

# Ideas for Action – **Lifestyle issues**

*Information and suggestions to green personal lifestyles*

## **Contents**

### **Lifestyle or style for life?**

- Introduction **1**
- A Christian ecological lifestyle **1**  
*Story from Callander Kirk in Perthshire* **2**
- How green is my life? – calculating your environmental 'footprint' **2**

### **Home**

- Heating, lighting and electrical goods **2**  
*Story from Holy Trinity Church in Cookham* **3**  
Renewable Energy **3**
- Water **4**
- Waste: paper, glass, plastic, high-tech equipment, metal,  
clothes and cloth, organic waste **5**  
*Stories from churches* **8**
- Laundry **8**
- Nappies **9**

### **Garden**

**9**

### **Shopping**

- General guidelines **10**
- Food **11**  
*Story from Barnstaple Parish Church* **11**
- Appliances **11**
- Green Guide Online **12**
- Choosing green **12**

### **Personal finance**

- Bank or Building Society accounts **12**
- Savings **13**
- Giving **13**

### **Journeys**

**13**

### **Holidays**

**14**

### **Christian environmental organisations**

**15**

### **Christmas**

**17**

### **Workplace**

**18**

### **End of life**

**18**

### **Stories from churches**

**18**

### **Further Resources**

**19**

### **A directory of useful organisations**

**19**

### **About Eco-Congregation**

**21**

Eco-Congregation Scotland is a Scottish Charity, No. SC041287

It is supported by the Church of Scotland, the Scottish Episcopal Church and the United Reformed Church and endorsed by Action of Churches Together in Scotland (ACTS).

# Ideas for Action – **Lifestyle issues**

## **Lifestyle** or style for life

### **Introduction**

The 1990s years witnessed an explosion of interest in lifestyle issues that continues today. Make-over and consumer programmes have blossomed on television, giving advice on every aspect of personal lifestyle from cooking, health and personal finance to changing rooms and gardens. Together with the flourishing lifestyle magazine market, the message broadcast is that living is about the three 'c's: choosing, changing and consuming.

Against this consumer-orientated approach there is a pressing need for the people in the richer nations to change their lifestyle. Current consumption is:

1. **unsustainable**, because there is a limit to the resources available on earth and the earth's capacity to absorb our waste products
2. **devastating our environment**. Scientists are virtually unanimous in this view. For example, The Global Environment Outlook 2002 (GEO 3) report, published by the United Nations Environment Programme (UNEP) gives an overview of the state of the planet, highlighting the problems caused by the wasteful and invasive consumer society, coupled with continuing population growth, which are threatening to destroy the resources on which human life is based.
3. **out of balance**, because only a small proportion of the world's current population consume a large proportion of the resources and generate a large proportion of the pollution. It is estimated that, if everyone in the world lived the lifestyle of the average European, we would need three earths to support us all.

### **A Christian ecological lifestyle**

Individuals can make many positive lifestyle choices to care for the environment. One buzz phrase that is sometimes used is to 'live more simply than others may simply live'. Jesus gave a profound understanding to simple lifestyles. When preaching the Sermon on the Mount, Jesus said that you cannot worship both God and money (Matthew 6:24) and called people not to store up riches on earth but in heaven, for our heart will be where our riches are (Matthew 6:19-21).

The following passage is part of the sermon preached at the service to dedicate Eco-Congregation to God at St Paul's Cathedral by the Rt. Rev'd and Rt. Hon. Richard Chartres, the Bishop of London, whilst drawing on Matthew 6:24-30:

*"Jesus Christ is meditating on anxiety and faith. Anxiety and competition inevitably flow from a picture of the self as fulfilled by being an individual consumer of goods and having access to a range of commodities. That is how the self is encouraged to see itself by the propaganda which surrounds us and stimulates our cravings... By contrast our soul is not something which just exists and whose appetites demand to be satisfied. The soul is formed in relationship with others. The soul develops to the extent that we are related to God the Beyond All and to his Creation..."*

*"Our profoundest motivation comes not from fear but from the gospel that we can only express and explore together. Be not anxious for yourself what to consume or what commodity to have next, rather pay attention to your soul which forms as we relate to God and neighbour and which comes as a gift from Jesus Christ who has brought us home to God."*

Green choices are not simply about living today that others may have life tomorrow, but more profoundly that true life is found when we seek a fulfilling relationship with God rather than seeking fulfilment through material possessions.

This Green Choices Ideas for Action helps individuals to think about their personal lifestyle and to make choices that reflect a care for the earth and respect for their neighbours around the world. Some of these choices will save money too!

# Ideas for Action – **Lifestyle issues**

## **Story from Callander Kirk in Perthshire**

**Callander Kirk** used the ideas in this Ideas for Action in a series of “green tips” in their church magazine, to help their congregation practice sustainable living at home. Their local community paper now publishes those same tips as well.

## **How green is my life? – Calculating your environmental footprint**

Every household uses energy and water, consumes goods and services and creates waste – but some lifestyles and households have a bigger impact on the environment than others! Several organisations have devised simple ways to estimate your ‘environmental footprint’, i.e. the amount of space you take up on the planet.

Best Foot Forward have a very simple footprint calculator on their website at [www.bestfootforward.com/footprintlife.htm](http://www.bestfootforward.com/footprintlife.htm). It is easy-to-use, prompting you to input basic information about their lifestyle including travel, shopping and rubbish generated. The programme then calculates how many planets we would need if everyone lived like you! For a more detailed analysis try the earthday network’s version at [www.earthday.net/footprint/index.asp](http://www.earthday.net/footprint/index.asp).

Best Foot Forward, The Future Centre, 115 Magdalen Road, Oxford, OX4 1RQ. Tel: 01865 250818      Fax: 01865 794586      Email: <a href="mailto:mail@bestfootforward.com">mail@bestfootforward.com</a>
--

## **Greening the home**

The home is a place where people can make positive changes for the environment in a number of key areas. This Greening the home section deals with heating and lighting, water and waste and includes suggestions for lowering a household’s impact on the environment. The tips are designed to lower peoples’ impact on the environment and in many cases can lead to lower household bills too!

### **Heating, Lighting and Electrical Goods**

Heating and lighting contribute to the comfort of homes but wasting energy damages the environment and costs money. Approximately 25% of the carbon dioxide produced in the UK comes from domestic heating and lighting. Carbon dioxide emissions are a major factor leading to global warming which is causing climate change. The effects of climate change are already starting to be visible and are likely to get worse. They include rising sea-levels, an increase in storms and flooding in some places and drought in others and changes in the distribution of some disease-bearing organisms. People in Britain and Ireland contribute as much as 50 times more to climate change than those in the poorest countries, but it is the poor who will feel its worst effects. It is estimated that, by 2050, rising sea levels, severe weather and crop failures could create 150 million refugees.

By undertaking energy saving and efficiency measures the average household’s energy bill of £500 per year can be reduced by up to £200 per year and help to reduce carbon dioxide emissions too.

#### **Action tips to save energy and prevent pollution:**

- Installing at least 20cm (8 inches) depth of loft insulation can save around 20% of heating costs
- Fitting a jacket around a water cylinder may cost around £10 (DIY fitting) but save up to £20 per year
- Houses with boilers older than 15 years are likely to benefit by changing to a more fuel-efficient model. Modern gas-condensing boilers are particularly efficient as they recycle some of the energy from exhaust emissions

## Ideas for Action – **Lifestyle issues**

- Around 35% of heat energy is lost through walls that are not insulated, but by installing cavity wall insulation up to 60% of this heat can be saved. Installation in an average house (3 bed roomed semi-detached) costs around £450 and costs can be recovered in savings made over about four years
- Up to 20% of heat can be lost by draughts around windows, doors and floors. Fitting draught excluders can save heat and money. **It is important to ensure that adequate ventilation is maintained, particularly in rooms with gas or solid fuel fires**
- Fitting and using timer and thermostatic controls can significantly reduce energy consumption, without loss of comfort
- Fitting low-energy light bulbs requires an initial capital outlay, but can reduce energy consumption by up to 80% and the bulbs can last up to 10 times longer, saving both money and the need to change bulbs frequently
- Taking a daily shower instead of a bath can save water and up to £10 per year on your fuel bill
- Leaving electrical equipment like TVs and VCRs on standby uses almost as much energy as when you are watching. Turning appliances off at the on/off button saves this waste.

