

## **8 Days to Help Creation – Call for Action**

### **Inter Faith Week 8<sup>th</sup> to 15<sup>th</sup> November 2020**

A very successful Interfaith prayer service took place via Zoom on Thursday 15<sup>th</sup> October 2020, in which people from different faiths gave a brief presentation which included readings from their faith perspective and Holy Scriptures on Creation.

One common theme that came from the presentations was the need for everyone to take some responsibility for doing something to protect and heal this Creation, that has been given to us for our wellbeing, which unfortunately, is being damaged by our actions.

We agreed that what we want to do, as faith communities in Warwick District, is make a real difference. We agreed to make a long-term commitment to healing the planet through our actions.

The meeting discussed immediate actions, during National Inter Faith week (8<sup>th</sup> to 15<sup>th</sup> November 2020), as well as longer term changes to our lifestyles.

For National Inter Faith week, it was agreed that we would encourage our communities to get involved, and the following suggestions [not exhaustive] were made:

- Collecting litter
- Reduce our personal plastic use [where plastic can't be avoided there are a lot of possibilities for local recycling (TerraCycle)]
- Saving water
- Planting a tree
- Saving energy
- Reducing meat consumption
- Walking or cycling instead of using a vehicle or public transport
- Creating green space
- Spend some time outdoors, appreciating nature.
- etc

Each person would decide what they would like to do for a day, some days or all eight days of Inter Faith Week, from the above, and it was proposed that then they might like to post on social media what they have done. The hope is

that we could widely advertise this in our faith communities but also advertise it in the local Press and local Council.

What is suggested that each day during Inter Faith Week, a person from a different faith would take responsibility for doing one action and this would then be presented via a Zoom meeting some time during the week after Inter Faiths Week.

More long-term, we wanted to help joining people up and there was discussion about linking up with other local conservation, environmental action groups and other groups and people who share the same concerns for the planet. People of Faith and those with no-faith must all take action now!

It was agreed that we would look into promoting and working with organisations such as, TerraCycle to recycle as much as possible.

It is critical that during the current Covid-19 situation that people comply with the current Government guidance, which can be found at: <https://www.gov.uk/coronavirus>

The following suggested activities are only a guideline and people may do anything else that they think would be appropriate, however it would be good if details could be emailed to WDFE: [wdfeforum@yahoo.com](mailto:wdfeforum@yahoo.com) or put on twitter @ForumWarwick, so that a document can be produced afterward for others to learn.

<b>Task:</b>	<b>Benefit:</b>	<b>Suggested activities:</b>
<b>Reduce Litter:</b>	Improves the look of our environment Keeps plastic out of landfill Prevents damage to wildlife (animals can eat plastic bags or elastic bands, or get stuck in plastic beer can holders) Recycling plastic and cans saves money and energy (recycling aluminium uses about 90% less energy and generates 90% fewer carbon emissions than making new aluminium)	Try to pick up one piece of litter - one can or one plastic bottle - each day and then recycle it. If you can, use a litter picking stick to fill a bag with rubbish, and put it in the rubbish bin. There seem to be a lot of elastic bands dropped by post deliveries. Pick them up, and bin. <u>Keep safe from Covid-19:</u> <ul style="list-style-type: none"> <li>● Only pick up litter when you know you can wash your hands afterwards!</li> <li>● Don't pick up sharp items.</li> </ul>

## Reduce plastic use

Disposable face masks and gloves are increasingly littering the environment since the COVID-19 pandemic.

Many plastic products such as food wrappers and plastic bags – have a very short lifespan but may persist in the environment for hundreds of years.

Every year about 8 million tons of plastic ends up in the world's oceans, polluting the sea and destroying wildlife, due to entanglement or starvation caused by ingesting plastic. Once at sea, these plastics are broken down into smaller and smaller particles – microplastics – making them impossible to remove from the sea.

Exposure to microplastics and the chemicals added to plastics during processing is harmful to our health.

Protect wildlife

Cleaner seas

Ensure plastics are recycled, and re-used, rather than sent to landfill, using up valuable space.

Healthier for everyone!

Use a washable fabric face-mask

Refuse plastic bags -Take your own reusable shopping bags with you

Carry a reusable water bottle and refill it from the tap

Carry a reusable coffee cup and refuse disposables

Buy loose fruit and veg

Refuse plastic disposable cutlery – take your own with you.

Have your milk delivered in glass bottles.

