

“What can I do to play a part in Earth’s healing?”

SOME IDEAS

- ...**go meat-free for one day a week** (this is a huge help environmentally).
- ...**grow some vegetables** (even just 2-3 seed potatoes in a bucket)
- ...**buy a reusable mug or drinks bottle** (saves single-use plastic)
- ...**use recycled paper** (available at Rymans in Ashbourne)
- ...**‘think before you print’** (if you have a computer and printer)
- ...**use refillable toiletries and/or cleaning products**
(Skopa and others sell many of these; also try another local initiative <https://www.refillsontheroad.com/>.)
- ...**get a shopping bag for life** (most supermarkets sell them)
- ...**use public transport more** (if that is an option for you)
- ...**maybe switch to renewable energy sources** (if they are affordable)
- ...**think about offsetting your car mileage every year – or even the flights you might make.** (there are many reliable groups offering this offsetting option)
- ...**walk more than you have been doing** (even just a 15-min toddle but only if you’re feeling fit enough)
- ...**turn it off, turn it down** (refers to standby settings or unnecessary lights, heating; using tumble-driers at a lower setting)
- ...**use peat-free compost** (if you use compost in the garden it will help protect rare habitats)
- ...**talk about it more!** (the current pattern of climate breakdown is such a part of our children’s future that it should be a normal topic of conversation.

This is one of the most powerful actions that we can take!