



SHERBROOKE MOSSPARK ECO NEWS

WHAT CAN I DO ?

What Can I Do?"
(To care for creation and
Help build a better world for our grandchildren)

Sherbrooke Mosspark's "COP26" Group offer these twelve ideas on what we can do personally to make a difference - most of them already tried and tested by group members!

We will add more over the coming weeks and would be glad to hear your ideas too. Please send them to Christine MacMillan (crmac@talktalk.net).

We also plan to offer a guide to some of the big but complicated issues like saving energy.

It can all seem a bit much to handle, and it's tempting to pass the buck to others. But we each have a part to play in this God-given responsibility ... so what can you do?

1. Basic principles: **Reuse, Recycle, Repair, Reduce** (e.g. waste, energy use, travel, buying new products etc.): and be **Sustainable**.
2. Shop organically - this reduces pesticides going to our water courses and the oceans, and is much better for your body - and eat seasonal fresh food bought in reusable, non-plastic containers.
3. Audit your kitchen & bathroom for plastic, cleaning sprays and try refillable bottles and soap & shampoo bars.
4. Switch to a Green Energy supplier.
5. Try to lower your home energy use: e.g. add another jumper; turn off unnecessary lights; put lots in oven, washing machine etc. at any one time; only put the water you need in the kettle to boil, etc.
6. Hand any extra carrier bags from online shopping into charity shops and Food Banks.
7. Wash your hands with cleanser in cold water instead of running till it is hot.
8. Walk or cycle when you can.

9. Donate your unwanted clothes to charity and buy pre-loved where possible.
10. House plants for cleaner air like spider plants, peace lilies, mother-in-law's tongue, ivy and ferns; in the garden plant trees & hedges that benefit wildlife.
11. Join Christian Aid's prayer chain for Climate Justice (our group pray at 5pm on the first Sunday of each month - for leaders, ourselves and those most vulnerable to climate change - contact graham.blount@churchofscotland.org.uk to join in this).
12. Tell your MP and/or MSP (or the Prime Minister and First Minister) you support the need for a green rebuilding after Covid, not just 'business as usual'; they need our support and pressure to keep their promises.