Say no to plastic straws

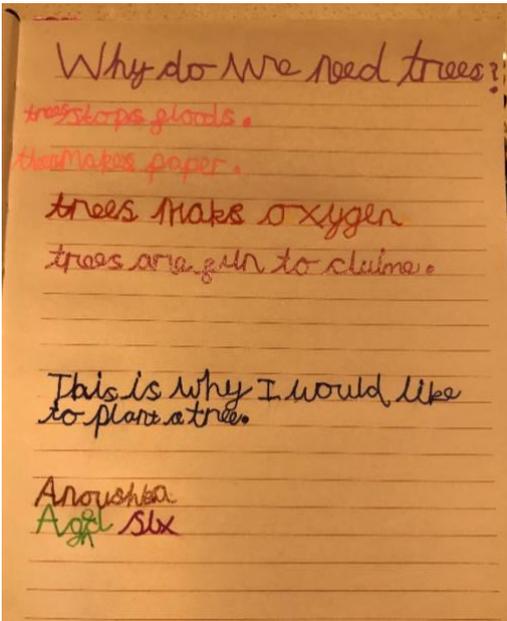
Use refill stations for household products and groceries e.g. CORE and ZERO in Leamington Spa, Green Bean in Warwick



Further information about recycling is available:

[https://www.warwickdc.gov.uk/info/20480/garden and food waste/1027/food waste - what we collect](https://www.warwickdc.gov.uk/info/20480/garden_and_food_waste/1027/food_waste_-_what_we_collect)

<p><b>Save water</b></p>	<p>Water is a precious resource – but it can't be taken for granted. Climate change, and the more extreme weather that comes with it, means that water supply is becoming more unpredictable than in previous years. Demand is increasing, however, water reserves are decreasing.</p>	<p>Suggested ways to save water:</p> <ul style="list-style-type: none"> <li>• take short showers instead of baths whenever possible</li> <li>• use cold water rather than hot when it makes sense</li> <li>• make sure washing machines and dishwashers are full before using them</li> <li>• turn off taps while brushing your teeth or when they're not in use.</li> <li>• Install a water meter</li> </ul> <p>It all adds up!</p> <ul style="list-style-type: none"> <li>• Installing water-saving devices makes a big difference. There are a wide range of measures you can take, including:</li> <li>• swapping your shower head for a more efficient model</li> <li>• fitting flow regulators or aerators to taps</li> <li>• use more water butts</li> <li>• water efficient toilets</li> <li>• reduced-capacity baths</li> <li>• low-flow taps</li> <li>• rain water harvesting.</li> </ul>
<p><b>Hard To Recycle Items, such as: Crisp packets</b></p>		<p>When you've finished with your empty crisp packets, don't throw them away to be sent to landfill! They can now be recycled in a special way and further information and details of where local public drop off points are please visit the following TerraCycle website:</p> <p><a href="https://www.terracycle.com/en-GB/brigades/crisppacket">https:// www.terracycle.com/en-GB/brigades/crisppacket</a></p> <p>The website also has details of how and where other items can be recycled.</p> <p><a href="https://www.terracycle.co.uk">https://www.terracycle.co.uk</a></p>

