



Solutions for a Sustainable Future

[www.strettonclimatecare.org.uk](http://www.strettonclimatecare.org.uk)

[info@strettonclimatecare.org.uk](mailto:info@strettonclimatecare.org.uk) Tel.: 0752 849 3181

Registered Charity No.: 1159816

**Spring 2023**

## **Your Contribution**

***-to making a difference***

Do you know how much carbon you are putting into the atmosphere – from energy, from travel, from the things you buy, and from the services you use?

The carbon emissions of an average household total about 13 tonnes CO<sub>2</sub>e per year – that's your domestic footprint on the environment.

However much we need to pressurize government and big business, one third of the necessary reductions in carbon emissions depends on behaviour change by individuals. We can all reduce, reuse, and recycle. Small, everyday actions matter. And taking action improves health and wellbeing, as well as helping to address the cost of living crisis.

We can have a good life without trashing the planet.

**See what you can do** by using one of these online calculators:

<https://www.carbonfootprint.com/calculator.aspx>

<https://footprint.wwf.org.uk/>

Young people, who are not householders, might like to try this:

<https://giki.earth/about/>

Check on the calculator how much you are contributing to climate change (or not!), and using the list overleaf, keep a record of the contribution that you and your household are making to a better future.

**THE DIFFERENCE IS YOU**



## **“Wind Power – The Facts, Benefits and Opportunities”**

with

**Gerry Jewson of  
Wind2**

**Monday 27<sup>th</sup> March**

**7.30 p.m.**

**Methodist Church**

The **Repair Café** is open in the **Scout Hut on the second Saturday of every month, from 10.00 a.m. to 12 noon.**

To book an item in or to make an enquiry, go to [info@strettonclimatecare.org.uk](mailto:info@strettonclimatecare.org.uk)



Every Thursday, 10 a.m. to 12 noon  
At the Health and Wellbeing Centre

# Our climate checklist for 2023

*Pin this up and tick off the things that you do over the year*

<b>Reducing energy consumption at home</b>	✓
Install energy-efficient lighting	
Switch off electrical appliances (not leaving on standby)	
Insulate properly	
Change your energy supply (install solar panels, heat pump)	
Use economy setting on washing machine/dishwasher	
Put thermostats on radiators	
Replace energy-hungry equipment	

<b>Fostering a greener, healthier life</b>	✓
Walk and cycle more	
Shop locally – for local produce	
Use sustainable washing products	
Reduce consumption of red meat	
Grow your own	
Make your garden wildlife-friendly and pesticide-free	
Use peat-free compost	
Practise sustainable tourism	
Fly less, drive less, share your car	
Cut food waste	

<b>Reduce – Repair – Recycle</b>	✓
Buy less stuff	
Cut down on single-use plastic	
Buy refills	
Re-use bags, containers	
Buy second-hand	
Donate your pre-loved goods	
Repair – don't just throw away	
Use the Repair Cafe	
Share tools/equipment with neighbours	

**Changing the way we live – making the world a better place**