

Eco Chat

Elizabeth Oty

Lets talk toilets or more specifically loo rolls!

Loo rolls are important to us – you'll remember the panic buying of last year – but did you know that the average adult in the UK gets through 127 rolls of loo paper every year which adds up to 1.3 million tonnes of tissue.

And did you also know that most of this comes from wood pulp – trees are cut down to make it. Some of this wood will come from areas of sustainable forest management where a new tree is planted for each one that is felled. But not all producers do this, so the first thing you should do when you buy your toilet paper is to look for the Forest Stewardship Council (FSC) logo on the pack.

But could you do better by buying loo rolls made from recycled paper? So much better than using virgin wood but sadly some processes use chemicals to bleach the paper and, like the ordinary loo paper, they are often packed in plastic bags. Look for them online or in your supermarket.

Then, there is bamboo toilet paper. Sounds strange doesn't it but bamboo is an extremely renewable resource that grows 20 times faster than trees and it is also soft and strong which makes it the ideal material for toilet paper. However it must be shipped thousands of miles across the ocean

before it reaches our homes and unlike FSC wood, bamboo supply chains can lack rigorous monitoring and plantations are sometimes grown in recently defrosted land. It is also more expensive than other types of paper.

So, you must decide what you use, but remember every time we flush we make an impact on our environment.

**The Earth is the Lord's
and everything that is
in it.**

All Hallows and Saint Mary Magdalene are Eco Churches working towards the Church of England pledge to be Zero Carbon by 2030.

The Bible tells us that the 'Earth is the Lord's and everything that is in it' (Psalm 24, verse 1). So, as Christians we remember this as we aim to play our part in the safeguarding and sustaining of the life of our world.

See our website for more;

www.bardseyekparish.com



St Mary's Churchyard

Liz Parr

A special, protected place, in the middle of our village.

Over the last year many of us have appreciated the open spaces around our villages and some have explored our churchyards for the first time.

Compared with the churchyard in Bardsey, East Keswick's is a relatively modern space. The church building began in 1856 on land donated by the 3rd Earl of Harewood. Before that, as we were a part of Harewood ecclesiastical parish, baptisms, weddings and funerals for East Keswick families usually took place at All Saints in Harewood. It is there we can find the graves of our some of our earlier residents.

The first burials in East Keswick were in 1861 and the memorials record some of the families who were part of our village community from that time.

Early gravestones came in all shapes and sizes, but nowadays there are diocesan rules governing materials and ornaments. The rules are designed so the area can be maintained as a special space to be enjoyed by everyone.

“

We are now leaving an area uncut during the summer to encourage greater biodiversity

As well as routine grass cutting, our trees have to be inspected regularly and sometimes require costly surgery. In 2009 St Mary Magdalene received a generous bequest from a local resident, Dennis Wainwright, to be used towards the upkeep of the churchyard. This has additionally enabled us to plan new paths to improve accessibility and also to take action to enhance the natural environment.

..cont.



Borders planted over 60 years ago are overgrown and will be replanted to attract more wildlife. Underneath a very overgrown shrubbery in the lower churchyard is an area which, when cleared, will be large enough for an orchard of small trees.

Here we intend to plant half a dozen rare Yorkshire varieties of apple. Watch out for news of some fruit related activities later this year!



Our churchyard is a place where you can keep alive memories of friends and relatives, and where you can explore some of our history.

It is a place where you can find peace and quiet and feel connected to God's creation.

Several years ago a survey by East Keswick Wildlife Trust recorded over 50 species of wild flowers in the churchyard.

We are now leaving an area uncut during the summer to encourage greater biodiversity. Flowering grasses and wildflowers will attract small invertebrates, so we may be able to have a family bug hunt in the summer months!



Eco Chat

Elizabeth Otty

One for kids (and grown-ups as well!)

Our world is full of insects, or you may call them bugs, but their numbers are falling due to many things but mostly loss of places for them to live and the use of chemicals in our gardens or fields. Does this matter? Yes it does and here's why.

See all of those lovely bright coloured flowers out there? Do you enjoy eating fruits and veggies? Well, bugs have a lot to do with all of that. Bees and other insects do amazing work spreading pollen. Without them, many plants wouldn't reproduce and bear fruit.

