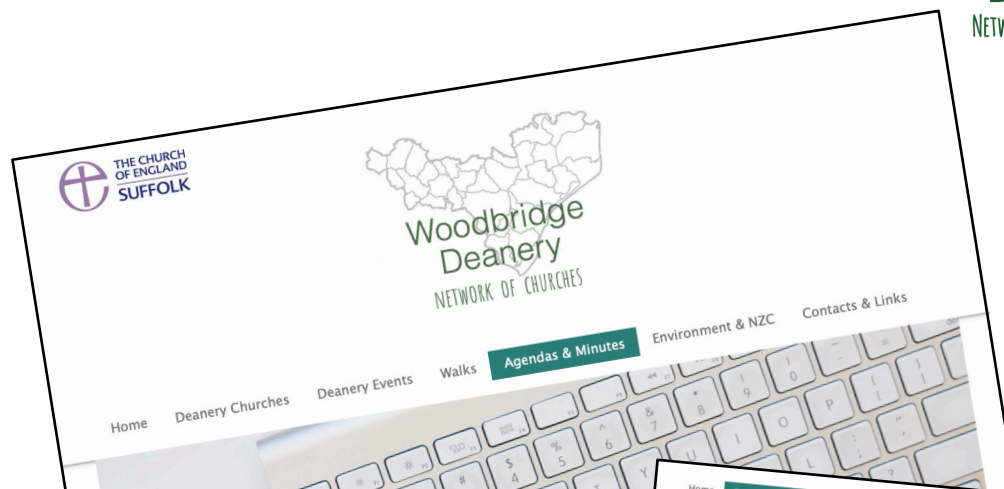
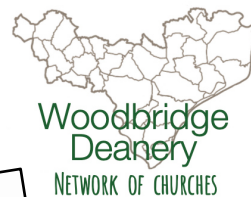
<https://greenchristian.org.uk/>

CHURCHES COUNT ON NATURE

<https://www.caringforgodsacre.org.uk>

CLIMATE STEWARDS

<https://www.climatestewards.org>



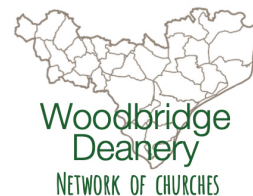
AGENDAS & MINUTES

Please click on item name to download

- [Agenda 2 February 2023](#)
- [Minutes 17 November 2022](#)
- [Minutes 13 October 2022](#)
- [Agenda 13 October 2022](#)
- [Minutes 23 June 2022](#)
- [Attachment 1](#)
- [Attachment 2](#)
- [Attachment 3](#)
- [Attachment 4](#)
- [Attachment 5](#)
- [Agenda 23 June 2022](#)



Next Deanery Synod Meeting
THURSDAY 2 FEBRUARY 2023
 7.30pm at St Felix Church, Rendlesham
 of the evening - **CHILDREN AND YOUNG PEOPLE**
Speaker Hilary Wordsworth-Sewell
 Diocesan Children's and Families' Officer



THE CHURCH OF ENGLAND SUFFOLK

Woodbridge Deanery
NETWORK OF CHURCHES

Home Deanery Churches **Deanery Events** Walks Agendas & Minutes Environment & NZC Contacts & Links

Summer Fair
Fish 'n' Chat
Churches Together
Carol Concert

FEBRUARY & MARCH

Do you have a heart for Children and Families?
Join us at our open meeting
On: Thursday 2nd February 2023 at 7.30pm
At: St Felix Church, Walnut Tree Ave, Woodbridge IP12 2GG
Speaker: Hilary Wordsworth-Sewell, Families officer

THE CHURCH OF ENGLAND SUFFOLK

Woodbridge Deanery
NETWORK OF CHURCHES

Home Deanery Churches Deanery Events Walks Agendas & Minutes **Environment & NZC** Contacts & Links

justice environment carbon climate sustainable creation nature recycle emissions zero change net reduce repair nzc

DIOCESAN INFORMATION CAN BE FOUND HERE
<https://www.cofesuffolk.org/for-parishes/your-church-and-the-environment/>

TOWARDS NET ZERO CARBON
Here are two easy things to do in your church that will not only help you towards Net Zero Carbon and also save you money!
From fossil fuelled power stations to renewable energy.
From fossil fuel heating to electric heating.

