

# DBC Eco Church Newsletter

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December 2023

## Welcome to our Newsletter.

For more information about the Dronfield Baptist Eco Church Group contact - [margaret.keen@talk21.com](mailto:margaret.keen@talk21.com)

## WHSmith BOOKCYCLE - Read + Recycle + Reward

Do you have lots of books on your bookshelf that you have read and don't know what to do with them.

WHSmith has launched a new buy-back service for second-hand books to turn your books into gift vouchers.

Register your books on the BookCycle website. Then take your old books into a participating store to get your eGift voucher emailed directly to your iBox to spend in-store or online. For more information go to [www.whsmith.co.uk/brands/whbookcycle/](http://www.whsmith.co.uk/brands/whbookcycle/)

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Get your tubs to our pubs!

Greene King is running 'Tub2Pub', a recycling campaign to raise money for Macmillan Cancer Support and recycle plastics.

From 1 January - 11 February 2024, it's pubs, restaurants, and hotels will accept your clean and empty:

Confectionery tubs  
Biscuit tubs  
Cracker tubs

Last year the scheme saved over 25,000 plastic tubs from landfill and raised more than £5,000 for charity.

These are the Roses, Heroes, Celebrations, Quality Street type plastic tubs. If you

have any of these tubs please let me have them via Dronfield Baptist Church and I will make sure they get to the right place.

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## Collection up-date:

By recycling your milk bottle tops, so far you have contributed to raising £5,160 for Yorkshire Cancer Research. Thank you for your support.

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Please don't throw away your old and outgrown football boots. The Spireites Trust are creating a boot bank to enable as many young people as possible to participate in their events, where they are required to wear football boots they might not have.

If you would like to donate to the boots bank, take any unwanted pairs in good condition to:

The HUB, SMH Group Stadium, 1866 Sheffield Road, Chesterfield, S41 8NZ for more information contact [alyssjackson@spireitetrust.org.uk](mailto:alyssjackson@spireitetrust.org.uk)

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Do you have an Oral B electric toothbrush with the round brush heads. Did you know you can buy recyclable replacement brush heads from [www.livecoco.com](http://www.livecoco.com). You can also then return the brush heads to them for recycling, forming a closed loop.

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If you want to send your old spectacles or hearing aids to somewhere that will send them to developing countries to be reused rather than recycled, send them to:

The Administrator, Lions Clubs National Headquarters, 257 Alcester Road South, Kings Heath, Birmingham B14 6DT. If they cannot be reused they will then send them for recycling.

You can check out local branches from their web site and some of them collect them and send them off. There are a few in Rotherham/Sheffield area if you want to save postage.

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The CALPOL brand have introduced a freepost option for people to send used CALPOL syringes to for efficient recycling. Please send a minimum of five items per package, to minimise the carbon footprint of posting. The address to send them to is:

FOA Calpol Syringe Recyclability  
Kenvue Consumer Care Team  
Freepost RUGE-BSCL-LXHY  
Johnson & Johnson Liited  
50-100 Homers Farm Way  
High Wycombe  
HP12 4DP

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## Twelve Tips for a More Sustainable Christmas

### 1. Choose a gift that lasts

You may have heard the age-old sentiment 'collect memories, not things'. This Christmas, purchase items that the recipient really wants with value, purpose and meaning, or opt for an experience instead.

### 2. Shop locally

Small and independent businesses need all the support they can get so, where possible, buy your gifts, cards and decorations locally.

### 3. Choose handmade gifts, cards, crackers and decorations!

Whether you bake, sew or paint, get creative this Christmas! How about skipping the unwanted toys and making your own personalised crackers from toilet paper rolls,

advent calendars filled with homemade treats, or avoiding the plastic and making decorations from baked orange slices? Homemade cards are one of the best gifts out there – and that's still the case! Put some time in by making your own and see how meaningful it can be!

### 4. Or second-hand...

There's something quite nostalgic about pre-loved Christmas decorations. Charity and second hand stores can also be great place for unique gift ideas. A first edition copy of a favourite book, a watercolour painting by a local painter, a board game or that perfect Christmas jumper... go see what you can find!

### 5. Switch to eco-friendly wrapping paper

Did you know Brits use 227,000 miles of wrapping paper every year? Opt-out of the glittery, un-recyclable paper this year and opt-in to brown paper, recycled and recyclable paper, scrap paper that you've decorated or even fabric wrapping using Furoshiki folding. Remember to save your old gift boxes and bags, and skip the sticky tape and glitter where you can. What's the prettiest zero-waste option you can find?

### 6. Look into alternative Christmas trees – rent, or turn your houseplant into a tree!

[Forestry England have some great tips](#) on making sure your Christmas tree is as sustainable as can be. They include, if you choose a real tree, making sure it is Grown-in-Britain certified, opting for a potted tree (which can last a lifetime, not just Christmas!), and recycling your tree after you've used it. If you're opting for a fake tree, it's estimated to take 10 years to make it environmentally worthwhile, so make sure you love it.

### 7. Switch to LED lights, which use up to 80% less energy

Christmas lights are a delight that are hard to get bored of, but they're even more of a delight when they're LEDs and use 80% less energy – happy family, happy wallet!

## 8. Send e-cards or plantable Christmas cards

Firstly, nobody needs the mass sending of Christmas cards with only 'Happy Christmas' written in them. This year, challenge yourself to only send a card if it's got a personal message inside. If you want to still send a card but without the waste, opt for e-cards. If you want the real card, choose ones made with recycled card, ones with the FSC or PEFC logo to ensure it comes from well managed forests that support local people, or at least cards free of glitter so they can be recycled.

## 9. Go meat free, and cut food (and packaging) waste

A scary amount of food waste is created at Christmas, equivalent to 4.2 million plates of Christmas dinner going straight into the bin! Take steps to reduce your food waste by planning your food carefully, freezing leftovers and only buying what will be eaten. At the same time, consider reducing meat consumption, and your carbon footprint, with a tasty nut roast or veggie alternative.

## 10. Re-wear your Christmas jumper

The crazier the better!

## 11. Choose one big present

We all know that Secret Santa gift we get and then forget about, shoved to the back of the cupboard, until we move. This year, avoid the tiny presents with no impact and consider choosing one gift for the whole family, or friendship group, that everyone can enjoy together.

## 12. Enjoy time together!

Overall, nothing is more important at Christmas than the people we spend it with. Consider how you can support people in the local community to combat loneliness and enjoy rest, some wonderful walks in nature and quality time with loved ones this Christmas.

**Don't forget to make use of our Freecycle facility.**

Just send me an email – [margaret.keen@talk21.com](mailto:margaret.keen@talk21.com) with details of what you would like me to include with a photo and any relevant sizes etc. and I will include it in the next Newsletter.

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To avoid putting fat down the drain and blocking the sewerage pipes, I add rolled oats to cold fat in the pan to absorb the fat. Then I feed it to the birds. They love it. It's win win.