With all of the work that goes into producing food, it's hard to believe that about a third of it ends up as waste. Bugs, especially worms, eat piles of rotting organic waste and leave behind compost that is full of nutrients and will help other plants grow so we can have gardens full of healthy veggies and beautiful flowers.

Yes there are bad bugs but the good



bugs kill them. Ladybirds, for instance, are fantastic garden helpers. They eat the green fly that would hurt your plants.

And perhaps most importantly, bugs are the main food source of many small birds and animals. Without them many would die.

Bugs are so helpful that you might want to make your own bug hotel to give them a place to live – we have one in the churchyard at All Hallows. You can get lots of ideas for your own from the Internet. Also, during the summer holiday why not celebrate bugs life by doing some bug crafts? Then take a photo of what you have made and send it into us. See the ladybird painted on stone I found in the garden and a hungry caterpillar that I made from recycled cardboard.

Hope you have fun with this and remember don't forget how important bugs are!

All Hallows and Saint Mary Magdalene are Eco Churches, working to become carbon net zero by 2030

Visit our website to learn more
www.bardseyekparish.com

Climate Sunday

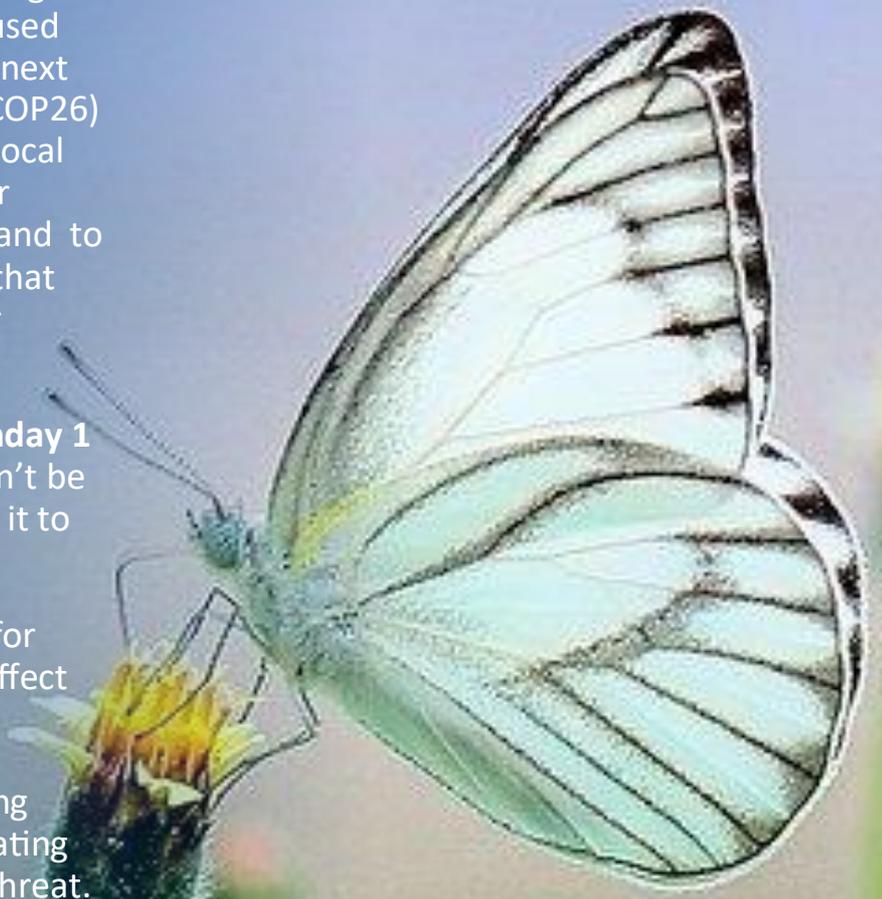
Climate Sunday is an initiative calling for all churches to hold a climate focused service on any Sunday before the next UN Climate Change Conference (COP26) in November, to encourage their local communities to commit to greater action to address climate change and to use their voices to tell politicians that we want a cleaner, greener, fairer future.

In our parish it will be held on **Sunday 1 August**. But Climate Sunday needn't be just a church event, and why limit it to just one Sunday.

Climate change is already a crisis for many around the world and will affect us all if we don't restrict global warming. Rising sea levels, floods, drought and wildfires are becoming commonplace but it is the devastating impact on nature that is the real threat. Species loss and declining biodiversity will have a far reaching impact on our ability to feed the world's population.