<p><b>Plant a tree</b></p>	<p>Trees play an incredible role in combating climate chaos by removing plant-wrecking emissions from the air around us.</p> <p>Despite their importance, just 13% of the UK's total land area has tree cover (compared to EU average of 35%)</p> <p>Why should we plant more trees:</p> <ul style="list-style-type: none"> <li>• They filter dangerous pollutants from the air, reducing air pollution</li> <li>• They have healing properties which improve mental health</li> <li>• They intercept rainfall which prevents flooding and hold soil in place</li> <li>• They are homes to millions of habitats</li> <li>• They absorb CO<sub>2</sub> (carbon dioxide) reducing climate change and release oxygen which we need to breathe</li> <li>• Forestry and fruit harvesting creates jobs</li> <li>• Improves soil fertility</li> <li>• Increases house prices as makes them more aesthetic</li> <li>• They communicate with each other</li> </ul> <p>Cork is better than plastic or metal screw caps for bottles.</p>	<p>Planting season is September to November.</p> <p>The best trees to plant are broadleaved species, such as</p> <ul style="list-style-type: none"> <li>• oak,</li> <li>• beech,</li> <li>• maple,</li> </ul> <p>as they have a larger surface area for photosynthesis.</p> <p>We can all learn from Anoushka, who has recently planted a tree:</p>  <p>There are also benefits of having plants inside your house.</p>
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<p><b>Save energy</b></p>	<p>What are the Benefits of Saving Energy ?          Save Energy &amp; Save the Environment  <i>When we consume less power we reduce the amount of Toxic fumes released by power plants we conserve the earth's natural resources &amp; protect ecosystems from destruction.</i>  <i>By taking steps to reduce energy usage we contribute to a healthier &amp; happier world.</i>          Protect the Air .....Prevent Climate Change          The Effects of Greenhouse Gas Emissions:  <i>Rising Temperatures</i>  <i>Higher Sea Levels</i>  <i>Abnormal Weather Patterns</i>  <i>Increased intensity in natural disasters</i>  <i>Smog &amp; Acid Rain</i></p>	<p><b>How can we Help:</b>  <b>Conserve Limited Natural Resources:</b>  <i>Turn off Lights in rooms when not in use &amp; during the night</i>  <i>Turn all electric sources of energy off when not in use</i>  <i>Turn appliances to sleep mode</i>  <i>Turn down heating - 18 degrees is a suitable temperature</i>  <i>Only have heating on when in the house</i>  <i>Wear warm clothing ..... Wear an extra layer</i>  <i>Only set heating to come on 1/2 hour before getting out of bed or just as you get up in the morning.</i>  <i>Draw curtains &amp; Blinds to conserve heat</i>  <i>Install a Smart Metre</i>          Exclude Draughts  <i>Apply draught excluders to doors &amp; windows</i>  <i>Insulate lofts &amp; walls</i>  <b>Central Heating Boiler Radiators</b>  <i>Service boiler Bleed / service Radiators</i>  <b>Laundry</b>  <i>Set washing machine at 30 degree</i>  <i>Reduce Ironing</i>  <b>Washing Dishes Pots Pans</b>  <i>Consider amount of running water or fill a bowl</i>  <i>Dish washer verses Washing dishes manually</i>  <b>Solar Energy</b>  <i>Going off the National Grid benefits the environment</i>  <b>Travel</b>  <i>Reduce the use of your car</i>  <i>Walk, cycle ride,</i>  <i>With COVID-19 it's difficult to suggest use if Busses, train &amp; Car sharing !!</i>  <b>Purchase Energy Efficient Appliances</b>  <i>Washing machine</i>  <i>Dish washer</i>  <i>Cooker/microwave</i>  <i>Replace light bulbs with energy efficient LED bulbs</i>  <b>Cooking in the home</b>  <i>Cook in batches when using the oven</i>  <i>Cover saucepans with lids to conserve heat</i>  <i>Use correct size pans ...</i>  <i>Only boil the amount of water you need</i></p>
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		<p><i>in your kettle</i> <i>Keep oven door closed. .... Turn off oven before cooking is finished the oven retains its heat</i></p> <p><b>Fridge / Freezer</b> <i>Keep clean .. de-ice freezer frequently</i> <i>Set temperature at manufacturers level</i> <i>Defrost food naturally</i></p> <p><b>Shower / Bath</b> <i>Shower rather than bath reducing amount of water and reducing amount electric/ gas used</i></p> <p><b>Hair Dryer</b> <i>Towel dry hair, dry hair naturally to reduce electric used by using a hair dryer</i> <i>Hot water bottle instead of electric blanket</i> <i>Extra blanket on the bed</i></p> <p><b>Sign up with a Green Energy Provider</b></p> <p><b>Individual Benefits of Saving Energy:</b> <i>Financial ....., see a difference in energy costs</i> <i>Health ... breathing in fresher air</i> <i>Environment.... Better for Plants &amp; Animals</i> <i>Less Anxiety re. Flooding of homes &amp; businesses</i> <i>World-wide.... extreme weather conditions – excessive temperatures and fires</i></p>
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## Reducing Meat Consumption

The vast majority of meat bought in the UK is produced in intensive factory farms and it is this mass produced meat which is bad for the planet.

Here's why:

- it causes deforestation and fires - in Brazil, farmers are deliberately setting fire to forests to clear space for cattle grazing and to grow industrial animal feed, like soya, for farms back in the UK
- it causes climate change - when forests are destroyed, billions of tonnes of carbon dioxide are released into the atmosphere (not to mention the destruction of habitats and possible extinction of species).
- it is an inefficient and unsustainable way to eat - over a quarter of the world's entire land area is used to graze or grow food for farm animals - food that could have been eaten by people in the first place

According to Green Peace we need to be eating 70% less meat and dairy by 2030 to prevent climate breakdown. By eating mostly plant-based food, we could feed more people - with all the calories and nutrients needed for a healthy diet - without destroying forests.

