

Sustainability newsletter – January 2022

“The earth is the Lord’s and everything in it; the world, and all who live in it.” (Psalm 24:1)

2. Avoiding and managing waste

Welcome to our second newsletter. In the first one, we looked at how to be more sustainable at Christmas time. This one focuses on ideas to avoid or manage the waste we generate. The aim of our newsletters is to provide tips for living in a more sustainable way as we play our part in Caring for God’s creation, one of the top priorities for the Church of England and the Oxford Diocese.

Each year we bury 18 million tonnes of waste in the UK. That amount is hard to imagine. Another way of looking at it is that the average person throws away their own body weight in rubbish every 7 weeks! It’s predicted that we will run out of landfill space by 2024 so read on to see if you can contribute less waste.



1. **Rethink:** do you really need that? Should you throw that away? Is this suitable for reuse or recycling? Getting into the mindset of asking yourself these question before you buy or discard will help you become more sustainable.

2. **Refuse** to buy things you don't need, or products that come overly packaged (like a box inside a box, wrapped in plastic, in a box) Also think about 'freebies', junk mail etc.
3. **Reduce** what we bring into our homes. Do we really need to buy that? And use less of what you can't avoid, such as packaging. Reduce the amount of energy we use in our homes e.g. turn lights off when not using a room. Reduce could also be 'decluttering' the things which we have which we don't need any more – but don't be tempted to buy more to replace them!
4. **Reuse** what you can, for example carrier bags and jars. Try 'upcycling' old furniture by painting it or, if you're handy with a sewing machine, create some new items from old. 'Rehoming' is another form of reuse e.g. donating to charity shops or to family or friends, taking unwanted items to a car boot sale or offering them online at Freecycle or Freegle.
5. **Repair** what's broken. It's a common (mis)conception that much of our stuff can no longer be repaired. Rather than automatically replacing, why not see if you can repair it yourself (YouTube can be helpful!) or try to find someone who can. Repair cafes can help; they are staffed by volunteers and only ask for donations to cover their costs. Our nearest is in Maidenhead library every second Saturday of the month, 10am - 3pm.
6. **Recycle** what you can. Many things can be recycled through kerbside Council collection or taking to the waste and recycling centre on Stafferton Way. Shops are offering services e.g. Sainsburys takes 'flexible plastics' and Robert Dyas water filters, and Terracycle takes less readily recycled items. Have recycling in mind when you are shopping e.g. buy pasta in a cardboard box rather than non-recyclable plastic.

For a long time, sustainability was just about recycling – but we've now realised that there is much more we can do in addition to this.

The overall aim is to put an ever-decreasing amount into landfill to 'Rot'.

We hope this has given you some ideas to help you be more sustainable.

We will be providing tips on a variety of topics over the coming months, so if you have any you'd like to share, please let us know by emailing them to jwilks@jwa-consultancy.co.uk.

We would also like to invite you to an **informative and fun Sustainability Open Morning** on **Saturday 19th February** from 10.00-12.30. If you're interested in knowing more about what we are planning to do as a church and how you can contribute, please put the date in your diary. More details will follow.