Some utility companies have subsidised energy saving schemes and products – check your local supply company for current offers. Additional grants are sometimes available to install energy saving measures for those in receipt of certain benefits.

For information on energy saving measures contact:

**Energy Savings Trust**

**W** [www.energysavingtrust.org.uk/scotland/](http://www.energysavingtrust.org.uk/scotland/) | For general information on energy efficiency **T** 0845 727 7200 | To find your local **Energy Efficiency Advice Centre** **T** 0800 512 012

### **Story from Holy Trinity Church in Cookham**

When **Holy Trinity Church** got involved in Eco-Congregation they decided to develop two strands of activity: one for the church as an organisation and the other for individuals. For individuals they are using the *New Internationalist's* 20-point programme "to help you kick your global-warming, energy-guzzling habit"! A humorous and easy to follow poster shows how to embrace more environmentally responsible lifestyle habits, providing a practical road map for individuals and families. They challenged the congregation to audit their current habits and set themselves a goal for the coming 6 months. Afterwards they will check performances and calculate what contribution to reducing global warming the church has collectively made. Chris Harris.

The poster mentioned - "Slobbie Ozzie Does Detox" - can be bought from the New Internationalist's online shop on their website [www.newint.org](http://www.newint.org) or an A4 version can be downloaded for free on their webpage [www.newint.org/issue357/contents.htm](http://www.newint.org/issue357/contents.htm)

### **Renewable or 'Green' Electricity**

Did you know that you can choose to use only renewable or 'green' electricity for your household needs? Renewable energy doesn't involve burning oil, coal or gas and doesn't produce the 'greenhouse gases' that contribute to climate change. Instead it comes from harnessing the energy in water, wind, waves, the sun etc.

Most of us are connected to the National Grid, so we can't choose where the electricity that enters our home comes from. When you buy green electricity, what happens is that you commit your supplier to purchasing at least the amount of electricity that you use from a renewable source. The more people who sign up, the more electricity the supplier will have to purchase from a green generator.

# Ideas for Action – Lifestyle issues

As with any product, there are a number of options, and some are more environmentally-friendly than others. Eco-Congregation cannot endorse a particular supplier. However Friends of the Earth have produced a useful league table of suppliers together with details of prices, which can be found on their website: [www.foe.co.uk/campaigns/climate/issues/green\\_energy/](http://www.foe.co.uk/campaigns/climate/issues/green_energy/)

Christian Ecology Link runs a climate campaign called **Operation Noah** who can give advice about green electricity.

**Operation Noah**, The Grayston Centre, 28 Charles Square, London, N1 6HT  
**T** 07804059426 | **E** campaigns@operationnoah.org | **W** www.operationnoah.org

## Water

The Bible includes stories that illustrate the significance of water:

- > in the story of creation (Genesis 1) and the story of Jesus in the storm-tossed boat on Galilee (Luke 8:22-25), water is portrayed as having a chaotic elemental character, which only God can subdue
- > in the story of Noah and the flood (Genesis 7-9) and the story of John the Baptist (Mark 1:4-5), water is portrayed as a medium into which old life dies and new life rises
- > in the story of Jesus and the Samaritan woman by the well (John 4:1-15), the refreshment that water offers to a weary traveller is used to symbolise the refreshment that Jesus offers to tired souls

The elemental quality of water reminds us that we can never absolutely control creation, the cleansing quality of water symbolises the new life offered through Christ and the drinking of water reminds us that life cannot exist without both physical and spiritual refreshment.

### Facts: how much water do I use?<sup>1</sup>

### Water used by industry

Activity	Water used	To produce a:	Litres used
Taking a bath	80 litres	Small car	450,000
Taking a shower	5 litre per min	Tonne of paper	140,000
Flushing the toilet	9.5 litres	Litre of petrol	70
Watering the garden	up to 1000 l/hour	Newspaper 9	
Using a washing machine	80 litres	Pint of beer	3
Using a dishwasher	35 litres		
Drinking	10 litres		

**Average use per person per day- 130 litres**

<sup>1</sup>Based on average household water use

# Ideas for Action – **Lifestyle issues**

## **Action Points to save water**

- P Fix leaking taps – one dripping at one drop per second will waste 1200 l per year!
- P Turn off taps fully
- P Water plants in the evening after the heat of the day (reduces evaporation)
- P Have a shower rather than a bath
- P Use a plug in wash basins and sinks rather than washing under a running tap
- P Fit a water hippo in your toilet cistern to save 1 litre per flush (a brick will do)
- P Turn of the tap whilst cleaning your teeth, or use a mug of water instead
- P Install a water butt, linking it to a down pipe to collect water from a roof
- P Mulch water-loving plants in the garden to save on the need for watering
- P If you use a washing machine or dishwasher, reduce the frequency of running it by always having a full load

For more information about water saving, contact your local water supply company.

## **Action points to reduce pollution**

- Minimise your use of phosphate based detergents and bleach (try eco-friendly washing-up liquid, washing powder and cleaners instead)
- Minimise your use of toxic substances such as pesticides and creosote, which might get washed into the drainage system or water system
- Safely dispose of waste oils, paints, solvents and batteries at a collection point rather than pouring them down a drain. Some charities can use left-over paint and some batteries can be recycled.
- Use mains electricity rather than batteries when possible, and choose re-chargeable batteries if you need them.

For more information about the safe disposal of hazardous waste, contact your local authority waste officer.

## **Waste**

Every year British households throw away 25 million tonnes of waste - that's over 500 kg, or half a tonne, of rubbish per person per year! Most of it goes to landfill and some of it is incinerated. The UK's waste problem is mounting as the available volume for landfill is rapidly reducing and incineration is not favoured as a disposal option by many communities because of concerns about toxic fumes.

The average wheelie bin or dustbin contains:

33%	paper and card
20%	vegetable waste
11%	plastic
9%	glass bottles and jars
6%	cans
2%	textiles such as old clothes and rags
19%	other

# Ideas for Action – **Lifestyle issues**

In Britain we recycle:

- 1 out of 3 newspapers
- 1 out of 4 glass bottles and jars
- 1 out of 4 items of clothing
- 1 out of 3 metal cans
- 1 out of 25 plastic bottles

About 80% of household waste could be recycled. If this was undertaken it would save natural resources and reduce the problem of the disposal of waste. However, recycling is not the whole answer. People need to learn to use natural resources more sparingly and sensibly. Householders can make a significant contribution to minimising their waste by a number of simple ways.

## **Paper**

The production of 'virgin' paper requires the farming of land for trees and the use of vast quantities of water and various chemicals, some of which are harmful if released in the environment, in paper production. By adopting the following measures these processes can be reduced:

- save waste paper and deposit it in a local paper bank
- reuse envelopes, paper, wrappings and egg boxes
- choose to buy recycled paper products, including greetings cards
- reduce the amount of junk mail that you receive by contacting:

**The Mailing Preference Service:** The Mailing Preference Service (MPS) is a free service to enable consumers to have their names and addresses removed from or added to lists used by the direct mail industry. It is actively supported by the Royal Mail and all directly involved trade associations.