The solution is simple - we must eliminate the carbon emissions that come from the way we live our modern lives.

Commitment to change is less simple but essential and urgently required. If you haven't already why not use one Sunday in August or September to start making changes in the way you live to help reduce those carbon emissions - but don't stop there.



Caring for Creation

As regular readers of the Village News magazine will know, both our Churches, All Hallows and Saint Mary Magdalene, are committed to caring for God's creation and to do this we are following the A Rocha church award scheme, that encourages us to look at every aspect of our church life and to see how we can make an environmental difference in everything we do.

Now you can do the same at home by clicking on the 'households' tab and following the Creation Care survey at: -

<https://creationcare.org.uk>

First started by St Paul's Church Dorking, and now also supported by A Rocha, the survey provides a questionnaire to see if you can gain an environmental award for your home.

Wherever your household is on your creation care journey, you will find ideas for your next steps, and be able to

recognise progress already made. You may even be able to achieve a Bronze, Silver or even a Gold award – do let us know how you get on.

Caring for creation is also a key part of loving our neighbour. When creation is damaged through climate breakdown or pollution, people suffer. And the poor, those whom the Bible tells us we should particularly care for, are the most affected. Failing to look after creation is failing to love our neighbour.

The Bible teaches us that the earth is the Lord's (Psalm 24 v 1), and that all things have been created through and for Jesus (Colossians 1 V16). If we love the Lord our God, we should cherish and protect his creation.



Christmas Eco Chat

Elizabeth Otty



What are your plans?

- * When it comes to a tree real ones have a much lower carbon footprint than artificial ones, especially if disposed of by wood-chipping. An artificial tree would need to be reused for ten years to be comparable. And things would be even better if your real tree could be grown in a pot and used again next year.
- * When shopping for Christmas dinner take care what you put in your trolley. In the UK our food spend increases by 16% in December, so make sure you don't over cater and that all those extras are not going to end up in the bin. Try to buy as much locally produced and in season food as you can and always think about air miles – those Californian strawberries may look nice but do you really need them
- * Be creative in the gifts you buy; make sure your desire to bring joy is not damaging the environment. Has that beautiful shawl been made in a sweatshop in the Far East or does your favourite little one really need yet another plastic toy? And when it comes to wrapping, remember recycled paper can be just as attractive as expensive foils.
- * If you send cards make sure they are

printed on environmentally sourced paper and can be recycled – so no glitter.

- * And if you receive cards don't forget to cut off the stamps (leave a 1 cm boarder if possible) and bring them to our recycle hub in All Hallows Church.

And after Christmas is over...

Please recycle as much as you can and don't waste unwanted presents. Find new homes for them through a charity shop or on eBay.

And finally as we approach 2022 think about how you can plan for a greener and more sustainable lifestyle when you make your New Year's Resolutions. A great first step is to calculate your carbon footprint for 2021, at www.climatestewards.org and then see if you can reduce it in 2022.

Let us know how you get on!

**Happy eco Christmas
to all our readers from the
eco team at All Hallows and
Saint Mary Magdalene**

Eco Chat

Elizabeth Otty

Fast Fashion

Did you see the recent pictures on social media of at least 39,000 tonnes of discarded 'fast fashion' garments dumped in Chile's Atacama Desert, the driest desert in the world? What made this even worse was that some of the clothes were obviously new, still with their price tags on and showing that they came from one of our well-known UK high street chains.

It used to be that we had fewer clothes, paid more for them, valued them, looked after them and they lasted longer. Now cheaper fast fashion means that we might wear our clothes for a very short time then throw them away, or in the case of shops with unsold stock, sent to landfill. This not good for God's planet and certainly not good for the Atacama Desert!

The manufacture of most of our fast fashions today use an extraordinary amount of raw materials, such as power,

water, pesticides and plastic and the demand for fast fashion puts pressure on manufacturers to make more goods as cheaply as possible, often in factories in third world countries where women workers are exploited.

So what can we do about it?

- Take care of your clothes and keep them longer.
- When buying new look for clothes made from organic cotton or natural wool.
- Try to avoid 'synthetic' products.
- Try to buy from ethical clothing companies – look for the Fairtrade label.
- When you have finished with your clothes recycle at your local charity shop and maybe buy something in return!

With thanks to *Planet Protectors* written by Paul Kerensa and Ruth Valerio.

