



Discovering and Sharing the Generous Love of God

SAVING OUR BEAUTIFUL PLANET



WILL WHAT I DO MAKE ANY DIFFERENCE?

YES!

**AS GOD'S STEWARDS ON EARTH WE MUST CARE AND DO WHAT WE CAN,
HOWEVER SMALL THAT MIGHT BE**

**HERE IS A SELECTION OF IDEAS, SOME OF WHICH YOU MAY ALREADY BE
DOING, BUT YOU MAY FIND SOME NEW ONES TO TRY**



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HELPING OUR WILDLIFE

Birds



- ☐ Provide fresh food and water, keeping containers and bird baths clean
- ☐ Install nest boxes
- ☐ Put a bell on the cat

Bees, butterflies & other insects

- ☐ Grow insect-friendly flowers and plants
- ☐ Designate an area for wild flowers
- ☐ Grow wild flowers in pots
- ☐ Install a bug hotel

Hedgehogs

- ☐ Leave out fresh water
- ☐ If feeding hedgehogs, give them tinned dog or cat food rather than bread and milk
- ☐ Leave a pile of logs, branches and leaves for hedgehogs to overwinter
- ☐ Make sure gates and fences have openings large enough for hedgehogs to travel through



Other wildlife ideas

- ☐ Create a pond for wildlife
- ☐ Avoid spraying chemicals on plants – use organic/insect-friendly products
- ☐ Do home composting



SAVING WATER & PROTECTING OUR WATERWAYS

In the bathroom

- ☐ Have shallow baths and share where possible
- ☐ Shower rather than having a bath
- ☐ Fit water-saving shower heads
- ☐ Don't run the tap while cleaning your teeth



- ☐ Put a water hippo (or bottle of water) in the toilet cistern to save water with each flush

In the kitchen

- ☐ Only boil the water you need
- ☐ Water the garden with grey water
- ☐ Cook vegetables in a microwave or tiered steamer
- ☐ Collect cold water while waiting for the tap to run hot – use it for the kettle, cooking or flushing the loo
- ☐ Use ECO settings on washing machines and dishwashers



General water-saving tips

- ☐ Mend leaking taps and turn them off properly
- ☐ Clean the car infrequently
- ☐ Collect rainwater in water butts for garden use
- ☐ Arrange a free visit from Southern Water for advice and to check for leaks
- ☐ Wash clothes less frequently



ECO-FRIENDLY PRODUCTS

- ☐ Use eco-friendly personal-care products such as shower gel and shampoo bars
- ☐ Check products for microplastics, including toothpaste
- ☐ Switch to biodegradable cleaning products, e.g. Method or Ecover
- ☐ Consider plastic-free, eco-friendly dishwasher tablets, e.g. SMOL
- ☐ Switch to bamboo or recycled toilet rolls, e.g. Naked Paper or Bumboo
- ☐ Never flush wet wipes or anything other than toilet paper down the loo
- ☐ Use less washing powder/liquid and let the agitation of the machine get clothes clean
- ☐ Consider natural-fibre clothing, which doesn't shed microplastics when washed
- ☐ Use a laundry ball or bag, such as Cora Ball or Guppyfriend, to catch microfibres
- ☐ Explore ECO products available from the Courtyard Shop



WAR ON PLASTIC

Reduce

- ☐ Buy unwrapped fruit and vegetables
- ☐ Put price stickers directly onto individual items in the supermarket
- ☐ Where possible, put several items into one bag rather than using separate bags
- ☐ Use your own shopping bags
- ☐ Avoid clingfilm – cover dishes with saucers or tin foil
- ☐ Avoid using Oasis in flower arranging where possible



- ☐ Where there is a choice, buy products packaged in cardboard or glass
- ☐ Buy plastic-free tea bags or loose tea
- ☐ Take your own containers to fill-up shops



Re-use

- ☐ Re-use carrier bags
- ☐ Re-use useful plastic packaging, especially containers with lids
- ☐ Use refillable water bottles or flasks
- ☐ Wash and re-use plastic bags where possible



REDUCING OUR CARBON FOOTPRINT

Travel

- ☐ Walk or cycle whenever possible
- ☐ Shop locally
- ☐ Use public transport when you can
- ☐ If changing your car, consider hybrid or electric
- ☐ Don't leave the engine idling when stationary or when defrosting the windscreen
- ☐ Limit air travel
- ☐ Be aware of the miles travelled by the things you buy



Recycling

- ☐ Put plastic bottles in your green bin
- ☐ Put biodegradable plastic in the general rubbish bin
- ☐ Recycle plastic bags at supermarkets
- ☐ Take used pens to the Church Office
- ☐ Visit TerraCycle for items that are difficult to recycle
- ☐ Pick up litter when out and about



ENERGY SAVING

- ☐ Only fill the kettle with the amount of water needed
- ☐ Switch off lights when you're not in the room
- ☐ Use screen savers on computers
- ☐ Remember that AI typically uses 10× the energy of a Google search
- ☐ Switch off appliances when they're not in use
- ☐ Use kiln-dried wood in a wood burner
- ☐ Reduce central heating – e.g. keep the thermostat at 20°C and wear warmer clothes
- ☐ Run the washing machine and dishwasher with full loads
- ☐ Use low-energy light bulbs

- ☐ Consider installing solar panels
 - ☐ Use rechargeable batteries where possible
 - ☐ Check that your house insulation is sufficient
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RECYCLING & RE-USING

- ☐ Take metal, tin foil, hard plastic trays and containers and batteries to a recycling centre
 - ☐ Recycle batteries at the Co-op in Alresford or Sainsbury's in Alton
 - ☐ Take Tetra Paks to Alresford station car park
 - ☐ Pass good-quality unwanted items on via Freecycle, eBay or charity shops
 - ☐ Take shoes and clothing to the Winchester Hospice bin at Arlebury Park, Alresford
 - ☐ Donate furniture and white goods to Emmaus House or Restoration Furniture
 - ☐ Visit New Leaf Alresford for many more simple ideas
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MY NEXT STEPS

Something I already do and want to keep doing:

☐ _____

Something new I would like to try:

☐ _____

Something I could encourage my family/friends to do:

☐ _____

One thing I will start this week:

☐ _____



Small actions make a difference.

**As God's stewards on earth, we must care
and do what we can, however small that
might be.**



Visit the website of New Leaf Alresford at

<https://newleafalresford.org>

for many more simple ideas

OTHER ORGANISATIONS