Mailing Preference Service, DMA House, 70 Margaret Street, London, W1W 8SS  
Tel: 020 7291 3310, Email: [mps@dma.org.uk](mailto:mps@dma.org.uk), Website: [www.mpsonline.org.uk](http://www.mpsonline.org.uk)

You can also save your time by contacting the **Telephone Preference Service** to filter out unwarranted direct selling of products by telephone and fax.

Telephone Preference Service, DMA House, 70 Margaret Street, London, W1W 8SS  
Tel: 020 7291 3320, Email: [tps@dma.org.uk](mailto:tps@dma.org.uk), Website: [www.tpsonline.org.uk](http://www.tpsonline.org.uk)

Most local authorities have a Waste Minimisation Office or Recycling Officer who can provide advice on waste.

**Waste Watch** is a charity that aims to protect the environment by encouraging the wise use of scarce resources.

**Contact:** Waste Watch, 96 Tooley Street, London, SE1 2TH  
Tel Wasteline: 020 7089 2100  
Email [info@wastewatch.org.uk](mailto:info@wastewatch.org.uk), Website [www.wastewatch.org.uk](http://www.wastewatch.org.uk)

# Ideas for Action – **Lifestyle issues**

## **Glass**

In Britain more than 6 billion glass containers are made every year – that is approximately 100 per person! Glass manufacture requires raw materials and energy to extract, transport and manufacture the product. To minimise the use of raw materials, energy and the amount of waste generated:

- choose returnable bottles if available
- recycle glass through household collections or at a bottle bank

## **Plastic**

The UK produces a growing mountain of plastic waste, much of which does not readily biodegrade. For information about the recycling of plastics contact:

RECOUP, 9 Metro Centre, Welbeck Way, Woodston, Peterborough, PE2 7WH  
Tel: 01733 390021, Email: [enquiry@recoup.org](mailto:enquiry@recoup.org), Website: [www.recoup.org](http://www.recoup.org)

## **High-tech equipment**

High-tech equipment such as computers and mobile phones are transforming the way that people conduct their lives, but the rapid obsolescence of the equipment means that there is a burgeoning high-tech waste mountain. A number of charities or organisations are pleased to receive unwanted computer equipment for reuse or recycling. Your Local Authority might have details of local schemes. Additionally, unwanted mobile phones and toner cartridges can be given to a variety of charities who forward them to a recycling scheme and thereby raise money for their work.

Scope Phone Recycling can be contacted on 020 7619 7105, or up to 3 handsets can be sent free to: Scope Phone Recycling, James Bell, ShP Solutions, Freepost, NEA 14430, Lancaster, LA1 1ZZ. Alternatively, drop your phone off at your nearest Scope shop.

You can send us your inkjet cartridges free to: Scope Toner Donor Campaign, c/o Envirocare, FREEPOST (SWB978), Avonmouth, Bristol, BS11 9JE  
Pre-printed FREEPOST envelopes are available by calling Scope on 0800 781 2600.

Website: [www.scope.org.uk/recycling](http://www.scope.org.uk/recycling)

## **Metal**

Metal is a valuable resource that can readily be reused, so recycling saves the mining of natural resources, energy used in mineral processing and land-fill costs. Around 11 billion steel cans and 5.5 billion aluminium cans are manufactured for use in the UK per year. Both types of can may be recycled. To recycle metal:

- use local can banks or kerbside collections if available
- support collections of foil, milk bottle tops etc
- use aluminium can banks – many local charities/organisations collect cans to raise funds
- take or arrange for unwanted appliances or other bulky metal items to be deposited at a local authority metal collection/recycling site



# Ideas for Action – **Lifestyle issues**

There are hundreds of cash for cans centres nationwide where you can exchange your aluminium cans for cash. For information about your nearest Cash for Cans site call Alucan (Aluminium Can Recycling) on their free phone number 0800 262465. Visit the ALUPRO website [www.alupro.org.uk](http://www.alupro.org.uk) or call them on 01527 597757 for information about saving valuable resources and raising money for your church or another organisation.

For details of your nearest steel can recycling centre, contact your local authority or the Steel Can Recycling Information Bureau (SCRIB), Port Talbot Works, Port Talbot SA13 2NG. Tel: 01639 872 626, Email: [info@scribe.org.uk](mailto:info@scribe.org.uk), Website: [www.scrib.org](http://www.scrib.org)

## **Clothes and cloth**

A large tonnage of clothing and cloth is disposed of each year. Consider undertaking the following actions to reduce this waste:

- take clean clothes to charity shops and clothing banks
- jumble sales are another place to recycle material
- clothing and cloth which cannot be sold can be recycled into industrial wipes, blankets and stuffing for furniture
- only buy clothes that you really need and consider buying clothes second hand

## **Organic Waste**

Approximately 20% of domestic waste comprises organic matter. Disposing of this in landfill takes up valuable space and the organic matter can break down into a leachate which, when combined with other waste, may pollute the water course. Additionally, decomposing organic matter can produce methane which is a greenhouse gas and potentially hazardous. Composting organic matter in gardens can reduce these large scale hazards and produce compost which improves soil fertility – see 'greening your garden' section on page 9.

- if you have a suitable space outside, consider installing a compost bin and use it for all organic matter (though avoid composting meat and fish as these can attract vermin)
- bread can be fed to birds at a feeding station

For more information about recycling points contact your local authority. Some local authorities have free or reduced-price compost bin schemes and other have collection schemes for green waste.

## **Stories from churches**

**Saffron Walden Methodist Church** encouraged members of the congregation to use the local authority's doorstep recycling collection scheme and recycling centre. However, there are many things which aren't covered by these services, so they set about finding outlets, local where possible, for as many of these as they could and set up a collection point at the rear of their church under their Eco-Congregation Notice Board. Items collected include: spectacles, paper, used stamps, ink cartridges, aluminium foil, mobile phones, old tights, good clothes, sewing needles, cotton, buttons, zips, knitting needles and wool and even computers, which would have otherwise gone to landfill. One member of the 'Green Team' is responsible for the distribution to the various charities and outlets. Mrs Rosina Down.

At a 'Churches Environment Day' organised by the **United Reformed Church in the North West**, a collection was held at lunchtime. Instead of passing a plate for money a sack was passed around for offerings of waste from packed lunches. Equipped with a bag full of foil, plastic wrappings and other assorted 'goodies' a group created a montage of the Garden of Eden – complete with an apple core on the ground symbolising the fall! The group entitled their picture '**Redeeming the waste**' and offered it in the closing worship as a symbol of creating a new heaven and a new earth.

# Ideas for Action – **Lifestyle issues**

## **Laundry**

Washing clothing, like other essential activities, entails using a variety of resources. By following good practice you can reduce the impact of doing washing on the environment and save money too:

- use the lowest temperature recommended for the clothing being washed – studies show that the biggest single impact of doing washing is the wash temperature used – washing at 40°C instead of 60°C saves money and has a lower impact on the environment
- avoid under-filling the machine to get the maximum amount of clothing washed for the electricity and water used
- measure detergent according to water hardness and the degree of soiling
- choose products to minimise packaging
- pre-sort laundry according to the recommended washing cycle
- use an eco-friendly washing powder or liquid

Where possible dry the clothing outside, to take advantage of the sun and the wind rather than using a tumble drier.

For more information visit the Washright website: [www.washright.com](http://www.washright.com)

## **Nappies**

Nappies are one of our major waste problems. The average baby gets through almost 6000 of them. Disposable nappies account for 4% of landfill waste where they can take 500 years to decompose. It takes a cup of crude oil to produce the plastic for one disposable nappy and, in the UK alone, seven million trees are felled each year to produce wood pulp for disposable nappies.

