



The IPCC's co-chair Dr Debra Roberts says that lifestyle changes can make a big difference in tackling the issue of climate change. "That's a very empowering message for the individual," she said. "This is not about remote science; it is about where we live and work, and it gives us a cue on how we might be able to contribute to that massive change, because everyone is going to have to be involved."

## What can you do?

- buy less meat, milk, cheese and butter and more **locally sourced seasonal food** - and throw less of it away
- drive **electric cars** but walk or cycle short distances
- take **trains and buses** instead of planes
- use **videoconferencing** instead of business travel
- use a **washing line** instead of a tumble dryer
- **insulate** homes
- demand **low carbon** in every consumer product

## Individual and family action

- Turn down the thermostat and turn off lights and electrical appliances when not in use.
- For fashionistas think about clothing purchases. Buy natural fibre clothing. Avoid 'throw away' fashion. Watch Stacey Dooley's Fashion's Dirty Secrets on BBC iPlayer:
- Keep fit – walk or cycle
- Avoid single use plastics. Invest in a reusable water bottle.
- Get gardening and grow your own fruit and veg.
- Take a walk in the park or go hill walking. Re-establish your connection with nature.

## Advocacy and Community Action

- Get informed: See <http://ecosj-stream.ecojesuit.com/>
- Contact your MP- make your voice heard! <https://www.theclimatecoalition.org/joint-letter/>
- Plant trees! <https://www.bbc.co.uk/news/science-environment-37813709>
- Support the COP24 pilgrimage <http://climatepilgrimage.com/>
- Pray! <http://www.ecologicalexamen.org/>
- Take the Pledge - <https://catholicclimatecovenant.org/program/st-francis-pledge>