TOWARDS NET ZERO CARBON
Forward Planning Policy on Net Zero Carbon 2030
The leaflet will outline how churches and parishes can contribute to the net zero carbon target.

QUESTIONS ASKED IN THE ECO CHURCH SURVEY & AVAILABLE RESOURCES

The Eco-Church map indicates three churches in our Deanery are listed as having reached SILVER - St Mary's Bawdsey, Boyton with Chapel St Andrew and All Saints, Hollesley, All Saints, Ramsholt and St Mary's Woodbridge have achieved BRONZE.

Visit <https://ecochurch.arochoa.org.uk/> for the latest information and to Register but the survey questions can be looked at [HERE](#)

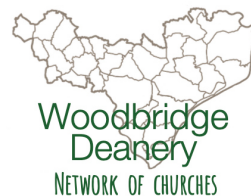
and to get an idea of some of the resources available, check -

- WORSHIP
- BUILDINGS
- LAND
- COMMUNICATIONS & GLOBAL
- LIFESTYLE
- KIDS
- YOUTH

CHURCH TO CHURCH PILGRIMAGES WITHIN WOODBRIDGE DEANERY

Walk 1 Great Bealings to Eyke, via Hasketon, Boulge, Bredfield and Ufford
Created by Tony Allwood the Pilgrimage starts at St Mary's, Great Bealings, and goes via St Andrew's, Hasketon, St Michael & All Angels, Boulge, St Andrew's, Bredfield and St Mary's, Ufford to All Saints, Eyke. That way it visits a single church in each of the Benefices of the Deanery. The route is described [HERE](#) and distances between churches and other information is [HERE](#).

Walk 2 Shottisham to Ramsholt, Ramsholt to Alderton, Alderton to Hollesley, Hollesley to Shottisham
If combined these four sections would make a circular 14 mile Pilgrimage from St Margaret's, Shottisham via All Saints, Ramsholt, St Andrew's, Alderton and All Saints, Hollesley. The route is from [Angels & Piesnacles, Church Heritage Trails](#) and is No 6 in the series - Shottisham edition. It can be downloaded [HERE](#).



and finally -

**Please send posters for events to share
with neighbouring communities -**

as .pdf, .png or .jpg files -

webmaster@stmaryswoodbridge.org

Be encouraged!

**tackling the [Eco Church](#) survey is not as
daunting as it first seems!**



Carbon Fast

for Lent

Sign up for Climate Stewards' Carbon Fast for Lent

In the bible, caring for creation is God's first instruction to humans. This Lent, a time when Christians traditionally fast and focus on God, we encourage you to take up our Lent challenge – living more simply and finding new ways to cut your carbon footprint.

How the Carbon Fast works:

Each week will feature a different theme designed to help us take climate action. Beginning on 22nd February, you will receive a weekly email containing some key facts, suggestions for how you could reduce your carbon footprint, and a prayer.

Scroll down to see an overview of this year's weekly themes.

Sign up for the Carbon Fast for Lent here:



Carbon Fast

for Lent

LENT 2023 WEEKLY OVERVIEW

22 FEB - 4 MAR FAST FROM CONSUMERISM (BUY NOTHING)

- Aside from true essentials like food and toiletries, buy nothing
- Before buying something, assess: do I need this or not?

1

&

2

3

5 - 11 MAR FAST FROM MEAT, DAIRY OR DESSERTS

- Go meat-free
- Already vegetarian? Fast from dairy products
- Already vegan? Give up desserts and sweets

12 - 18 MAR FAST FROM CHEESE, CHOCOLATE, & COFFEE

- These treats have a high carbon footprint
- Cut out some of our favourite treats

4

5

19 - 25 MAR FAST FROM LONG SHOWERS & USING TUMBLE DRYER

- Save energy by reducing consumption
- Use a clothes drying rack
- Take shorter showers

26 MAR - 1 APR FAST FROM DRIVING

- Lift share, cycle, walk or take public transport for your commute and shopping.

6

7

2 - 8 APR FAST FROM SCREENS

- Go outside and pay special attention to the beauty and intricacies of Creation.
- Find alternative activities in an evening - like a games night instead of streaming a movie.