Real nappies, i.e. washable cotton nappies, have come a long way since the old towelling squares our grandmothers remember! Modern convenient nappy designs and washing services make cloth a very practicable option for most people. For any times when real nappies are more difficult – for instance, when travelling, consider using the 'alternative' disposables, which may be gel-free and use unbleached paper pulp. Even if you only use real nappies part of the time, you are still helping the environment.

The website of the Women's Environmental Network is a good source of information: [www.wen.org.uk/nappies](http://www.wen.org.uk/nappies), or call the UK Nappy Line on: 01983 401 959.

## **Greening the garden**

Many people have access to a garden, yard or balcony. Whatever the size of the patch, it is possible to look after it for the benefit of wildlife. Useful tips:

- ⊥ install wildlife feeding stations, for example a bird table. Birds benefit from food provided throughout the year. Provide whole nuts in a mesh feeder and avoid putting out coconut in the breeding season, to prevent fledglings choking. It is also important to clean out the feeding station at least once a week to reduce the risk of disease
- ⊥ to encourage wildflowers manage a section of grass as a meadow, allowing it to grow until July before cutting
- ⊥ provide a variety of habitats for wildlife including thick foliage, and habitats at various heights by planting shrubs, hedges and trees, mindful of the size of the plot
- ⊥ plant species to provide a variety of food sources including nectar, berries and seeds: these can be planted even in relatively small pots
- ⊥ use native plants i.e. ones that grow naturally in your country and region, as these are of most benefit to local wildlife

## Ideas for Action – **Lifestyle issues**

- ⊥ create habitats for insects and small mammals by leaving a section of grass uncut
- ⊥ consider creating a bog area
- ⊥ leave a pile of wood to rot, to act as a home to 'bugs' and a grocery store for many small creatures
- ⊥ maintain a supply of water such as a pond or bird bath to allow wildlife to drink and bathe, but ensure that it is not a hazard to young children
- ⊥ provide wildlife nesting sites – consider bird, bat and hedgehog boxes
- ⊥ install a compost bin to compost organic kitchen waste (avoid composting meat as it can attract vermin)
- ⊥ minimise pesticide use and where possible use biodegradable sprays;
- ⊥ avoid using peat and choose plants from garden centres grown in coir or other non-peat mediums
- ⊥ consider planting drought-tolerant plants in dry soil with sunny aspects to reduce the need for watering
- ⊥ install a water butt connected to a down pipe for watering the garden

More people are choosing to grow and buy organic produce because it does not involve the use of pesticides that are potentially harmful to wildlife. Geoff Hamilton, the late presenter of *Gardeners' World* described organic gardening as: "*simply a way of working with nature rather than against it, of recycling natural materials to maintain soil fertility and of encouraging natural methods of pest and disease control, rather than relying on chemicals*".

### **Further Resources on Greening the Garden**

For advice on organic gardening contact:

**Henry Doubleday Research Association** (HDRA) Ryton Organic Gardens, Coventry CV8 3LG. Tel: 02476 303517,

Fax: 02476 639229, Email: [enquiry@hdra.org.uk](mailto:enquiry@hdra.org.uk), Website: [www.hdra.org.uk](http://www.hdra.org.uk)

For information on alternatives to peat contact:

**Compost Association** Tel: 01933 227777, Website: [www.compost.org.uk](http://www.compost.org.uk)

OR see the Friends of the Earth Website: [www.foe.co.uk](http://www.foe.co.uk)

For a variety of leaflets on gardening for wildlife including planting, ponds, bird feeders, bird boxes and a free guide to the birds in your garden, contact:

**RSPB Wildlife Enquiries**, The Lodge, Sandy, Bedfordshire, SG19 2DL.

Tel: 01767 680551, Email: [wildlife@rspb.org.uk](mailto:wildlife@rspb.org.uk), Web: [www.rspb.org.uk](http://www.rspb.org.uk)

For other leaflets on gardening for wildlife including gardening for butterflies and how to encourage nature's predators for natural pest control, contact:

**Scottish Natural Heritage**, 12 Hope Terrace, Edinburgh, EH9 2AS.

Tel. 0131 447 4784, Email: [enquiries@snh.gov.uk](mailto:enquiries@snh.gov.uk), Web: [www.snh.org.uk](http://www.snh.org.uk)

For advice on conserving nature in churchyards and cemeteries, contact:

**Living Churchyard and Cemetery Project**, The Arthur Rank Centre, Stoneleigh Park, Warwickshire, CV8 2LZ. Tel. 024 7685, Email: [info@arthurrankcentre.org.uk](mailto:info@arthurrankcentre.org.uk), Web:

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

Further ideas can be found in **Ideas for Action - Churchyard Conservation**

**"The Earth is the Lord's"** Psalm 24:1 (Authorised Version)

This includes any patch of garden that you look after!

# Ideas for Action – **Lifestyle issues**

## Greening the **shopping basket**

### **General guidelines**

We all need to buy goods, but we can make certain choices to reduce the environmental impact of our purchasing. There are five golden 'R's to consider before making a purchase:

**Refuse** – do I really need the item?

**Reduce** – do I need to consume as much, e.g. if buying a car I could buy one with a 1400cc engine rather than a 2.5l space cruiser, so saving resources used in manufacturing and running and fuel costs

**Recycle** – can the item I am considering buying be easily recycled? What proportion of recycled and raw materials are used in its construction?

**Reuse** – instead of buying a brand new item, can I reuse an existing item that I already have or buy it second hand?

**Repair** – instead of buying new, can I have an existing item repaired? Can the item that I am considering buying be easily repaired and are spare parts available?

### **Food**

Not so many years ago the range of so-called exotic produce was largely limited to bananas and citrus fruit, with occasional pineapples, melons and seasonal satsumas. Today the supermarkets and to a lesser extent greengrocers, supply a wide range of fruits and vegetables from across the world. The change has given increased choice, but in the process we have lost touch with the rhythm of the seasons. The change has also increased pollution from the transport of food – termed as food miles. Flying fruit and vegetables round the world uses up to 4 litres of fuel for each kilogram of produce. Whilst there is a debate about the merits and risks of GM and whether or not there is a difference between the taste or nutritional value of organic produce, it is widely recognised that the use of pesticides, along with other intensive farming practices, has had a damaging impact on wildlife in the country. Our choices on the supermarket shelves and grocery stores can make a difference.

#### **Good practice:**

- buy locally grown produce where possible and support farmers markets
- consider growing your own produce if possible and practical
- make pickles, jams and preserves when produce is in season and cheap
- choose organically grown crops and avoid buying too much produce that has been flown in from around the world
- avoid choosing food with excessive packaging

### **Story from Barnstaple Parish Church**

**Barnstaple Parish Church** held a 'Parish Eco Day' to encourage the congregation to change their personal lifestyles. Part of the day focussed on how our personal lifestyles can contribute to global problems. The congregation learnt about food by example: the refreshments were entirely home grown, locally produced or fairly traded goods. The food was extremely tasty and everyone was fed to capacity (coffee, lunch and tea) for only 50p each!

For information on organic food contact:

**The Soil Association**, Bristol House, 40-56 Victoria Street, Bristol BS1 6BY  
Tel 0117 929 0661 Fax 0117 925 2504  
Email [info@soilassociation.org](mailto:info@soilassociation.org), Website: [www.soilassociation.org.uk](http://www.soilassociation.org.uk)

# Ideas for Action – **Lifestyle issues**

## **Appliances**

From time to time many householders choose to buy or replace so-called 'white goods' such as washing machines and refrigerators. With the impact of global warming growing, it is increasingly important to make energy consumption one of the factors in choosing a particular product. To help guide consumers the European Energy label has been introduced, so enabling consumers to compare the energy consumption of different models. Appliances are rated on a scale from A (most efficient) to G (least efficient). By law these must be displayed on all fridges, freezers, fridge freezers, washing machines, tumble dryers and dishwashers. By choosing an A rated fridge freezer instead of a G rated one you could save £450 on energy costs over 10 years of use, based on paying 7p/kwh. It might be the equivalent of paying twice for a less efficient model.

