



# Climate Sunday

## Responding to the climate and environmental crisis

We are all going to have to change how we live.

We can choose to change how we live, or change will be forced upon us and our children.

But making changes is not easy. You have to want to make changes.

Maybe the first change you need to make is to get to know more about other people or the animals or plants around you.

Change is hard. So focus on making changes...

- ... that affect things you care about.
- ... are at a pace that is possible for you – don't try to change everything all at once.
- ... with other people – we all need the support, encouragement and ideas of others.



### **Things we might change in our individual lives:**

- Switching off lights or electrical equipment when we don't need them on.
- Not filling the kettle more than is necessary.
- Reducing the temperature in our homes and wearing more clothes instead.
- Buying food that is in season and produced locally.
- Eating less meat.
- Not buying more clothes than we need.
- Buying clothes that are made of natural materials.
- Repairing equipment rather than replacing it.
- Not buying the latest version of equipment.
- Walking and cycling where possible.
- Taking public transport rather than driving.

### **Changes to how we organise our lives:**

- Switch electrical supply to a renewable tariff.
- Install solar panels, either for heating or electricity.
- Improve the insulation of your home – loft insulation, cavity wall insulation, double glazing, whole house insulation.
- Install a heat pump.
- Use an electric car.
- Do not make excessive flights.
- Change job to travel less or be able to use public transport.
- Use delivery services that use electric vehicles.

### **Acting as a community we could:**

- Share equipment rather than each having the same equipment.
- Make known to shops our desire for less packaging.
- Make use of government initiatives to make our homes use less energy.
- Make known to politicians our willingness to see change to make the way we live more sustainable.
- Encourage the development of a circular manufacturing economy.

**To prevent catastrophic climate change we will all have to work together.**

**But remember that any change you make that reduces your carbon emissions does some good.**