

## But what can one person do?

- Don't leave appliances on stand-by, turn them off when you're not using them. Don't leave your phone or laptop charging all night (and save yourself money!)
- If you're changing electrical appliances, buy ones with Energy Saving Recommended labels. But don't change them unless you need to.
- Switch to a 100% green electricity supplier such as Bulb, Octopus, Green Energy, Good Energy or Ecotricity. Look at [www.bigcleanswitch.org/tearfund/](http://www.bigcleanswitch.org/tearfund/)
- Walk, cycle or use public transport wherever possible. Share car journeys if you can. Don't fly unless you really have to (even when there's no pandemic).
- Recycle – it's amazing how many people still throw away recyclable plastic, paper, cardboard and food.
- Don't buy water in plastic bottles – drink tap water. If you want to carry bottled water, get a reusable one.
- Try to cut down on food waste – buy what you need.
- Eat less meat, and locally grown food rather than imported from far away.
- Make sure your house is insulated as well as possible, and draught proof doors and windows.
- Turn down the thermostat and wear an extra layer.
- Don't leave the heating on when you're not at home.
- Turn off the lights when you leave the room.
- LED light bulbs use less energy than others and can last twenty times longer.
- Try to save water: take (non-power) showers instead of baths, turn off the tap while you're brushing your teeth.
- Only turn on your washing machine and dishwasher with a full load, and use lower temperature cycles.
- Support wildlife in your garden, if you have one.
- Volunteer with Friends of Ham Lands or litter pick with the Ham and Petersham Association.
- Sign up with and support a conservation charity such as A Rocha, WWF, or Friends of the Earth.



*The earth is the Lord's, and everything in it.*

*Psalm 24:1*