All Hallows and Saint Mary Magdalene are Eco Churches working to become carbon net zero by 2030.



Eco Chat

Sara Redmayne

Our wildlife needs you!

For many of us at home during lockdown, escaping into nature never felt more needed. Our connection to nature is irreplaceable. We must nurture and protect it - without our natural world, we are lost. Yet nature is in crisis and our Yorkshire wild places and wildlife need our local support.

Many of our farmers and the East Keswick Wildlife Trust work hard to welcome more wildlife moving between protected areas, and thankfully those protected areas continue to build a sustainable future for our nature. But there's a missing piece - **your** piece!

Make room for wildlife and feel the benefits! Most of us connect with nature, often close to home, and our gardens can do a vital job in protecting our nature. And wildlife-friendly gardening is about making a haven for you, as well as for wildlife! Essentials for success are based on four things - trees, deadwood, water and a variety of planting. Any of these features will encourage wildlife to your garden. And a small space is not a barrier to gardening for wildlife; small changes can have a real impact.

For example:

Many plants can grow on walls, roofs and in cracks and crevices. Spiders and solitary bees like nooks and crannies; rockeries, dead wood and stone walls will shelter many creatures.

Plant a window box or container with butterfly nectar plants such as lavender, marjoram, buddleia, thyme - or night-scented stocks and tobacco plants for moths.

Make a small gravel garden planted with nectar-providing perennials such as scabious, primrose, aubretia, Michaelmas



daisies; or plant in spaces in a paved area.

Nettles are the food plant of the caterpillars of some beautiful butterflies: red admiral, peacock, small tortoiseshell and comma. Butterflies prefer not to lay their eggs in the shade, so choose a sunny spot for your nettles to grow.

A pile of logs in a shady corner will feed beetle larvae and shelter animals such as frogs, toads and slow worms. Hedgehogs often hibernate in wood piles (check first for sleeping hedgehogs before having a bonfire).

Even the smallest of 'ponds' are valuable - old sinks and buckets can teem with wildlife. Water is vitally important to wildlife, so if you have a bird bath or pond, keep it topped up, refreshed and ice-free.

Keeping nature and people connected

Together our Bardsey and East Keswick gardens are a living landscape and the way we care for them and connect with our neighbours' gardens can make a big difference to our local wildlife as well as to us.

Imagine if every garden had a pond and a tree or shrub. Add a small highway between gardens - replacing a section of fencing with shrubs or hedge creates a safe highway that can be full of seeds, berries and used for nesting. With the right plants and getting together with your neighbours, our gardens become a vital, rich habitat that act as a miniature nature reserve.

Birds and wildlife can move through our residential habitats, to find sanctuary and sustenance; and onto the churchyards, local green areas, fields, woods, river, and Wildlife Trust Reserves beyond. Enjoy watching wildlife use their new routes in and out of your garden, knowing that

many more creatures are doing the same at night. Keep a nature diary and share your sightings with neighbours, friends and family and let us know how you get on!

There's a wealth of online information and guides to help you, including:

www.wildaboutgardens.org.uk

www.wildlifetrusts.org.uk

www.rspb.org.uk, www.rhs.org.uk

You can also discover and become actively involved in our East Keswick Wildlife Trust nature reserves to protect our wildlife, make new friends and find calm in our outdoor environment. Check ekwt.org.uk for further information.

Working together, people can change the natural world for the better. This is the future that both nature and we need. Please know that you are a key player in restoring and improving the fragmentation of natural habitat and reversing the loss of biodiversity.

Thank you.



Eco Chat

Elizabeth Otty

WATER, WATER EVERYWHERE - OR IS IT?

71% of planet earth is covered in water but 60% of the world's population live in places where there's a shortage of water, so if you have water in your taps you are one of the fortunate ones.

Here in the UK we have lots of water in our taps and we happily and generously use it to drink, cook, wash, flush our toilets and water our gardens; in fact the average person uses 980 litres of water a week.

And then there's the virtual water we use - that is the water it takes to make the goods we buy.

Did you know that it takes 1,700 litres to make a large chocolate bar, 9,500 litres to make a pair of cotton jeans and a massive 15,415 litres to produce a kilo of beef!