Avoid battery-powered electrical goods and toys as most use 50 times more energy to make as they give out in their lifetime

## **Green Guide Online**

A green consumer website has been launched to help individuals, organisations and local authorities source products and services relating to sustainable consumerism. The site has a search facility by topic or on a geographical basis (town, region or nationally). For details explore [www.greenguideonline.com](http://www.greenguideonline.com)

## **Choosing green**

One way of exercising good stewardship is to choose products that have the best environmental credentials. There are a number of official labels to guide consumers and help them tell the difference between products that are genuinely 'greener' rather than those products which merely claim to be green.

### **The European Union Ecolabel**

This label is an official award for products which meet a high environmental standard. Manufacturers can apply to show it on a wide range of household goods, including kitchen towels, toilet rolls, washing powder and paint.

### **Timber products**

The Forestry Stewardship Council awards their label to wood that has been grown, managed and felled according to sustainable forest standards.

### **Low VOC content**

VOC stands for volatile organic compounds that are found in a range of paints and cleaning products. They contribute to air pollution and are linked to asthma and other breathing conditions. Look for labels which indicate a low VOC content.

### **The Mobius loop**

This symbol means that a product can be recycled or, if a percentage figure is included, it means that it contains that percentage of recycled material.

**The Good Shopping Guide** - *Ethical Consumer Magazine's complete reference guide to ethical shopping* (Book, A5, 250 pages, £12.00)

60 Ethical Consumer reports published in a guide book

Order by phone: 0161 226 2929 or on the website: [www.ethicalconsumer.org](http://www.ethicalconsumer.org)

# Ideas for Action – **Lifestyle issues**

## Greening **personal finance**

Personal finance is an area where individuals can make decisions that reflect their ethical values. Two key areas for making choices are the bank that you use and how you will invest any savings that you may have.

### **Bank or Building Society Accounts**

An easy way to manage your money according to your environmental or other principles is to have an account with a bank with a clear and rigorous environmental policy. There are two positive routes that you can take to ensure this. One is to work with the bank that you currently use, and press them about their environmental policies, including their policy on Third World debt. Concerted pressure from customers can bring about change. A second option is to move your account to a bank that conducts business according to a set of ethical criteria that come close to your values. Whilst Eco-Congregation cannot endorse any one financial institution, some banks operate more positive environmental policies than others.

### **Savings**

Many people have some form of saving. Common types include a bank or building society deposit account, shares or unit trusts, a financial vehicle such as an ISA and a pension. Ethical Investment is a way of saving according to a set of values. There are now a wide variety of ethical investment funds available, which operate according to a variety of principles. Details of savings products operating ethical criteria can be obtained from good financial advisers. Advice on ethical investment can also be obtained from the Ethical Investment Research Service (EIRIS) [www.eiris.org](http://www.eiris.org)

### **Giving**

Charitable giving is an important way of using your money according to your principles. Many environmental charities are grateful for financial support, whether one-off gifts, a regular gift or legacy. Why not choose to support a Christian environmental organisation. The main ones in Britain and Ireland are listed in a later section.

For more information about tax efficient giving contact either your chosen charity(ies) or the Charities Aid Foundation (CAF). CAF can advise on how the government encourages charitable giving by increasing the value of gifts at no extra cost to the individual donor.

#### **Charities Aid Foundation:**

Main UK Office, Kings Hill, West Malling Kent ME19 4TA

Tel 01732 520 000 Fax 01732 520 000 Email [enquiries@CAFonline.org](mailto:enquiries@CAFonline.org) Website: [www.cafonline.org](http://www.cafonline.org)

## Greening our **journeys**

The growth of transport networks through the 20<sup>th</sup> century has given a greater freedom of mobility and many other benefits that have revolutionised life, but has caused significant environmental problems. In the UK, emissions from cars accounts for approximately 15% of carbon dioxide emissions, one of the main 'greenhouse gases' which causes global warming. This figure increases if emissions from lorries and aeroplanes are included. In addition the combustion of petrol, diesel and oil produces other gaseous pollutants including nitrogen oxides and particulates that cause air pollution and which are linked to respiratory diseases, including asthma, particularly affecting children and other vulnerable people.

### **Facts:**

## Ideas for Action – **Lifestyle issues**

- 71% of road trips by car are under 5 miles and 46% less than 2 miles
- Congestion is estimated to cost the UK £15 billion per year
- Road accidents cause over 3000 deaths and 350,000 serious injuries each year
- Road traffic in the UK is predicted to increase by up to 50% by 2025
- In Britain land devoted to parking covers an area twice the size of Birmingham
- Sooty particulates from traffic contribute to the death of 24,000 people per year in the UK and hospitalise 24,000 more

### **Some community responses:**

- Staff at the University of Lancashire are encouraged to share journeys to work
- There has been a sharp rise in the number of children driven to school over the last 30 years, yet walking, cycling or taking the bus reduces congestion and provides good exercise. Schoolchildren in Huntingdon have produced maps showing accident black spots and safe routes for cycling and walking to school
- Increasing numbers of local authorities have 'park and ride' schemes and are considering charging for entering town/cities by car at certain times

### **Travel sensibly by:**

- Walking or cycling more often, particularly for short distances
- Using the bus more often – the fares can be cheaper than the cost of driving per mile combined with parking charges
- Joining the increasing number of people taking the train
- Planning to use one journey for a number of tasks and, if possible, sharing journeys
- Asking if your employer would encourage the use of public transport through the provision of season ticket loans and encourage cycling to work by providing secure facilities for cycles together with showers and lockers

### **Prevent pollution**

- Drive at slower speeds - driving at 70 mph uses 30% more fuel than driving at 40-55 mph
- Develop a good driving technique - where safe, accelerate gently and avoid sharp breaking. These methods can lead to a 25% reduction in fuel used
- Have your car serviced regularly – an incorrectly adjusted carburettor can waste up to 25% of fuel. Incorrect tyre pressure can increase fuel consumption too

Additionally, when choosing a car, consider environmental credentials including the miles per gallon/litre that it achieves. In the UK a car with a smaller engine is liable for lower car tax. The car manufacturing process uses vast amounts of energy, so buying a second hand car can also help the environment, provided it still runs relatively cleanly and cheaply.

### **For further information about sustainable transport contact:**

**Environmental Transport Association** 68 High Street, Weybridge KT13 8RS  
Tel. 01932 828882 Fax. 01932 829015, Email: [eta@eta.co.uk](mailto:eta@eta.co.uk), Web: [www.eta.co.uk](http://www.eta.co.uk)  
ETA campaigns for sustainable transport and provides a road rescue service

**Sustrans**, 35 King Street, Bristol BS1 4DZ. Tel: 0845 113 0065, Fax: 0117 929 4173  
Email: [info@sustrans.org.uk](mailto:info@sustrans.org.uk), Web: [www.sustrans.co.uk](http://www.sustrans.co.uk)

**Transport 2000**, The Impact Centre, 12-18 Hoxton Street, London N1 6NG. Tel: 020 7613 0743,  
Email: [transport2000@transport2000.demon.co.uk](mailto:transport2000@transport2000.demon.co.uk), Web: [www.transport2000.org.uk](http://www.transport2000.org.uk)

## Greening our **holidays**

Tourism has grown rapidly through the 20<sup>th</sup> century. In the year 2000 tourism accounted for more jobs across the world than any other industry, including agriculture or arms. Our choices in leisure activities can make a big impact on both the environment and the communities visited. In choosing where and how to go on holiday, consider the following:

# Ideas for Action – **Lifestyle issues**

## **Travelling**

How you travel can have a significant impact on the environment. Flying to your destination may be relatively cheap on the pocket (in part because there is no international tax on aviation fuel), but the environment pays a heavy price. An individual's return flight to the USA causes more pollution than an average person's car travel in the UK over a whole year

Taking a train, bus, coach or ferry has a lower impact on the environment than flying or driving and a walking or cycling holiday has the least impact and allows a fuller appreciation of the surrounding country. To reduce travelling, consider choosing a destination in the UK

## **Your destination**

Tourism can have a considerable impact on the locality where the holidays are based. Consider choosing a destination and holiday in which you can both contribute to the local economy and gain an experience of life in your destination. Personally arranged holidays are more likely to make a positive contribution to the local economy than package holidays, where often the main profits go to the tour operator

## **What you do**

Consider a conservation activity, leisure-based or educational holiday. These are organised by a number of organisations including the Field Studies Council, the British Trust for Conservation Volunteers, the RSPB and the National Trust. Contact details are given in 'A directory of useful organisations' on page 17.

