

'Faith without works is dead.' James 2:17
So for those who want suggestions...

Paper 21: 30 Ways to make a difference

1. **Fit energy saving light bulbs.** Low energy bulbs consume around 80% less energy than conventional bulbs. In addition they last up to ten times longer. Energy saving bulbs are widely available and are produced in many different shapes and sizes. Prices have also dropped significantly in recent years making them much more cost effective. Prioritize those lights which are left on for long periods of time. Visit www.est.org.uk.
2. **Turn off lights when leaving a room.** I know it's obvious but it costs nothing.
3. **Only fill the kettle with as much water as you need.** What is the point of heating water that will not be used?
4. **Do not leave equipment on standby.** Turn off equipment at the wall or unplug it when it is not being used. It is estimated that 10% of domestic electricity consumption is for items left on standby. A television on standby will use 80% of the power it uses when fully on. Any items of equipment that have separate mains transformers such as mobile phone chargers, laptops, computer speakers, flat screen monitors etc are on all the time unless they are turned off at the wall socket or unplugged. In addition equipment that has a touch on/off switch is permanently on unless it is switched off at the wall or unplugged. For computer equipment where it is not practical to unplug equipment then use an energy saving mains distribution socket. Visit www.oneclickpower.com
5. **Recycle.** Rubbish dumped in landfill creates methane which is another potent contributor to global warming. In addition significantly less energy is required to recycle old items than is required to manufacture new items from 'virgin' materials. Aluminium is an excellent example of this; it takes 80% less energy to recycle an old can than it does to create a new can in the first place.
6. **Insulate properly.** Keep that expensive heat in! Ensure that the roof is insulated. Fit cavity wall insulation if suitable. Insulate pipework. Draught proof all doors and windows.
7. **Fit reflective aluminium foil behind radiators** to reflect heat back into the room.
8. **Replace an old inefficient gas boiler with a modern condensing boiler.** A new boiler can save up to 32% on fuel costs. New legislation means that only the new condenser type boilers can now be installed.
9. **When purchasing new domestic appliances ensure that you buy the most energy efficient models.** All domestic appliances now carry labels giving information about their energy efficiency. Choose an 'A', 'AA', or 'AAA' rated model.
10. **Try to reduce the use of the car.** Walk, bike or use public transport where possible. When purchasing a car choose the most fuel-efficient model available. Anticipate the road ahead to avoid excessive braking or fast acceleration.
11. **Avoid flying if at all possible.** CO2 emissions from air transport are the fastest growing source of global warming and the effect from air transport is particularly severe since the pollution is deposited directly into the upper atmosphere. If you have to travel by air then offset the emissions using a carbon offset scheme. Visit www.futureforests.com
12. **Buy locally produced food..** Fresh vegetables with a short shelf life are produced in many countries and then air freighted to us in order that we can enjoy out of season produce.
13. **Join an organic box scheme.** Organic food costs more but its production does not involve the use of pesticides and artificial fertilizers. It is sustainable and also tastes better.
14. **Buy fairly traded products.** Fair trade suppliers ensure that a guaranteed fair price is paid to producers in the developing world. Visit www.fairtrade.org.uk.

15. **Turn the heating down by 1 degree.** You will not notice much difference but will save fuel. Ensure that the timer is set correctly so that you are not heating an empty house when you are out. Turning the heating down by 1 degree can save up to 10% of the fuel.
16. **Use environmentally friendly household cleaners.** Many household cleaning products use chemicals that damage the environment. Change to ones produced using natural ingredients, these are more gentle on the environment and human health. Ecover produce a large range of common products which are widely available. Visit www.ecover.com.
17. **Fit an energy saving device to your fridge and/or freezer.** This small plug in device will save energy without affecting the performance at all. Log on to the website to check compatibility with your fridge/freezer. Visit www.savawatt.com (01789 490340).
18. **Change your electricity to a 'green energy' supplier.** These companies only supply electricity which is generated from renewable sources. Visit www.good-energy.co.uk or www.greenenergy.uk.com
19. **Reduce water use. Take showers rather than baths.** Fit a water saving device in the toilet cistern (these are available free from most local water companies) or use a brick or plastic bottle full of water. Repair dripping taps.
20. **Turn the tap off when cleaning your teeth.** This can save up to 9 litres of water a minute.
21. **Consider solar water heating.** Panels on the roof will trap the heat from the sun and will supply all the hot water needed in an average home for 6 months of the year. During the winter they can reduce gas consumption by a third. Visit www.cat.org.uk or www.solartradeassociation.org.uk
22. **Say 'no' when offered a plastic carrier bag.** Invest in a cloth or string bag to take with you when you go shopping or reuse existing plastic bags.
23. **Write to your MP.** Pressurize them to do more to reduce carbon emissions. Politicians need to know that people care about these issues.
24. **Plant a tree.** Trees are nature's way of soaking up carbon dioxide. A native species will also help British wildlife.
25. **Take holidays in the UK.** If the government's target to reduce CO2 emissions was spread equally across the population as a personal carbon allowance then one flight to Greece would swallow up your complete annual allowance.
26. **Write on both sides of a piece of paper.** Just like we have with this one! You will get through half the number of trees.
27. **Keep lids on saucepans when cooking.** More energy is used in bringing water to the boil than in cooking your veg. Keeping lids on reduces the amount of energy needed to cook.
28. **Start a compost bin.** Or a wormery if you have limited space. Save and compost kitchen vegetable scraps. Many gardening books have advise and plans of how to make your own compost bin.
29. **Buy wood products bearing the FSC mark.** The FSC (forest stewardship council) ensures that the timber comes from a sustainably managed forest. Visit www.fsc.org.
30. **Don't use disposable plastic beakers.** Take a mug to work.

**'The earth is the Lords and everything in it,
the world and all who live in it.'
Psalm 24:1**