

Laudato Si

Live Simply so that others may Simply Live

Climate Emergency Calendar

We are all familiar with the effects of the more extreme weather conditions we are currently experiencing. These incidents are all indicative of the crisis declared due to climate change across the world. There are many things we all can do to limit the damage we are doing to our ecosystem and climate. Each action that each one of us takes makes a difference. Salisbury Catholic Parish is committed to Live Simply. What will you do?

We ask that each month you choose one action; it could be from any of the areas: **Shopping, In the Garden, Out and About, At Home or At Work.**

Could you write to your MP, voicing your concern about climate change. Salisbury's MP is John Glen: john.glen.mp@parliament.uk

	SHOPPING	IN THE GARDEN	OUT AND ABOUT	AT HOME	AT WORK
JANUARY	Choose tap water over bottled water.	Install a bird table and bird bath.	Report fly-tipping with photos: https://www.wiltshire.gov.uk/mywiltshire-online-reporting	Go meat free for at least one day each week.	Use Century Gothic, Courier or Garamond font when printing to use less ink.
FEBRUARY	Use low phosphate washing up liquid and washing powder/liquid. Phosphates stimulate algal growth when discharged into the water supplies, lowering oxygen levels and killing fish and plants.	Put up a bird nest box or bat box. Already got one? Then why not make a bug hotel!	Refuse straws or stirrers in bars, pubs, restaurants, cafes.	Turn off appliances instead of leaving them in standby mode	Use both sides of a piece of paper when printing.
MARCH	Refuse to buy anything in black plastic containers as these cannot currently be recycled by Wiltshire Council.	Create a compost heap in your garden, for uncooked vegetable peelings, and garden waste.	Cut down on air travel. Air travel uses 3 times more carbon than rail travel.	Turn off lights when you leave the room for a while.	Don't print off that email unless essential.

APRIL	Boycott new clothing. Buy second-hand. This can also support local charities	Grow your own food. Why not think about an allotment!	Slow your driving speed; driving at 50mph rather than	Change to a renewable energy supplier.	Carry out an energy audit.
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			70mph uses 25% less fuel.		
MAY	Buy local, seasonal produce.	Grow nectar rich flowers to help pollinating insects.	Car share where possible: https://liftshare.com/uk/journeys/form/salisbury-united-kingdom	Use rechargeable batteries.	Turn off lights and close doors to conserve energy.
JUNE	Reduce consumption – do you really need that Buy One Get One Free offer!	Use mulch on your garden beds and borders to keep in moisture.	Cycle, walk or run short distances.	Line dry clothes instead of using the tumble dryer.	Collect items for the local foodbank.
JULY	Ditch the disposable nappies. Use a nappy washing service for reusable nappies. This uses 35% less energy and 41% less water than home washing.	Make an insect watering hole. Fill a dish or shallow tray with gravel (or marbles) and top up with water.	Organise a local litter pick.	Paint walls a pale colour, so you need less artificial light.	Commit to using fair trade tea, coffee and biscuits in your staffroom.
AUGUST	Don't forget your bags and reusable cup when shopping.	Water plants in the evening to avoid evaporation. Use washing up water to water pots and tubs (but check on your washing up liquid!)	Take your own water bottle and refill it: https://www.salisburyjournal.co.uk/news/17738843.celebrations-to-officially-launch-salisburys-first-water-refill-station/	Fill the washing machine, instead of washing half-loads.	Provide recycling bins to enable easy recycling at work.

SEPTEMBER	Take containers for refilling: Try Goodfayre at Fisherton Warehouse. Check if you can use your own containers at the	Leave a wild patch in your garden; stinging nettles are great for butterflies.	Visit the Secret Garden on Mill Rd: www.secretgardensalisbury.uk	Insulate your home. Cavity wall insulation can cut heat loss through the walls by	Consider green purchasing for cleaning products and hygiene items, such as toilet rolls,
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	fresh and deli counters at your preferred supermarket.			up to 60%. Don't forget your loft.	paper towels and tissues.
OCTOBER	PLASTICS: refuse to buy products wrapped in plastics; reduce your use of plastics; reuse plastics that are unavoidable; recycle wherever possible.	Stop mowing the lawn! Encourage wildflowers. Mow once a year in the autumn to take out organic matter; wildflowers thrive in poor soil.	Join your local wildlife trust. You could even volunteer with them.	Turn your heating down by one degree. Use throws, blankets, layers, hot water bottle (in covers)	Ditch plastic cups at water fountains.
NOVEMBER	Recycle for Wiltshire Ambulance: https://www.wiltshireairambulance.co.uk/five-ways-to-raise-money-for-waa-for-free/ They accept coffee pods, crisp packets, wet pet food pouches and bread bags.	Leave excess apples (or other fruit) in piles for the birds.	Use public transport.	Never flush anything with plastic down the toilet; the biggest culprits are wipes – even those that say are flushable clog up the sewerage system.	Use cups and saucers or mugs and other crockery in corporate meetings.
DECEMBER	Avoid glitter on cards and wrapping paper as this cannot be recycled. Even better, make your own!	Create a log pile ready for insects to make their home in.	Plan a 'staycation'. Holiday in the UK.	Wrap Christmas presents in brown paper or fabric (Why not try scarves!). Tie with string or ribbon	Get rid of plastic cutlery, straws and stirrers in your staff cafeteria.