Many organisations, including environmental ones, have volunteering opportunities. The "Time Bank" website lists many of these: [www.timebank.org.uk](http://www.timebank.org.uk). Or contact them at: TimeBank, The Mezzanine, Elizabeth House, 39 York Road, London SE1 7NQ.

Tel: 020 7401 5420, Fax: 020 7401 5421, Email: [f.hammond@timebank.org.uk](mailto:f.hammond@timebank.org.uk)

## **Souvenirs**

Avoid buying wildlife souvenirs e.g. skins, shells, coral, hardwood carvings, plants. etc unless you are sure they are legal and from sustainable sources.

## **Pilgrimage**

If you want to join one of the increasing numbers of pilgrimages available to the Holy Land, ensure that your tour has an opportunity to meet with Palestinians and with the local Christian community.

*"The term 'holiday' comes from the phrase 'holy day', which is about a time of recreation and refreshment. A true holiday offers us an opportunity to appreciate the wideness of God's creation and to learn from and share with others who are very different to ourselves."* Rev Dr Jonathan Inkipin.

## **Christian environmental organisations**

Over the last thirty years a number of Christian initiatives/organisations have developed as responses to the growing awareness of the gravity of environmental issues and the conviction that Christians and the Church can bring a faith-based perspective to environmental work. If you would like to know more about or become involved in work to promote Christian care of the environment consider contacting one of the following organisations

### **John Ray Initiative**

The John Ray Initiative (JRI) is dedicated to promoting responsible environmental stewardship in accordance with Christian principles and the wise use of science and technology. JRI was inspired by John Ray, a 17th century scientist and Christian, who saw scientific enquiry as a form of discipleship. The vision of JRI is to bring together scientific and Christian understandings of the environment in a way that can be widely communicated and lead to effective action. By publishing (papers and online),



# Ideas for Action – **Lifestyle issues**

research, conferences and teaching, it aims to promote a deeper understanding of the environment and how people should relate to it based on observation, study and an ethical approach to decision-making and stewardship.

**Contact:** The John Ray Initiative, University of Gloucestershire, QW212, Francis Close Hall, Swindon Road, Cheltenham GL50 4AZ  
Tel: 01242 543580, Email: [jri@glos.ac.uk](mailto:jri@glos.ac.uk), Website: [www.jri.org.uk](http://www.jri.org.uk)

## **A Rocha**

A Rocha is a Christian nature conservation organisation, the name coming from the Portuguese for "the Rock", as the first initiative was in Portugal. As Christians all over the world have recognised the urgent need to protect and restore important habitats, A Rocha has become a family of national organisations working in Europe, the Middle East, Africa, North and South America and Asia. A Rocha projects are frequently cross-cultural in character, and share a community emphasis, with a focus on science and research, practical conservation and environmental education. There are volunteering opportunities at many of the projects. A Rocha has a membership scheme and produces a quarterly newsletter. A Rocha UK produces a pack each year to help churches to celebrate "Creation Sunday" on the first Sunday in June.

### **Contact for UK (and Creation Sunday resources):**

A Rocha UK, 13 Avenue Road, Southall, Middlesex UB1 3BL, Tel: 0208 574 5935, Fax: 0208 571 6471, Email: [uk@arocha.org](mailto:uk@arocha.org)

### **Contact for Eire:** A Rocha International, 3 Hooper Street, Cambridge, CB1 2NZ

Tel/Fax: +44 (0)1387 710286, Email: [international@arocha.org](mailto:international@arocha.org)

Website: [www.arocha.org](http://www.arocha.org)

## **Christian Ecology Link**

Christian Ecology Link (CEL) is a multi-denominational Christian environmental organisation, founded in 1981 to:

1. Spread insights from ecology and green ways of living among Christian peoples and churches, and
2. Spread Christian insights into the wider Green Movement

CEL works through individuals and local congregations, providing them with varied resources to spread the Christian ecological message and promote practical action.

Resources include:

1. A thrice-yearly journal, Green Christian, and a monthly prayer guide
2. Topic leaflets on a range of issues
3. Lending library
4. Local groups and denominational teams
5. Annual Members Meeting with Conference
6. Information and advice
7. A comprehensive website
8. Worship material

**Contact:** CEL, 3 Bond Street, Lancaster, LA1 3ER. Tel: 01524 33858  
Email: [info@christian-ecology.org.uk](mailto:info@christian-ecology.org.uk), Website: [www.christian-ecology.org.uk](http://www.christian-ecology.org.uk)

## **The European Christian Environmental Network**

The European Christian Environmental Network (ECEN) aims to enable the churches of Europe and Christian groups involved in environmental work

## Ideas for Action – **Lifestyle issues**

- to share information
- to pool our common experiences
- to encourage each other in being a united witness to caring for God's creation.

ECEN was set up on 24 October 1998 at a meeting of environmental representatives from 26 countries at Vilemov in the Czech Republic. The network embraces a wide variety of church traditions and an equally broad range of environmental work. This includes policy issues like climate change, transport or genetic engineering, practical action in local Agenda 21, promoting an awareness of God's creation in worship and liturgy, and much more.

**Contact:** European Christian Environmental Network, Peter Pavlovic, Conference of European Churches, Rue Joseph II 174, BE-1000 Brussels, Belgium  
Tel: 00 32 2 230 1732, Email: [ecen@cec-kek.be](mailto:ecen@cec-kek.be), Website: [www.ecen.org](http://www.ecen.org)

# Ideas for Action – **Lifestyle issues**

## Greening **Christmas**

At Christmas it is easy to go into an all-consuming, all-disposing frenzy. In the UK over the Christmas period we spend a mammoth £12.5 billion on food, drinks and gifts and we create over 3 million tonnes of rubbish (20% more than normal), comprising:

- 1.7 billion Christmas cards (about 200,000 trees)
- 6 million Christmas trees
- 4,200 tones of aluminium foil
- 125,000 tonnes of plastic packaging
- 80,000 tonnes of textiles
- 8000 tonnes of wrapping paper (50,000 trees)

### **Reduce and Recycle**

**Cards:** send e-cards to friends; pin up a 'communal' card at church or work instead of sending individual ones; make sure cards you buy are recycled and support charities; recycle old cards in the New Year – stores such as Tesco and WHSmith take them and donate money to the Woodland Trust.

**Trees & Decorations:** buy a local-grown tree and recycle it afterwards– most local authorities have schemes to shred trees into garden mulch; better still, buy a tree with roots that you can plant in the garden and re-use; old newspapers, magazines and scrap material can make great paper chains and decorations.

