

Parham Parish Council

Climate change, how you can help!

Walk or cycle more

- If possible, leave the car at home
- Try car sharing
- Use public transport more



Reduce energy use



- Turn down the heat and put on a jumper
- Avoid single use items
- Turn off lights when you don't need them
- Buy energy saving light bulbs
- Heat escapes through draughty windows, doors, and roofs etc. make sure your home is well insulated

Buy local food

- Choose locally grown and produced food
- Try to eat a plant based meal at least once a week
- Try growing your own vegetables
- Avoid food waste



Respect and Protect green spaces

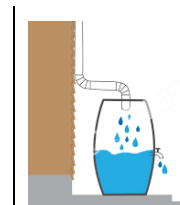


Trees and green spaces are important, they absorb carbon dioxide and help to lower air pollution

- Create your own green space
- Plant more trees

Don't waste water

- Collect rainwater to use in the garden or to wash your car



Talk about the changes you make



Tell your family and friends about the changes you have made and encourage others to follow your lead.

Tell your member of parliament and local councillors that you agree that climate change is important.