

## Climate Change – What Can We Do About It? – Answer – A Lot!

- **Pray:** see <https://www.tearfund.org/campaigns/reboot-campaign/prayer-for-the-climate>, <https://www.climateintercessors.org/> or <https://prayandfastfortheclimate.org.uk/>
- **Give:** e.g. to Tearfund which campaigns for climate justice and provides support to some of those affected.
- **Check out Tearfund's Reboot web page**, for information, videos and other resources. Some relate to COP 26, but there is much that applies more generally. <https://www.tearfund.org/campaigns/reboot-campaign>
- **Check out this website <https://www.asustainablelife.co.uk/>** from which a lot of the suggestions below are taken. This wonderfully helpful website encourages “sustainable-ish” living, in a practical, non-judgemental way for ordinary, busy people.
- **Share whenever possible – lift-sharing, car-sharing, tool-sharing etc. Swap household items.**
- **Buy second hand**, rather than new. Swap clothes.
- **Save water:** Don't leave taps running, have shorter showers and if you have a garden, install a water butt.
- **Plant trees the easy way:** use the Ecosia search engine for internet searches. Or plant a tree yourself!
- **Find creative ways to repair and update things you already own.** Get items fixed at (or volunteer at) a local **Repair Café** <https://repaircafe.org/en/visit/>
- **Cut down on food waste:** rotting food in landfill emits methane – a greenhouse gas 25-30 times more potent than carbon dioxide. If food waste were a country, it would be the third largest emitter of greenhouse gases after the USA and China! **Plan your meals. Share meals. Eat less. Don't buy more than you need**, and if necessary, **share your shopping with a friend**, to benefit from the economies of buying larger packs of food.
- **Refuse single-use plastics:** buy a reusable coffee cup and water bottle.
- **Recycle more.** Take your soft plastics to a local Co-op, or a variety of things to a **Terracycle** drop-off point: <https://www.wastenotwantnotliving.co.uk/wp-content/uploads/2019/11/Terracycle-Locations-Haywards-Heath-Burgess-Hill-Hassocks.pdf>
- **Be free from “stuff” - be minimalist:** <https://www.becomingminimalist.com/what-is-minimalism/>
- **Eat food in season**, to avoid things that have travelled by air. There is a helpful calendar on this website: <https://eatseasonably.co.uk/>
- **Reduce your meat consumption.** See the website **Meat Free Mondays** for recipe suggestions and information: <https://meatfreemondays.com/our-recipes/>
- Take some basic steps to **insulate your home** by using draught excluders, repairing cracks and perhaps putting window film on any single-glazed windows.

- Start ***talking with your friends and colleagues*** about climate change, and any steps you are taking to reduce your impact on the planet. *We all influence other people far more than we realise!*
- Do some **litter-picking**.
- **Save energy** by switching off lights and *If you have central heating, turn the thermostat down by one degree.*
- If you are a car driver, **walk or cycle** when you only have a short journey to do.
- **Buy your toilet roll from a company that invests 50% of its profits to build toilets in the developing world:** see *Wayne Jones, who buys for The Point in bulk.*
- **Change your bank account.** You can find out your bank's sustainability record, by visiting <https://www.switchit.money/#switch> , which will then give you more ethical alternatives. For example <https://www.triodos.co.uk/> finances only companies that focus on people, the environment or culture.
- *If you fly, commit to a flight-free year, or more.*
- If you are part of an employee pension scheme, the **most** powerful action you can take is to **put pressure on your pension provider**. Use this link: <https://makemymoneymatter.co.uk/net-zero/> to email your pension provider, asking them to get their investments to Net Zero by 2050, including halving emissions by 2030.
- *If you can afford it, switch to **veg boxes** for your fruit and veg. Less plastic, less driving to the supermarket. <https://www.oddbox.co.uk/> supplies "wonky" fruit and veg that is rejected by supermarkets and would otherwise go to waste. If you want to eat organic, which also benefits the environment, try Barcombe Nurseries – <https://www.barcombenurseries.co.uk/> This will support a local business and help you to eat seasonably.*
- If you can afford it and your home is suitable, **get solar panels**.
- *If you can afford it, consider getting an electric car. There are second hand ones out there now.*
- If you can afford it, **investigate getting a heat pump**
- **Write to your MP** to express your concern. <https://members.parliament.uk/FindYourMP>
- **Join the campaign for a Climate and Ecological Emergency bill:** <https://www.cebepill.uk/bill>
- **Consider moving out of your home and living in community.**
- **Join The Point's Justice Group.** See Katy Trigg for details.