

# A Rocha UK's Easy Eco Tips



These snippets are for you to **copy and paste** into your church's newsletters, orders of service or any suitable communication. Please add the following text after any eco tip you use:

[Insert eco tip] **For more practical ways to enjoy, nurture and defend nature, sign up to A Rocha UK's Wild Christian email at: [arochoa.org.uk/wild-christian](mailto:arochoa.org.uk/wild-christian)**

Or for a smaller space we suggest:

[Insert Eco tip] **For more eco-tips, sign up to A Rocha UK's Wild Christian email at: [arochoa.org.uk/wild-christian](mailto:arochoa.org.uk/wild-christian)**

## JANUARY

Make 'enjoying nature' your priority. From bird watching, to writing about or drawing something that inspires you in nature, growing your own fruit or veg or visiting an area of outstanding natural beauty in the UK – be sure to fall in love with nature in a new way this year.

## FEBRUARY

Go Green(er) for Lent. The weeks leading up to Easter are a great time to start or give something up that benefits nature and helps address climate change. Is there a change you can make to better care for creation and improve our lives and the lives of others through healthy, eco-friendly and sustainable living?

## MARCH

Celebrate Spring! Make sure you're giving yourself quality time enjoying creation: smelling the blossom, tapping catkins, copying bird song, finding a footprint or identifying spring flowers with the PI@ntNet app. Nature can boost our happiness so take time to observe nature in your gardens, on your balconies, and in your local green spaces.

## APRIL

Fit more active travel into your day and daily routine. As the weather warms up, it's worth considering what journeys can be made by walking or cycling. Could you get off a stop early to walk the rest of your journey, take a relaxing stroll home, or hop on a bike and enjoy a cycle friendly route? If you prefer exploring outdoors on foot, find out if there's a local Ramblers group.

## MAY

Say no to the mow. Mowing your lawn less, and letting parts of it grow long, saves you time and helps give nature a home. If you want to make an even bigger impact for wildlife, don't mow your lawn or a section of it all until August to help even more animals

## JUNE

Taste the benefits of seasonal and local food. Make plans to source locally grown foods that you can add to your diet/ shopping list throughout the seasons. Produce grown locally is picked at the peak of its ripeness and will be full of flavour, tasting better than the produce that has been imported and travelled thousands of miles.

## JULY

Help hedgehogs in hot weather. Hedgehogs particularly need help in a heatwave, as their usual prey of slugs, snails and worms are often unavailable. Leaving out a juicy snack, such as mealworms or canned dog food, can help in sustained warm weather. If you have a garden pond, ensure there's always a way for hedgehogs (and other small mammals) to climb out if they fall in.

## AUGUST

Help birds in hot weather. Keeping your bird bath topped up with fresh water in warmer weather can be a life saver for our feathered friends. Get your garden birds through a heatwave when natural supplies, like worms, become scarce, by putting out supplementary food – black sunflower seeds, pinhead oatmeal, soaked sultanas, raisins and currants, mealworms, waxworms and good seed mixture.

## SEPTEMBER

Green your home this Autumn. Tackle climate change and reduce your heating bill by testing how draughty or leaky your home is. Find the gaps that let the cold air in and warm air out (think keyholes, letterboxes, gaps around the edges or bottoms of windows and doors, loft hatches, floorboards etc.) and fix these gaps using the correct materials: (there are lots of handy tutorials on how to do this online). Now is also a very good time to prepare for winter by sticking tinfoil or radiator panels between the wall and radiator, as these will help reflect heat back into your room during the colder months.

## OCTOBER

Provide food and shelter for wildlife, now and in preparation for next year. Clean all your bird feeders to avoid the spread of disease to winter migrants and put up a nest box well in advance of breeding season. A nest box could also prove a cosy spot for small birds to spend the night on particularly cold winter evenings ahead.

## NOVEMBER

Have yourself a Greener Christmas. What ways can you make sure your Christmas is both a celebration of Christ's coming and better for His creation? Check out A Rocha UK's twelve tips for a greener Christmas: [arochoa.org.uk/our-twelve-tips-for-a-greener-christmas](http://arochoa.org.uk/our-twelve-tips-for-a-greener-christmas)

## DECEMBER

Recycle right this Christmas (and beyond!) Since more waste ends up in landfill over Christmas than during the rest of the year, it's a great time of year to review and improve your own recycling set up at home. Different boroughs offer different recycling provisions, but you can find out exactly what you can recycle at home by entering your postcode here: [recyclenow.com/recycling-locator](http://recyclenow.com/recycling-locator)