**Some things we can do to make a difference ..…**

**A desire for action is ecological consolation.** *A desire to do something when a believer is touched by environmental issues is a form of consolation. We do well to respect that desire. It may indeed be a sign that we need to change our lives. Walter Ceyssens, The Way, October 2019*



**Around the home:**

* Recycle
* Use the washing machine / dishwasher only when full - and less frequently.
* Turn off electrical plugs when not in use, and not to use 'standby'.
* Insulate our homes
* Ensure all our white goods are energy efficient
* Low energy bulbs
* Reduce / Reuse / Recycle
* Consider changing to carbon free heating systems in your home

**Travel and transport:**

* Reduce dependency on cars – walk more / cycle / car share /
* Fewer holidays by air
* Lobby local and national government for improved public transport provision

**Food:**

* East less meat & dairy
* Buy local and seasonal food
* Don’t buy food with airmiles attached

**Garden:**

* Plant bee-friendly flowers and grasses
* Grow vegetables amongst the flowers
* Support local cut flower suppliers
* Avoid using peat-based bags of soil and petition local garden centres to stop selling them.

**Activism**

* Join a local group that is working to this end
* Start a group if there is no group in existence
* Lobby your local and national councillors and MSPs

