Friends of the Earth Alnwick Area

LIVE FOR THE PLANET



Scientists have been warning us about the dangers of climate change for over 50 years. But reports of the bush fires in Australia and later the US show all too clearly that we are no longer talking about climate change but climate catastrophe. And it's not just far away - ice caps melting in the arctic, hurricanes in the tropics and droughts in Africa - close to home we've witnessed more frequent extreme weather events too:

- The '**Saharan Plume**' which brought record temperatures to the UK in 2019 and more heat waves in 2020,
- The '**Beast from the East**' in 2018 which cut off parts of our region for over a week.
- '**Thunder Thursday**' which hit the North East in 2012 and regular instances of serious flooding since.

Add to that the loss of species, dying oceans, mountains of plastic waste, and the future of the planet looks scary. It's very tempting to bury our heads in the sand and carry on as normal. But, it's not too late. We are not powerless. We can all make changes to the way we live that can help to protect our environment. It's not just about giving things up; many of these changes can make us healthier and happier, save us money and strengthen our communities.

Have a look at the lists below and ✔ those you already do and ✘ those you pledge to do in the future. Why not stick it on the fridge and get the rest of the family to do the same. Each week aim to ✔ another ✘ and add another ✘

SMALL HABITS TO SAVE THE PLANET:

Everyone can make a difference....

Don't drop litter.	
Don't leave the tap running when cleaning your teeth.	
Shut doors to keep the heat in.	
Switch off lights you don't need.	
Unplug chargers that are not in use.	
Wear a jumper if you're cold.	
Don't leave the TV or computer on stand-by.	
Don't put clothes in the wash when they're not really dirty.	
Use a re-useable water bottle or cup.	
Make your own packed lunches.	
Refuse plastic straws, toys, balloons etc.	
Make sure you know what to put in the recycling bin.	
Join a library & borrow rather than buy books.	
Turn down the thermostat on your central heating.	
Draw your curtains at dusk.	
Put a lid on your saucepan when cooking.	
Don't leave the fridge door open.	

SHOP FOR THE PLANET:

Think before you buy! Do you need it?	
Buy second-hand & be proud of your hand-me-downs!	
Avoid excess packaging or leave it in the shop!	
Buy for quality and sustainability.	
Shop local, especially locally sourced products.	
Get your milk delivered – aim for locally produced, glass bottles & electric vans.	
Buy in bulk – you can always share your order with a friend.	
Change to a green energy provider.	
Don't buy cut flowers!	

EAT FOR THE PLANET:

Eat less meat. Go for locally produced, pasture-fed, organic.	
Eat more veg-based meals especially locally grown, organic & seasonal.	
Don't waste food, use /freeze your left-overs.	
Cut down on processed food. Cook from fresh.	
Use a toaster rather than a grill.	
Use your oven efficiently – fill it up and avoid opening the door.	
Keep your freezer full.	
Use a pressure cooker or steamer.	
Chop veg finely and boil smart.	
Keep electric rings clean for greater efficiency.	

JOIN UP FOR THE PLANET:

- Join a local litter picking group or start your own. Northumberland County Council Neighbourhood Service Department can help with advice and equipment. Also check out 'Keep Britain Tidy'.
- Volunteer at a community orchard or join a local tree planting project.
- Sign up to conservation groups e.g.
  - Northumberland Wildlife Trust
  - RSPB
  - WWF
  - Woodland Trust
  - Campaign to Protect Rural England
  - Coast Care
  - Surfers Against Sewage
  - The National Trust.
- Find out if your school has an Eco Club and get involved.
- Find out about the School Strike for Climate started by Greta Thunberg.
- Join an Environmental Campaign Group e.g.
  - Friends of the Earth
  - Greenpeace
  - Climate Action Network Northumberland.
  - Extinction Rebellion.

We all have a role to play but as individuals we can only do so much – we are stronger when we work together; locally, nationally and internationally.
Together we can support each other and put pressure on companies, organisations and governments to prioritise environmental protection and plan for the future.

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To find out more check out...

Alnwick Area Friends of the Earth on Facebook & Twitter.

Website: **www.alnwickfoe.org.uk**

Email: **contact@alnwickfoe.org.uk**

National Friends of the Earth:
https://friendsoftheearth.uk

PLANT FOR THE PLANET:

- Grow your own herbs, fruit & veg or try some foraging e.g. brambling.
- Plant bee-friendly flowers and shrubs.
- Investigate the NCC free tree scheme & what would work in your garden.
- Don't pave over your garden.
- Encourage wildlife in your garden by leaving a patch untended.
- Feed the birds in winter.
- Avoid garden products that harm wildlife.
- Join a garden club to share seeds, cuttings, expertise and ideas.

SAVE FOR THE PLANET:

- Invest environmentally: Check whether your existing bank accounts and pension funds invest in fossil fuels and put pressure on them to divest.

VOTE FOR THE PLANET:

- Make sure your representatives; your parish and county councillors and MP vote to protect the environment and hold them to account.

BUILD FOR THE PLANET:

- Insulate your loft, install cavity wall insulation and double glazing.
- Insulate your hot water tank.
- Fit reflective panels behind radiators – cardboard wrapped in foil will do.

CLEAN FOR THE PLANET:

- Have shorter showers and shallower baths less often.
- Swop handwash for soap.
- Ditch the plastic cotton buds.
- Explore natural cleaning materials or buy sustainable refillable products.
- Wash your clothes less – sponge clean and air where appropriate.
- Only use your washing machine on full load.
- Choose a 30º wash for clothes.
- Try 'soap nuts' as an alternative to powders & liquids. They're cheaper too.
- Hang out your washing or use a clothes horse rather than the tumble dryer.

TRAVEL FOR THE PLANET:

- Fly less, especially long haul. Any offset should be certified 'Gold Standard'.
- Walk, cycle, use public transport or lift share to minimise car use.
- Don't leave your engine running when stationary for more than two minutes.
- Avoid unnecessary business travel – opt for phone or video-conferencing.
- Keep tyres properly inflated and close windows to reduce fuel consumption.
- Avoid harsh acceleration and breaking and reduce your speed to reduce fuel consumption and wear and tear.



Everyone relies on a healthy planet

