

St. Mellion Parish Council has committed to tackling the effects of Climate Change

CAN YOU HELP US?

We would like to form a Community Group to help develop projects to reduce the carbon footprint of St. Mellion.

Below are some tips for how to reduce your impact on the environment, please have a look and see if you can try any of them. If you would like to help, please email: clerk@stmellion-pc.gov.uk

Firstly, see if you can work your way through some or all of the 10 carbon pledges overleaf (courtesy of Climate Vision). Then you could try any or all of the following:

CAN YOU REDUCE YOUR CONSUMPTION BY...?

- **Thinking carefully about every purchase:** Try to avoid buying things you 'want', only buy the things you 'need'.
- **Keeping it Local:** the further goods have to travel the bigger the carbon footprint, buying British is good, buying Cornish is better. Know where your food comes from. Order local veg boxes. If you can, grow your own. Use local tradesmen and shops.
- **Avoiding waste:** Recycle, compost, re-use, re-purpose, upcycle, make do and mend; use all kerbside recycling options, compost your food and garden waste, use the facilities offered by 'Recycling for Charity' for hard to recycle items, avoid plastic wrapped items as much as possible, Avoid single use items.
- **Buying second hand instead of new:** buy and sell via Charity Shops, Scrap Stores, Jumble Sales, Car Boot Sales, Ebay, Gumtree, C.R.A.P. Tamar Valley, C.R.A.P. Callington. If you must buy new make sure it will last, invest in quality goods not disposable ones.
- **Avoiding unnecessary journeys:** plan your shopping trips and reduce frequency of journeys, car share, use public transport, walk, cycle, avoid flying.

CAN YOU GIVE SOMETHING BACK BY...?

- **Helping the bees:** avoid using weedkillers, let your lawn grow and don't mow it as often, or only once at the end of the season, plant wildflowers and bee friendly mixes in your garden.
- **Planting a Tree:** if you haven't got room to do this, you can donate to charities like the Woodland Trust who will dedicate a tree for you.
- **Volunteering:** Find your local Climate Group and join it, go on a litter pick.

CAN YOU USE YOUR POWER AS A CONSUMER BY...?

- **Spread the Word:** get family and friends on board.
- **CAN YOU USE YOUR POWER AS A CONSUMER BY...?**
- **Demanding local and plastic free:** buy your fruit and veg loose, leave plastic wrapping at the checkout, complain loudly about it, use local honesty stalls if possible.
- **Avoiding companies that invest in fossil fuels:** Check the following: your bank, your insurer, your energy supplier, your pension provider, your employer, your

MAKE A DIFFERENCE MAKE A PLEDGE OR TWO...

If you would like to take some practical steps towards making a difference then do as many of the top ten pledges as you think you can achieve



Climate
VISION

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| PLEDGE | 1 | I pledge to ring my electricity supplier over the next 24 hours and see if I can switch to green energy (if not I will find one)! | PLEDGE | 2 | I pledge to buy local seasonal produce as much as possible starting with at least 2 meals a week. |
| PLEDGE | 3 | I pledge to educate myself about the science and impacts of climate change. | PLEDGE | 4 | I pledge to contact my MP and my friends to make these pledges too. |
| PLEDGE | 5 | I pledge to walk, cycle, use public transport or register with carsharecornwall.com (08700111199) to travel to work or regular journey at least once a week. | PLEDGE | 6 | I pledge to work out my own carbon footprint using one of the many easy to use carbon calculators Eg, http://footprint.wwf.org.uk/ |
| PLEDGE | 7 | I pledge to do a 'home energy check' to find out how I can save energy in my home http://hec.est.org.uk . (If you don't have internet, ask the energy saving trust on 0800 512 012) | PLEDGE | 8 | I pledge to turn my thermostat down or use a thermometer to reach the lowest comfortable temperature, typically between 18-21°C & think about putting on a jumper instead. |
| PLEDGE | 9 | I pledge to reduce my holiday air miles by 50%. | | | |
| PLEDGE | 10 | I pledge to research 'driving in a greener way' by google/research or by ringing up a driving instructor and booking a lesson to learn eco-drive ideas. | | | |

CHECKLIST

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| 1 | <input type="checkbox"/> | 6 | <input type="checkbox"/> |
| 2 | <input type="checkbox"/> | 7 | <input type="checkbox"/> |
| 3 | <input type="checkbox"/> | 8 | <input type="checkbox"/> |
| 4 | <input type="checkbox"/> | 9 | <input type="checkbox"/> |
| 5 | <input type="checkbox"/> | 10 | <input type="checkbox"/> |