

February-March 2026

Welcome to our Newsletter.

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Is Your Laundry as Green as Possible?

Laundry detergents and their plastic packaging are often overlooked when it comes to their environmental impact. Every bottle of detergent contributes to waste and adds to the problem. The truth is, it's not just one bottle – it's part of an on-going cycle.

FACT – Millions of plastic laundry detergent bottles are discarded every year, extending the planet's plastic crisis.

Plastic detergent bottles may seem like they disappear, but they often end up in landfill or oceans.

Bottles of laundry detergent contain a high volume of water adding to the weight and therefore cost of transport.

There are many alternatives on the market now ranging from eco pods to laundry detergent sheets. These can be obtained from companies such as Smol, The Green Company, Ethical Superstore, Livecoco and Ocean Saver plus more if you search on line. By using these options they don't leave plastic bottles behind, come in eco friendly recyclable packaging (usually cardboard) and don't contain water.

The Big Plastic Count is Back for 2026!

Join the UK's biggest people-powered investigation into plastic waste.

Dates for the Big Plastic Count are 9th – 15th March. If you want to register go to the Big Plastic Count Website and registration opens on Wednesday 21 January.

(Big Plastic Count Website)

I am sure as a Church we will again be supporting and taking part in the Big Plastic Count.

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Six Common Heating Mistakes Wasting your Money and How to Avoid Them. (Which? Greener Living)

Turning the thermostat up too high.

Turning the thermostat up won't heat your home faster and instead just makes the heating stay on longer. If you set the temperature to 25 degrees instead of 20 degrees for example, you're not increasing the speed at which the system runs, you're simply setting it to stay on for longer. This means your boiler keeps working until that higher temperature is reached, even though most homes feel comfortable at lower settings.

The Energy Saving Trust says that increasing your thermostat by just one

degree can add around 10% to your heating costs.

Heating Rooms you Rarely Use

This is an easy change to make if you're looking to cut your energy bills. There's no point heating a space you're not using, and doing so can increase how much energy your heating system uses, especially in homes with poor insulation. Radiators in unused rooms, such as spare bedrooms or storage spaces, will still draw heat from your boiler, so try to get into the habit of turning them down. Smart radiator valves can also help.

Placing Furniture in Front of Radiators

Blocking radiators stops heat from circulating properly, which can make your heating run for longer and cost more. If a radiator is blocked by furniture, curtains or a cabinet warm air can't circulate properly. If you want your radiators to work efficiently, keep the space around them as clear as possible. Even moving furniture a short distance away can help heat circulate more freely and improve comfort without increasing your energy use.

Using a Poor Electric Heater

Not all electric heaters are equal, so it pays to check the options. Some can cost as little as around 50p an hour whilst others cost around 66p an hour to run.

Not checking your Boiler Pressure

Low boiler pressure can stop radiators from heating up properly, leading to inefficient heating and higher energy bills. On many boilers, you can check

the pressure using the gauge on the front of the unit. When the system is cold, this is usually between 1.0 and 2.0 bar, though you should always check your manufacturer's instructions. An annual boiler service can help keep your boiler running efficiently and spot potential problems early.

Ignoring Draughts and Poor Insulation

These issues let heat escape, meaning your heating has to work harder. Even if you've configured your home heating correctly, draughts can make your home feel colder than it should. Gaps around doors, windows, floors and loft hatches allow warm air to escape and cold air to creep in, forcing your heating to run for longer to maintain a comfortable temperature. Don't forget the loft hatch, letterbox and keyholes. Poor insulation has a similar effect. You don't have to take on major works, simple things like fitting letterbox brushes, blocking unused chimneys and adding thick curtains or rugs can all help keep heat in and make your home feel warmer.

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Some of you may remember "Second-hand September" a campaign run by Oxfam whereby people pledge not to buy any NEW clothes during September but to use second hand sources for any clothing needs. I have challenged myself to not do just one month but six months (January-June). Please speak to me and ask how I am doing over the next few months.

Margaret