Find out more at;

www.watercalculator.org/footprint/what-is-virtual-water

It still rains in the UK and we hear lots of stories of floods - you may have even been

in one yourself – but don't be complacent, this does not mean that we will always have enough water to allow us to continue using it in the way we do. Climate change is altering our weather. In the last two decades we have had nine out of ten of the warmest years on record and by 2040, more than half our summers could be hotter than some of the hottest heat waves the UK has already experienced, river levels could drop by as much as 80%, and water shortages could be significant.

But the good news is that there is still time to avert a climate catastrophe, and whilst the water companies can help here by developing new sources of supply and reducing leakage, we can play a big part in limiting the risk faced, by reducing the water we use and the water we waste.

Like all parts of God's creation water is a life-giving gift – let's use it well!

All Hallows and Saint Mary Magdalene are both A Rocha Silver award Eco churches, working together towards a greener future.

[Thanks to Paul Kerensa and Ruth Valerio of *Planet Protectors* for some of the facts and figures in this article.]



Eco Chat: The Cost of Litter

Elizabeth Otty

Litter seems to be everywhere, in our towns and countryside, on our beaches and in our rivers, in fact more than two million pieces of litter are dropped in the UK every day. Other amazing facts are that almost 48% of people admit to dropping litter, whilst a third of motorists have thrown litter out of their cars while they have been driving.

The amount of litter dropped each year in the UK has risen by 500% since the 1960s as we have become a more throwaway society. Some research shows that the commonest type of litter has been smoking related, though now, from local experience, this has been overtaken by items of food packaging and drinks containers as we increasingly eat on the move.

Cleaning up litter from our streets costs taxpayers around £500 million a year and this does not include the amount it costs

to clean parks, water ways and other public spaces. We all have to pay for this through our taxes!

And there are many indirect costs to littering and these 'invisible' costs of litter can affect us all. Research shows that people who live on littered streets can expect to see their house price take a hit and there are links between litter, increased crime rates and even mental illness. Discarded cigarettes or disposable barbecues have also caused extensive wildfires destroying, homes, acres of peat lands and forests and the birds, animals and insects that live there. A tremendous cost to the environment and biodiversity.

In a street already strewn with litter many people don't see the harm in adding a little bit more so if an area's clean already it helps if residents stay vigilant and keep it that way. Just one piece of litter is the thin edge of the wedge – which is why prevention is key.

So please take your litter home with you and a big thank you to all our local committed litter pickers who do their best to keep Bardsey and East Keswick litter free.



Eco Chat: Recycling

Elizabeth Otty

We probably think we all know what types of things we can recycle, and where we can recycle them, but did you know that you can recycle old jewellery and, in the process, help to raise funds for the Alzheimer's Society – the UK's leading support and research charity for people with dementia, their families and carers.

The society welcomes **jewellery of any kind** - whether it's an **odd cufflink or earring**, or a broken **bracelet or necklace** that you no longer wear. They will also take **watches**, working or not! So look in all your old jewellery boxes and drawers and see what you can find.

Donating couldn't be simpler, just request a free jiffy bag via:

www.alzheimers.org.uk/get-involved/make-donation/recycling

Then put your jewellery in the bag along with your name and contact details and then post the bag using the freepost

address. Your support will help the Society with their vital caring services and their research to help people live well with dementia today, and to provide a cure for tomorrow.

And don't forget you can also still recycle the following via our recycle hub in All Hallows church:

- Used batteries – domestic style only
- Empty crisp packets
- Used inkjet cartridges – sorry no laser toners
- Stamps
- Empty toothpaste tubes

All Hallows and St Mary Magdalene are 'A Rocha Silver Eco' churches, playing our part in addressing the climate change crisis. Thank you for helping us!



Eco Chat: Have a Sustainable Christmas

Elizabeth Otty



Make this year your most eco-friendly sustainable Christmas yet. We are all aware of just how important it is to make every effort to have a sustainable lifestyle and for many of us that starts at home. Small changes can make all the difference in reducing our environmental footprint, especially over Christmas when the potential for waste, over consumption and mass shopping is high. With this in mind, here are three simple ways to have an eco-friendly Christmas.

YOUR TREE

Real Christmas trees are much more sustainable than artificial alternatives. In fact, one study concluded you'd have to reuse your fake fir for 20 years, for it to be greener. Therefore if you have a fake tree you should continue to use it but if you buy a real tree this year, ensure it's been grown as locally as possible: look out for the 'Grown in Britain' label or Forest Stewardship Council (FSC) 'seal of approval', both of which guarantee your tree has been grown to a set of environmental standards.