**Presents:** the best presents are often simple and carefully chosen; buy local, Fair Trade or second-hand; support charities; make your own; avoid battery-powered goods (most use 50 times more energy to make than they give out), give membership of a Christian environmental / conservation charities (e.g. A Rocha, Christian Ecology Link, or the John Ray Initiative). Alternatively, give a 'living gift' through a wildlife charity (e.g. plant a native tree or sponsor a wild animal on someone's behalf)

**Wrapping paper:** re-use where possible; wrap your presents with string, wool or ribbon so that the paper can be reused.

**Cosmetics:** choose eco-friendly cosmetics that are better for your health and for the water going down your sink and are not tested on animals.

**Bags and packaging:** take bags on shopping trips to avoid returning with a whole load of plastic bags; buy food and drinks in appropriate sized containers (e.g. one large instead of several smaller) and choose products with less packaging to reduce your rubbish mountain.

### **Eat well**

**Turkey:** 10 million turkeys are gobbled up at Christmas, most produced in cramped conditions without natural light. Buy an organic bird – it will have led a happier life and your lunch will taste better too.

**Pop a cork:** when buying wine, ensure it has a natural cork; cork oak forests are home to a rich variety of wildlife and the cork is harvested without harming the trees.

**Buy local:** visit your local farmer's market – the products will have travelled fewer 'food miles' and will often be less packaged.

# Ideas for Action – **Lifestyle issues**

## Greening the **workplace**

Many workplaces use a lot of resources and produce a lot of waste. Many of the ideas in this Idea for Action can be applied to our workplaces as well as homes. If you work in an office, "The Green Office Action Plan" produced by Friends of the Earth Scotland is a useful resource.

**Friends of the Earth Scotland**, Lamb's House, Burgess Street, Edinburgh, EH6 6RD. Tel: 0131 554 9977, Fax: 0131 554 8656, Email: [info@foe-scotland.org.uk](mailto:info@foe-scotland.org.uk), Website: [www.foe-scotland.org.uk](http://www.foe-scotland.org.uk)

## Greening the **end of life**

Planning for death is a part of life. Many people make wills and also plan for their funeral. With increasing pressure on land for conventional burial, the unsightly sprawl of some cemeteries and the need for considerable energy use in crematoriums, green funerals offer a way of expressing concern for the environment through death.

A green funeral may include a coffin made entirely of natural materials, such as willow, or a cheaper model made out of a recycled cardboard, both of which will rot when buried. Depending on location, it may be possible to opt for a 'green burial'. Green burials involve the use of a plot whose location may be recorded, but not marked by a headstone. Once used for burial, the land is managed for the benefit of the environment. Options include woodland burial, where trees are planted in areas where the graves have been filled and meadowland burial, where the land is subject to a mowing regime to encourage the growth of wildflowers.

Green burials can use fewer valuable resources than conventional funerals, often cost less and leave a legacy of a wildlife haven, where life can flourish after death. For more information see the story of the Arbory Trust in **Ideas for Action Churchyard Conservation**.

For details of green burial sites contact:

**The Natural Death Centre**, 6 Blackstock Mews, Blackstock Road, London N4 2BT  
Tel: 0871 288 2098, Fax: 020 7354 3831, Website; [www.naturaldeath.org.uk](http://www.naturaldeath.org.uk)

## **Stories** from churches

**All Saints Church, Wellington**, used the advice in this Ideas for Action to print off a different "green tip" each week during a sermon series on "God's Green Gospel". At the end of the series they compiled all the "green tips" into a booklet, to which they added extra local information. The booklets were distributed to each family in the congregation, to parents who attend their Mother and Toddler groups, and to people who visited them during their Green Fair. Mrs Claerwen Frost.

**Christ Church in Ross-on-Wye** conducted a survey of church members asking them questions about the church's environmental performance and also what they were doing at home to care for creation. They published the results in their church magazine under the title 'How Green Are We?'. They also have a regular Green column in the magazine offering a tip of the month. Rodney Shaw.

**Callander Church in Perthshire** developed an 'Eco-desk' manned in the Kirk Hall following the Sunday service on the last Sunday of each month. It allows the congregation to access environmental information, find out what the church is doing and ask questions of the Green Team.

# Ideas for Action – **Lifestyle issues**

## Further **Resources**

### **Go M.A.D! (Go Make A Difference) – 365 daily ways to save the planet**

*A book of tips for sustainable lifestyles (£3.99)*

From The Ecologist magazine, PO Box 326, Sittingbourne, Kent, ME9 8FA

Tel: 1795 414 963, Email: [theecologist@galleon.co.uk](mailto:theecologist@galleon.co.uk), Website: [www.theecologist.org](http://www.theecologist.org)

### **Sustainable Living Guide – Lifestyle actions that reduce climate change**

A 7-page guide produced by Tearfund (February 2004). Tel: 020 8977 9144,

Fax: 020 8943 3594, Email: [enquiry@tearfund.org](mailto:enquiry@tearfund.org), Website: [www.tearfund.org](http://www.tearfund.org)

### **New Consumer Magazine – the UK's Fair Trade magazine**

New Consumer, 14 Albany Street, Edinburgh, EH1 3QB

Tel: 0 131 476 4706, Fax: 0131 467 4701, Email: [editorial@newconsumer.org](mailto:editorial@newconsumer.org)

Website: [www.newconsumer.org](http://www.newconsumer.org)

### **Ethical Consumer magazine – an alternative consumer magazine looking at the social and environmental records of the companies behind the brand names**

Unit 21, 41 Old Birley Street, Manchester, M15 5RF

Tel: 0161 226 2929, Fax: 0161 226 6277, Email: [mail@ethicalconsumer.org](mailto:mail@ethicalconsumer.org)

Website: [www.ethicalconsumer.org](http://www.ethicalconsumer.org)

## A directory of **useful organisations**

### **British Trust for Conservation Volunteers (BTCV):**

British Trust for Conservation Volunteers England, Conservation Centre, 163 Balby Road, Doncaster, South Yorkshire. DN4 0RH, Tel: 01302 572 244, Fax: 01302 310 167 Email: [information@bctv.org.uk](mailto:information@bctv.org.uk), Website [www.bctv.org](http://www.bctv.org)

British Trust for Conservation Volunteers Scotland, Balallan House, 24 Allan Park, Stirling FK8 2QG.  
Tel/Fax: 01786 474 061

British Trust for Conservation Volunteers Wales, The Conservation Centre, Forest Farm Road, Whitchurch, Cardiff, CF14 7JJ. Tel: 029 2052 0990, Fax: 029 2052 2181 Email [wales@bctv.org.uk](mailto:wales@bctv.org.uk)

BTCV Northern Ireland CVNI, Beech House 159 Ravenhill Road, Belfast BT6 0BP  
Tel 028 9064 5169 Fax 028 9604 4409

**Centre for Alternative Technology**, Machynlleth, Powys, SY20 9AZ, UK. Tel: 01654 705950, Email: [info@cat.org.uk](mailto:info@cat.org.uk), Website: [www.cat.org.uk](http://www.cat.org.uk)

### **Field Studies Council:**

Head Office, Montford Bridge, Preston Montford, Shrewsbury, Shropshire SY4 1HW Tel 01743 852100 Fax 01743 852101

Email [enquiries@field-studies-council.org](mailto:enquiries@field-studies-council.org), Website: [www.field-studies-council.org](http://www.field-studies-council.org)

Scottish Field Studies Association, Kindrogan Field Studies Centre, Enochdhu, Blairgowrie, Perthshire PH10 7PG Tel 01250 870150, Fax 01250 881433

Email: [enquiries.kd@field-studies-council.org](mailto:enquiries.kd@field-studies-council.org)

Field Studies Council (Wales), Rhyd-y-creuau, The Drapers' Field Centre, Betws-y-coed, Conwy LL24 0HB. Tel: 01690 710494, Fax: 01690 710458

