

# DBC Eco Church Newsletter

---

July 2021

Welcome to our monthly Newsletter.

## **Seven Easy Ways to Build a Greener, Fairer, World.**

1. Take Action – With social distancing still in place, now is maybe not the time to take to the streets. That however, doesn't mean we can't take action – you can still join Zoom and webinar meetings demanding change, sign online petitions, and call for change by petitioning your MP. Change won't happen on an individual level – we have to demand a whole new world.

2. Switch to Green Energy – Fossil fuels are one of the biggest pollutants on the planet. Did you know that the UK Government provides over £10.5 billion a year in subsidies for the fossil fuel industry? Traidcraft Exchange is campaigning to change this – check out [www.traidcraftexchange.org](http://www.traidcraftexchange.org)

3. Consume consciously – You don't have to go vegan to reduced your impact on the planet. In fact, eating imported avocados or consuming mass-produced almond milk can be just as problematic as eating locally sourced fish or cheese. Think about where your food comes from – how did it get here? Is it seasonal? Consider switching to organic produce where you can – the impact on soil quality is much reduced in organic farming and avoids harmful pesticides.

4. Re-green your Garden! From planting wild grasses and bee friendly flowers, to building hedgehog homes and keeping the grass long, there are small steps you can take to help our your local environment.

5. Slow Travel – After over a year of going nowhere, its tempting to plan to go abroad in the future with cheap flights. But, why give

up our new habits of slow travel. Consider a walking holiday or take up cycling.

6. Give up Fast Fashion – it's an obvious one, but fast fashion hurts people and the planet – it's not good for anyone. Try second-hand shopping or choose an ethical, Fairtrade brand. One new pair of jeans uses over 10,000 litres of water during its manufacture. Here are just some of the manufacturers where you can obtain ethical clothes etc. – Thought, Everlane, People Tree. Fat Face have pledged to make 100% of cotton products sustainable by the end of the year, with linen, viscose and polyester included by 2025. They also have recycling boxes in-store to help reduce the textiles going into landfill. ([www.fatface.com](http://www.fatface.com)).

7. Reduce, Reuse, Recycle – Alright, we all know this one. We need to consume less, use what we have and make sure we recycle all we can.

\*\*\*\*\*

## **Eating Seasonally**

Seasonal fruit and veg is cheaper, tastes better and contains more nutrients. As well as these benefits, it's also much better for the environment as less energy is used in its production and transportation. The average meal has travelled a staggering 745 miles to our plates, so reduce its journey and get fresher food on your plate by picking locally grown. Websites such as [eattheseasons.co.uk](http://eattheseasons.co.uk) will tell you what's in season.

We are fortunate here in Dronfield and surrounding area in that we have 2 Farm Shops, 2 Butchers, a Greengrocers and a Pick-your-own farm. Make use of these as it is also supporting local businesses.

## **Saving Water**

I am sure you are all aware of just how dry June has been. It is important to make every drop of water count. Water is a vital resource – not only for us to drink, but to enable us to grow crops and raise livestock. Access to clean, fresh water will become more and more of an issue as the global population continues to rise and our waterways become every more polluted.

Simple ways to save water:

Take shorter showers – I am sure you have seen the advert about timing your shower! The average shower duration is apparently around seven and a half minutes. Taking a four minute shower (or less) will nearly halve your water use.

Stand a bucket in the shower to collect the water that would otherwise go down the drain when waiting for it to get to the correct temperature. Use this to flush the toilet or for watering your plants.

Make sure you turn off the tap. A running tap wastes around 6 litres per minute, so if you are good and brush your teeth for the

recommended two minutes you could be sending 12 litres down the drain every time.

Fit a water saving device to your toilet cistern. Toilet flushing accounts for 30% of household water use. You can get devices like a “hippo” (from [www.hippo-the-watersaver.co.uk](http://www.hippo-the-watersaver.co.uk)) that you can put in your toilet cistern and that will save around three litres of water per flush. You can also fill a large plastic milk or water bottle with water and sink that in the cistern.

Get a rainwater butt. Collect the rainwater that falls on your roof and use this to water your garden.



## **DBC Freecycle**

Remember, if you have something you no longer use/want advertise it here and maybe it's just what someone else is looking for. Email details and photo if possible plus your contact details to [margaret.keen@talk21.com](mailto:margaret.keen@talk21.com)

### **Free for collection:**

4 x 12 inch plant pots and two wooden trestles – 2 feet 6 inches high.

Contact David Grime on 413952

For more information about DBC Eco Church Group contact Margaret Keen at [margaret.keen@talk21.com](mailto:margaret.keen@talk21.com)

---