



building community  
transforming lives

# ECO-CHURCH

## Possible Lifestyle Changes



**The problem of Climate Change** is so great that we may be tempted to think that individually, we can't do anything about it – but we would be wrong! The following are a few suggestions of changes we can make to our own lifestyle, and even **if we can only do one or two things, it will make a difference!**

## RECYCLING.

- Make use of local recycling amenities wherever possible.
- Look up your local TerraCycle drop-off point for single-use plastics at <https://www.terracycle.com/en-GB/>
- Use recycling facilities at Tesco's & other supermarkets to dispose of cling film, crisp packets and bread bags. Additionally, there are containers at St. Paul's for you to place empty crisp packets, and ink cartridges, and at both churches for empty drug blister packs, for recycling.
- Alternatively, take your empty drug blister packs to Superdrug stores for recycling or go to: <https://www.terracycle.com/en-GB/brigades/medicine-packet-uk>
- Make, or obtain a large compost bin for compostable kitchen & garden waste from your local authority at <https://www.eastleigh.gov.uk/> Alternatively, you can phone on 0844 571 4444.
- If using a printer, only print off what is absolutely necessary, print double-sided, and use a smaller font.
- Use nylon draw-string bags when purchasing fruit & vegetables. They add minimal weight to your purchase, and can be washed and used again and again. Some stores have them available already at a

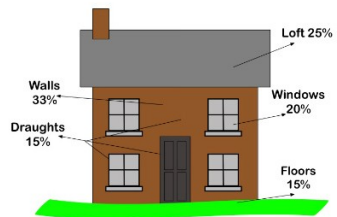


token cost, or they can be purchased on-line. Alternatively, could you re-use the plastic bags already supplied by the supermarkets?

- Re-use plastic carrier bags as bin-liners for household rubbish.
- Wash and re-use margarine tubs, ice cream tubs etc. with lids for storing food in your fridge or freezer, instead of using single-use clingfilm.

## ENERGY.

- Check whether your energy supplier uses all renewable electricity production methods, and if not, see if it is possible to switch to a “Green” supplier instead. Remember, all energy prices have risen considerably since the beginning of October, and will increase again in the Spring. If, as Money Saving Expert, Martin Lewis, predicts, the prices do eventually come down again, then is the time to move to a fixed tariff, but it is not recommended at the moment.
- Take advantage of government & council grants available to improve your home insulation. <https://www.eastleigh.gov.uk/latest-news/more-grants-available-for-greener-homes>
- Eliminate draughts around doors & windows.
- Place a room thermostat in your main living space, and put TRVs (thermostatic radiator valves) on individual radiators, as not all rooms will need to be heated the same.
- If you already have a room thermostat, reduce the set temperature by one degree, and put on extra layers of clothing.
- Place foil heat-reflecting pads behind radiators to reflect heat outwards instead of upwards.



- Make sure any curtains don't cover your radiators, and draw them each night at dusk to help keep heat in.



Think. Act. Save.

- Turn off all electrical and digital appliances when not in use, instead of leaving them on “stand-by”.
- Change all light bulbs to LEDs if possible, which, although they might be more expensive initially, will be brighter, last longer, and much cheaper to run. However, remember that they cannot be used with dimmer switches.
- Turn off all lights not currently in use.
- When making hot drinks, boil only as much water as you need each time – this will be quicker and use less electricity.
- When cooking multiple vegetables, use a tiered steamer – this is a healthier way of cooking, and only uses one energy source.



## WATER.

- If you don't already have a water meter, you can request one from Southern Water at [www.southernwater.co.uk/contactus](http://www.southernwater.co.uk/contactus) or tel: 0330 303 0277. This makes you more aware of the amount of water you are using, and you will probably find it works out cheaper than paying 6-monthly or annual water rates. However, if you have a large family, or need to use your washing machine every day for special needs, it may work out more expensive to have a meter.
- If you still have an older-style toilet cistern, place a brick or other water-saving device inside it, to reduce the amount of water used to flush. Modern styles generally have a “dual-flush” system built in and use less water anyway.





- Take a shower instead of a bath, and restrict the amount of time the shower is on. Some people find that showering under the cold water run-off stimulating, while waiting for the hot water to come through.
- Put a plug in the bath when showering, and use the water to flush the toilet, using a bucket.
- Don't leave the water running when cleaning your teeth, and put the plug in the sink when washing your hands.
- Have a bucket handy to collect cold water “run-off”, and use it to water the garden in dry weather.
- Use non-greasy washing-up water to flush the toilet or water the garden in dry weather – the plants will thank you!
- Use a water-butt to collect rain water from the roof for use in the garden.
- Use a bucket rather than a hose-pipe when washing your car.



## PURCHASES.

- Use “refillable” outlets, such as “Hampshire Refillery” (<https://www.thehampshirerefillery.co.uk>) , and “All Good Things of Fareham” (<https://allgoodthingseco.co.uk>) to buy household cleaning fluids, shampoos, dry goods such as cereals, pasta etc., as well as plastic-free goods. Hampshire Refillery also collect empty plastic bottles.
- Bulk-buy household liquids & use to top up regular containers.
- “Milk & More” (<https://www.milkandmore.co.uk>) deliver milk to your door in glass bottles, as well as other grocery items and “Eco” goods.

- Shampoo, conditioner, toothpaste & other toiletries can also be purchased in glass bottles or as solid bars & tablets on-line, for instance <https://www.coconutandcotton.co.uk>
- Try using “Eco-eggs” or soap “nuts” in your washing machine, to avoid using detergents which may be harmful to the environment.
- Look for household brushes and cooking utensils made from bamboo, which is strong, cheap, and sustainable.
- Use silicone or loofah toilet brushes and kitchen scourers.
- Companies such as “Wild” (<https://www.wearewild.com>) produce deodorants in cardboard tubes as refills for a single long-lasting metal container.
- Replace single-use cling-film with beeswax sheets which can be cut to size, washed and re-used several times. These can be purchased from various cook-shops, such as Lakeland.



- Buy fruit & vegetables loose at farm shops or on-line outlets such as “Riverford”

(<https://www.riverford.co.uk>) , in

order to reduce the carbon footprint required to import supplies from abroad.

- Good quality toilet rolls can be bought in bulk from a company with the memorable name of “Who Gives A Crap?” (<https://www.uk.whogivesacrap.org>)

## GARDEN.

We may not have a big garden, or any garden at all, but we can still make a difference by planting a window box or hanging basket with herbs, “cut & come again” salad leaves or colourful flowers.

Or, how about planting a “green wall” – i.e. plant herbs or flowers in a series of plant “pockets” fixed



to an external wall? Not only will they give us pleasure, they, will also attract bees & other insects, and so support the natural environment.



To further encourage the insects to stay during the winter months, why not buy or even make a “bug hotel” to protect them from cold & frost? They all have a role to play in the health of our environment, even if it’s only to provide a snack for hungry birds!

## **We CAN make a difference!**

Thank you so much for all you are already doing, and for the difference you have made so far. Well done! We know that many of you may already be taking some actions we haven’t even thought of, and we would love to hear what they are.

However, these are a few suggestions you might like to consider, so that together, we can make even more of a difference.

Some changes will not cost you a penny, some may actually save you money, but some, particularly the eco-friendly consumables, may cost you a little more. However, if you resolve to try just one or two of our suggestions, you will be making a contribution to a better world, and as Tesco’s advertisement says, “Every Little Helps”.



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