

# SUSTAINABLE OVERTON

Working as a community to combat climate change

In September, Overton Parish Council, along with Whitchurch Town Council and many other councils throughout the UK, declared a **Climate Emergency**. This is a UK-wide grassroots movement by ordinary people who care about our environment. We want to stop the damage we are doing to our planet, before it's too late.

As the world warms, extreme weather is becoming more frequent and intense, sea levels are rising, prolonged droughts are putting pressure on food crops, and many animal and plant species are being driven to extinction. It's hard to imagine what we as individuals can do to resolve a problem of this scale and severity.

## **The good news: we are not alone.**

Overton Parish Council has formed a community group called Sustainable Overton, and Whitchurch Town Council has formed Low Waste Whitchurch. Already we have a team of enthusiastic and dedicated volunteers, working on initiatives to help everyone in the village do their bit.

## **What will the Sustainable Overton group do?**

We have 6 subgroups:

Energy | Transport | Waste & Recycling | Environment  
Businesses, Schools, Church Clubs & Societies | Communications & Events

Each group has just started meeting and drawing up plans. There will be a website where we'll post video blogs, photos, thoughts and ideas, as well as information and ways to get involved. We're planning many activities such as a Green Fair, Repair Café at St. Mary's Hall, talks, workshops, and competitions. We are open to all comments and ideas – we may not get everything right at first, we are not experts in all areas, and we welcome all constructive input.

## **What can you do to help?**

Don't worry – we're not expecting you to become a tree-hugging hippy (although there's nothing wrong with that if that's your bag!), we are just a bunch of ordinary people who want to make our village a better place to live. Everyone can make a difference – individuals, families, businesses, schools, church and community groups, clubs and societies. We can all help make Overton a sustainable home for us and future generations.

If you have time, ideas or energy to spare – JOIN US. We're lovely.

if you have no time at the moment but think it sounds good – PLEDGE YOUR SUPPORT

If you would like to live more sustainably – CHANGE JUST ONE THING (see overleaf)

If you have ideas, thoughts, or comments – LET US KNOW

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'What can I do? I'm just one person.'  
*said 7.53 billion people ...*



## USE ENERGY WISELY

27% of carbon emissions in the UK come from energy supply. Using less energy will help the environment and save you money. Try this:

- **Unplug** computers, TVs and other electronics when you're not using them
- **Change to energy-efficient** light bulbs
- **Switch to a green energy supplier:** ideally one who provides 100% renewable electricity and gas. [www.bigcleanswitch.org](http://www.bigcleanswitch.org) is a good starting point
- **Wash clothes in cold** or warm water (not hot)
- **Hang-dry** your clothes when you can
- **Lower your thermostat** by 1 degree



## EAT CAREFULLY

- **Don't waste food:** the average UK household throws away £470 worth of food every year. Try to plan ahead and buy only what you need, use your freezer to extend the life of the food, and get creative with using up leftovers.
- **Eat more meat-free meals** – meat and dairy production is a significant contributor to climate change, so just one or two meat free meals a week will help both the environment and be cheaper too.
- **Buy local** or organic whenever possible. More money spent locally cuts carbon emissions as well as helping our community thrive.



## CONSUME LESS, LESS WASTE

- **Cut down on single-use plastics:** take your own re-usable cup for drinks, a reusable straw, take your own bags to the shops. Only 9% of plastics are recycled.
- **Sharing, making, fixing, upcycling, and composting** are all good places to start.



## MAKE YOUR COMMUTE GREEN

In the UK, transport accounts for 33% of climate-polluting emissions. Whenever you can:

- **Take public transport**
- **Ride a bike, walk or Car-share**
- **Switch to an electric or hybrid vehicle**
- **Fly less** – and if you do fly, make sure you offset your emissions

### What IS a carbon footprint?

**Your carbon footprint is the sum of all emissions of CO<sub>2</sub> (carbon dioxide) released by your activities in a given time frame.** So, when you drive a car, your engine burns fuel which creates CO<sub>2</sub>. When you heat your home with oil, gas or coal, you generate CO<sub>2</sub>. When you buy food and goods, their production also emits CO<sub>2</sub>. The further your food has travelled, and the further you travel to buy your food, the greater the carbon footprint. If you want to calculate your personal carbon footprint, the WWF have this easy calculator tool: [www.wwf.org.uk](http://www.wwf.org.uk)