























Boston Spa, Wetherby
& Villages

Community Green Group

2022 New Year Challenge!



You can complete these in any order. Can you do them all? What challenge of your own can you add

 Feed the Birds: over the cold winter months. If you are unsure about <u>what food and feeders to use</u> , click here .	 Don't buy as many new clothes. Find an item of clothing that needs mending and learn how to fix it.
 Wrap up & go for a walk! take part in our local geocache trail .	 Walk, cycle, scoot or work from home one day every week.
 Find out who provides the energy in your home and change to a renewable provider . If you already have, get three friends or family members to switch or explore installation of solar panels.	 Join our Community Group and help with our next litter pick or do your own litter pick in your local park.
 Cook and eat a vegetarian meal once a week for 6 weeks in a row. If you already do this, take part in Veganuary! Or get three friends or family members on board.	 If you have outside space, get your garden ready for spring . Leave an area of lawn uncut, keep some weeds & sow some wild flowers, will all attract insects and small animals.
 <u>Make and put up bird nest-boxes</u> by mid winter so the birds have enough time to get used to them for spring.	 Let the bus & train take the strain and fly less.
 Make a hole in the bottom of your fence, hedgehogs like to wander (they can walk 2kms a night!). Put food (not milk) out too.	 Recycle 100 crisp packets at our local collection points
 If you've got a wildlife pond (or a container pond) remove any debris and float a tennis ball on the surface to prevent it from freezing over!	 Watch at least one of these documentaries - A Life On Our Planet , Beavers Without Borders , The People vs Climate Change, 2040 , Kiss The Ground .
 Take part in a fun citizen science project e.g. CEH	 Learn how to make EcoBricks and teach a friend how to too.
 Think of three ideas on how to save water in your home and implement them.	 Talk to friends & write to your local councillor and MP about an environmental issue in your local area.
 Try out a food sharing app like Olio or Too Good To Go	 Add your name & any of the above at Count Us In



Boston Spa, Wetherby & Villages Community Green Group

We want to help reduce our carbon emissions, increase local biodiversity, reduce waste and increase recycling in our communities.

💬 If you want to keep updated with what is happening please email penny.stables@bostongreengroup.co.uk or signup on our website homepage bostongreengroup.co.uk

💡 In the meantime, here's a few ideas as to what you can do yourselves to help achieve the same aims;

🗑️ UK households waste 6.5 million tonnes of food every year, 4.5 million of which is edible, that's enough to fill 38 million wheelie bins.

£££ Did you know, the average family of four can save just over £60 per month by reducing their food waste, whilst helping to reduce their carbon footprint too.

👨🍳 We each create 8.2kgCO₂e per day from the food and drink we consume, that's almost a quarter of an average persons carbon footprint. Buy seasonal and British.

⚡ UK's carbon footprint is falling, down 39% since 1990. Largely thanks to clean energy, which now makes up 43% of UK energy mix (was 10% 12years ago, driven by you switching to renewable 'green energy' suppliers)

👕 £140 million of used but still wearable clothing goes to landfill in the UK every year. How often do you buy & wear fast fashion? Can you resell it on eBay, Gumtree or Vinted? Or donate to charity & clothes banks?

♻️ Before you bin it, can you, repair? reuse? Or recycle?

💬 Talk and share with friends, family & colleagues

👣 We are all individuals and will all want to make some changes, but perhaps want to keep other habits unchanged. Calculate your carbon footprint using the WWF calculator (footprint.wwf.org.uk), and see where you can make a difference.

📅 Stick the New Year challenge sheet overleaf on your fridge and see how many you can complete this Spring?

If you want to keep updated with what is happening locally please email penny.stables@bostongreengroup.co.uk or signup using this QR code