For more information and meat free recipes go to: [meatfreemondays.com](http://meatfreemondays.com)

People are encouraged to have more meat free days and try alternative diets.



# Recycling box

## Mixed paper

- ✓ Newspapers and magazines
- ✓ Junk mail
- ✓ Catalogues and brochures (including hardbacks)
- ✓ Telephone directories
- ✓ Office Paper (e.g computer paper, letters etc.)
- ✓ Envelopes (no need to remove plastic windows)
- ✓ Shredded paper (in a tied carrier bag)
  
- Remove any plastic wrapping
  
- × Tissues

## Mixed glass Bottles and jars

- ✓ Bottles of any colour (e.g wine, beer, spirits)
- ✓ jars (e.g sauce, jam, baby food)
- ✓ Non-food bottles (e.g perfume, aftershave, face creams)
  
- Empty and rinse
- Put metal lids and caps back on - they will be recycled
  
- × Glass cookware (e.g. Pyrex)
- × Drinking glasses
- × Vases
- × Ceramics (e.g. crockery or earthenware)
- × Nail varnish bottles
- × Microwave plates
- × Mirrors
- × Broken glass
- × Window glass
- × Light bulbs - recycle at [tips and some recycling centres](#)

## Metal packaging

- ✓ All metal cans and tins
- ✓ Aerosol cans (including deodorant and air freshener cans)
- ✓ Aluminium foil and trays
- ✓ Sweet/biscuit tins
- ✓ Metal lids and caps
  
- Empty and rinse
- Labels can be left on

# Recycling bags

## Card and cardboard

- ✓ Cardboard boxes (e.g. cereal boxes, dishwasher tablet boxes, Easter egg boxes) also Corrugated cardboard
- ✓ Online delivery boxes and cardboard envelopes - remove plastic inserts, polystyrene and packing tape
- ✓ Greetings cards and wrapping paper without glitter
- ✓ Egg boxes
- ✓ Brown paper
  
- Please flatten or cut large pieces of cardboard into sections no larger than 1m x 1m
- Don't worry about staples
- Ensure boxes are empty of food (e.g. pizza)
  
- × Glitter covered greetings cards
- × Foil or plastic wrapping paper
- × Ribbons, bows and tape
- × Food and drink cartons
- × Tissues

## Plastic packaging

- ✓ Pots (e.g. yoghurt, soup, etc.)
- ✓ Tubs (e.g. margarine, ice cream, etc.)
- ✓ Trays / punnets (e.g. raw meat or ham trays, take-away trays, fruit /veg trays)
- ✓ Easter egg packaging
- ✓ Chocolate and biscuit tubs and trays
- ✓ Cleaning product bottles (e.g. bathroom cleaners, washing up liquid)
- ✓ Cosmetics bottles and pots (e.g. shampoo, shower gel, creams, etc.)
- ✓ Drinks bottles (e.g. juice, squash, milk)
- ✓ Non-black plant pots (clean and free from soil)
  
- Empty and rinse bottles, squash and replace lids/tops, l
- Labels can be left on
- Trigger sprays can be left on bottles for recycling but please remove pumps as these can't be recycled
- Remove any film lids and absorbent pads in the bottom of trays
  
- × Black plastic
- × Crisp and sweet packets/wrappers
- × Film lids from pots or trays
- × Laminated pouches (e.g. cat food/coffee)
- × Plastic toys
- × Medicine packs (e.g. headache pills, etc.)
- × Toothpaste tubes
- × Polystyrene e.g. packaging inserts
- × Plastic bottles containing chemicals (e.g. anti-freeze)
- × Carrier bags/plastic wrapping film e.g. bread bags and bubble wrap (your local grocery store may have recycling bins for these)

# What food can I recycle in my green wheeled bin?

## **Plate scrapings**

- All uneaten food and plate scrapings

## **Dairy**

- Dairy products
- Cheese
- Eggs

## **Bread and pastries**

- Bread
- Cakes
- Pastries

## **Meat and bones**

- Raw meat
- Cooked meat
- Bones

## **Tea and coffee grounds**

- Tea bags
- Coffee grounds

## **Fruit and vegetables**

- Raw vegetables
- Cooked vegetables
- Whole fruit
- Peelings

## **Fish**

- Fish
- Cooked fish
- Bones

## **Rice, pasta and beans**

- Rice
- Pasta
- Beans

## **No thanks**

Please do not put any of these in your green bin:

- Any packaging
- Plastic
- Liquids
- Oil or liquid fat

You can recycle your mouldy and out of date food, including ready meals removed from their packaging.