Email: [enquiries.rc@field-studies-council.org](mailto:enquiries.rc@field-studies-council.org)

**Forum for the Future**, 227a City Road, London EC1V 1JQ

Tel 020 7251 6070 Fax 7251 6070

Email: [info@forumforthefuture.org.uk](mailto:info@forumforthefuture.org.uk), Website: [www.forumforthefuture.org.uk](http://www.forumforthefuture.org.uk)

# Ideas for Action – **Lifestyle issues**

## **Friends of the Earth:**

Friends of the Earth England, 26-28 Underwood Street, London N1 7JQ  
Tel 020 7490 1555 Fax 020 7490 0881  
Email: [info@foe.co.uk](mailto:info@foe.co.uk), Website: [www.foe.co.uk](http://www.foe.co.uk)

Friends of the Earth Scotland, Lamb's House, Burgess Street, Edinburgh, EH6 6RD  
Tel: 0131 554 9977, Fax: 0131 554 8656, Email: [info@foe-scotland.org.uk](mailto:info@foe-scotland.org.uk)  
Website: [www.foe-scotland.org.uk](http://www.foe-scotland.org.uk)

Friends of the Earth Cymru, 33 Castle Arcade Balcony, Cardiff CF10 1BY. Tel 029 2022 9577 Fax 029 2022 8775 Email [cymru@foe.co.uk](mailto:cymru@foe.co.uk)

Friends of the Earth Northern Ireland, 7 Donegall Street Place, Belfast, BT1 2FN. Tel: 028 9023 3488, Fax: 028 9024 7556, Email: [foe-ni@foe.co.uk](mailto:foe-ni@foe.co.uk)

## **Groundwork:**

Groundwork UK, 85-87 Cornwall Street, Birmingham B3 3BY  
Tel 0121 236 8565 Fax 0121 236 7356  
Email: [info@groundwork.org.uk](mailto:info@groundwork.org.uk), Website: [www.groundwork.org.uk](http://www.groundwork.org.uk)

Groundwork Northern Ireland, Midland Building, Whitla Street, Belfast BT15 1NH  
Tel: 028 9074 9494, Fax: 028 9075 2373

Groundwork Wales, Wales Business Environment Centre, Main Avenue, Treforest Industrial Estate, Treforest, Pontypridd, CF37 5UR. Tel: 01443 844866, Fax: 01443 844822

## **National Trust:**

National Trust UK, PO Box 39, Bromley, Kent BR1 3XL. Tel: 0870 458 4000, Fax: 020 8466 6824, Email: [enquiries@thenationaltrust.org.uk](mailto:enquiries@thenationaltrust.org.uk), Website: [www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)

National Trust for Scotland, Wemyss House, 28 Charlotte Square, Edinburgh EH2 4ET Tel: 0131 243 9300, Fax: 0131 243 9301, Email: [information@nts.org.uk](mailto:information@nts.org.uk), Website: [www.nts.org.uk](http://www.nts.org.uk)

National Trust Office for Wales, Trinity Square, Llandudno, Gwynedd LL30 2DE  
Tel: 029 2066 2017, Fax: 01492 860233, Email: [enquiries@thenationaltrust.org.uk](mailto:enquiries@thenationaltrust.org.uk)

National Trust Office for Northern Ireland, Rowallane House, Saintfield, Ballynahinch Co. Down BT24 7LH Tel: 028 9751 0721, Fax: 028 9751 1242, Email: [enquiries@thenationaltrust.org.uk](mailto:enquiries@thenationaltrust.org.uk)

An Taisce, Tailors Hall, Back Lane, Dublin 8  
Tel: 00 353 14541819, Fax: 00 353 1454 1802, Email [admin@antaisce.org](mailto:admin@antaisce.org)

## **Royal Society for the Protection of Birds (RSPB):**

RSPB UK Headquarters, The Lodge, Sandy, Bedfordshire SG19 2DL  
Tel: 01767 680551, Fax: 01767 692365, E-mail: [wildlife@rspb.org.uk](mailto:wildlife@rspb.org.uk), Website: [www.rspb.co.uk](http://www.rspb.co.uk)

RSPB Scotland, Dunedin House, 25 Ravelston Terrace, Edinburgh EH4 3TP  
Tel: 0131 311 6500, E-mail: [rspb.scotland@rspb.org.uk](mailto:rspb.scotland@rspb.org.uk)

RSPB Northern Ireland Headquarters, Belvoir Park Forest, Belfast BT8 4QT  
Tel: 028 9049 1547

RSPB Wales Headquarters, Sutherland House, Castlebridge, Cowbridge Road East, Cardiff CF11 9AB  
Tel: 02920 353000

**Voluntary Service Overseas**, 317 Putney Bridge Road, London SW15 2PN  
Tel: 020 8780 7200, Fax: 020 8780 7300, Email: [enquiry@vso.org.uk](mailto:enquiry@vso.org.uk),  
Website: [www.vso.org.uk](http://www.vso.org.uk)

# Ideas for Action – **Lifestyle issues**

## **The Wildlife Trusts:**

The Wildlife Trusts National UK Office The Kiln, Waterside, Mather Road, Newark Notts NG24 1WT  
Tel: 0870 0367711, Fax: 0870 0360101,  
Website: [www.wildlifetrusts.org](http://www.wildlifetrusts.org)

The Scottish Wildlife Trust, Cramond House, Kirk Cramond, Glebe Road, Edinburgh EH4 6NS. Tel  
0131 312 7765 Fax 0131 312 8705  
Email [enquiries@swt.org.uk](mailto:enquiries@swt.org.uk) Website [www.swt.org.uk](http://www.swt.org.uk)

## **Worldwide Fund for Nature:**

WWF UK, Panda House, Weyside Park, Godalming, Surrey GU7 1XR  
Tel: 01483 426444, Fax: 01483 426409, Website: [www.wwf.org.uk](http://www.wwf.org.uk)

WWF Scotland, 8 The Square, Aberfeldy, Perthshire PH15 2DD  
Tel: 01887 820449, Fax: 01887 829453, Email: [ScotEnquiries@wwfscotland.org.uk](mailto:ScotEnquiries@wwfscotland.org.uk)

WWF Cymru, Baltic House, Mount Stuart Square, Cardiff CF10 5FH  
Tel: 029 2045 4970, Fax: 029 2045 1306

WWF Northern Ireland, 13 West Street, Carrickfergus, County Antrim BT38 7AR  
Tel: 028 9335 5166, Fax: 028 9336 4448

## **Reference:**

*Global Environment Outlook 2002* (GEO 3) UNEP Publ. Earthscan  
(paperback 416 pages, @ £25, ISBN: 9280720872)

---

## About **Eco-Congregation**

Eco-Congregation is an ecumenical environmental project for churches. It provides free resources, support and an Award scheme to help churches to consider environmental issues in the context of their Christian life and mission and to take positive action. Eco-Congregation was originally developed by the environmental charity ENCAMS on behalf of Churches Together in Britain and Ireland (CTBI). It is now overseen by CTBI and delivered by a partnership of organisations.

Eco-Congregation Scotland is an independent charity is supported by a range of denominations and relief agencies.

Tel: 0131 240 2274  
Email: [scotland@ecocongregation.org](mailto:scotland@ecocongregation.org)  
Web: [www.ecocongregationscotland.org](http://www.ecocongregationscotland.org)  
<http://ecocongregationscotland.blogspot.co.uk>

In England and Wales, Eco-Congregation is managed by AROCHA UK.

Tel: 0114 263 6421  
Email: [ecocongregation@arocha.org](mailto:ecocongregation@arocha.org)  
Web: <http://ew.ecocongregation.org>