After Christmas seven million real trees will be thrown away rather than recycled. Please don't dump yours afterwards, instead go to [recyclenow.com](https://www.recyclenow.com) to find out about drop-off points in your area, where your old tree will be recycled into chippings for local parks and woodland areas. Last year St Gemma's Hospice was offering a tree collection service – check with them

later in the year so see if they will be doing this again.

WRAPPING PRESENTS

It's great to hear from rubbish clearance specialist that more than half of us recycle last year's wrapping paper but if you do buy new you may not know that many rolls contain non-recyclable elements, like foil, glitter or plastic. If you want to know if your wrapping paper can be recycled use the scrunch test. Scrunch up the paper in your hand and then let it go. If the paper stays scrunched up then it can be recycled but, if it unfolds by its own accord, then it likely contains non-recyclable elements. If this is the case save it and use it again next year.

SENDING CARDS

Apparently a quarter of us no longer write Christmas cards but if you do there is a way to send your season's greetings without costing the planet. Always look for cards with the Forest Stewardship Council (FSC) mark. This guarantees the paper has been produced sustainably and ethically. Many of our local charity shops are a great place to pick up a sustainable pack, so you will be buying an eco-card and helping the charity as well. And after Christmas always put your cards in your recycle bin or use in other ways, for example for shopping lists or even turn them into decorations for next year.

Have a happy and sustainable Christmas.

Fairtrade Fortnight

27 February - 12 March

For those of you who don't know, Fairtrade is a global movement, which works to secure a better deal for farmers and workers throughout the poorer parts of the world.

Supporting Fairtrade is a simple way to make a difference to the lives of the people who grow and make the things we love.

Fairtrade's mission is to connect disadvantaged farmers and workers with consumers, promote fairer trading conditions and empower farmers and workers to combat poverty, strengthen their position and take more control over their lives.

You can help Fairtrade achieve their goal by looking for the Fairtrade logo on the goods you buy. Buying Fairtrade is easy

with over 6,000 Fairtrade products from coffee, tea and flowers to chocolates, nuts, oils, sugar, and many more things we buy on a regular basis.

So when you shop, look for the Fairtrade mark. In Wetherby you can find Fairtrade goods in many places including;

M&S

Morrisons
Since 1899

co
op



You can also go to the Fairtrade website to find out more about Fairtrade:

www.fairtrade.org.uk

Or go to their online shop to find more of the things they sell at:

www.traidcraftshop.co.uk

As an eco parish we are supporting this event and we hope you can too! So be a 'Fairtrader' and become part of our parish eco-church family.



Eco Chat: A Green Spring Clean

Elizabeth Otty

Many of you will have started the new year with a list of resolutions, some will be going well and some will probably have already been broken – either way can we, as Eco Churches, ask you to make a new one?

Commit to becoming 'greener' in 2023.

Did you know that the average person in the UK is responsible for nine tonnes of carbon dioxide (CO₂) emissions per year and we really need to reduce this to two tonnes, if we are to be successful in limiting the extent of climate change. So, like spring-cleaning, can we ask you to start to spring clean your lives, by calculating your family carbon footprint

You can do this at

www.footprint.worldwildlife.org.uk or for a more comprehensive assessment try www.carbonfootprint.com/calculator.aspx

Then look to see what you can do to reduce your footprint. You may already know about many of the suggestions listed below but may not have got around to it yet, so why not make 2023 the year that you do?

- ♥ When your light bulbs need changing switch to LED and save energy
- ♥ Remember to recycle and always try to repair rather than replace
- ♥ Wash your clothes on 30^o C and air dry if possible
- ♥ Don't leave electrical appliances on standby – turn off when not in use
- ♥ When utility contracts are due for renewal switch to a 'green' supplier
- ♥ Buy local and seasonal foods, and avoid products that have been imported into the UK
- ♥ Try to walk, cycle, or use public transport for a regular journey at least once a week
- ♥ Turn down your home thermostat to 18-21°C and only heat the rooms you use
- ♥ When the summer comes – and it will – don't use a hose to water your garden, get a water butt.
- ♥ And think about taking holidays locally to avoid air miles

There are so many more things you can do. So resolve that 2023 is the year to make the change....

Let us know how you get on and become part of our parish Eco-church family.