ROTHERHAM UNITED COMMUNITY TRUST

GO GREEN

Do you want to be ‘GREENER’ but don’t know how?

“It’ll cost too much.”

“What’s the point?”

“I haven’t got time.”

TEN TOP TIPS

For everyone to make a positive difference for the environment, improve their health, and save some money!

Let’s create a movement for a cleaner, tidier Rotherham.

Ten valuable tips for everyone to contribute positively to the environment, boost their well-being, and save some money!

1. TRAVEL GREENER

Cycling or walking to work could save you **£3,000 per year** compared to driving. You can even get incentives using the cycle to work scheme Cycle to work scheme implementation guidance for employers - **www.gov.uk**

Simple - **Zero emissions**!

A study looking at active commuting found that those that cycle to work have a massive **41% lower risk** of dying from all causes.

2. FILL YOUR APPLIANCES

Your dishwasher or washing machine uses about the same amount of energy for a full load as for a half load, so filling it up every time will **save you money** over the year.

Full loads maximise efficiency by reducing water and energy consumption per item therefore **producing less CO2 emissions**.

Using environmentally friendly washing methods is generally **kinder to your skin**.

3. SPEED SHOWER

Showering for 3 minutes instead of 8 could save in the region of **£160 per year**.

Taking shorter showers is just one of many ways to reduce water use and conserve our drinking water. Shorter showers can also save up to **350kg of carbon dioxide a year**.

There is evidence of a range of health benefits when taking cooler showers which in turn will **reduce cost and environmental impact**!

4. WATER SAVING DEVICES

Saving water has obvious environmental benefits but will also **save money over the year**.

Numerous ways to save water in everyday appliances, with examples at **www.lowenergysupermarket.com/top-10-water-saving-products/**

5. MEAT FREE MONDAY'S

The latest figures from the Office for National Statistics revealed that the average UK family spends **over £17 a week on meat**, compared to around £6.20 and £6.80 on fruit and vegetables respectively.

Livestock and meat production produces more greenhouse gas, requires a lot more water and takes up more fossil fuels than vegetables and grains. Eating less meat could, therefore, **reduce your carbon footprint**.

Reduce your risk of heart disease, strokes, cancer, high cholesterol, and obesity.

6. GET YOUR LIGHTS CHANGED

If you replace all the bulbs in your home with LED lights, you could **save £65 a year** on your electricity bills.

A longer life span means **lower carbon emissions**.

Some studies have proved that LED lighting **reduces headaches, stress and anxiety and increase productivity**.

7. USE LESS PACKAGING

Shops like BE Sustainable and some supermarkets now allow you to bring your own containers to refill with everyday items www.be-sustainable.co.uk

Packaging often makes up a large percentage of product cost, using refills reduces the packaging allowing the **cost to be lower**.

Using your own containers **cuts the amount of packaging waste** which is normally thrown away within minutes of opening.

Reduce your risk of heart disease, strokes, cancer, high cholesterol and obesity by **eating more organic foods**.

8. RE-CYCLE / RE-USE

Why not donate to our Kit Cycle Scheme!
www.meadowhall.co.uk/news/5-ways-you-can-recycle-meadowhall

Some shops offer **discount vouchers for recycling**, shop around and find out how you can get added value from items you no longer need or use.

Recycling saves energy and prevents extraction of raw materials, helping to **combat climate change**. It also helps reduce waste, and therefore pollution.

Recycling reduces the health risks of disease and birth defects associated with landfills and incinerators. It also has a **positive impact on our mental health**.

9. LITTER PICK

Organise regular litter picks around your area, your school, your workplace. Clearing costs **£858 million per year –** imagine what local councils could do with that money.

80% of litter found in the oceans starts as in-land waste.

Getting out and about means that you are moving and **moving more** brings with it many **countless benefits**.

10. SMART METER - GET ONE FITTED

Smart meters mean you will only ever have to **pay for your precise usage** rather than working with estimates.

Smart meters and intelligent grid can significantly benefit the environment by **reducing consumption of fossil fuel resources and CO2 emissions**.

Lower energy bills = **less anxiety** about cost of living = **improved mental health**.

HANDY NOTES

ROTHERHAM UNITED
COMMUNITY TRUST

WINNERS will receive 4 tickets to our home game v Swansea City 9th December

RUNNERS UP will receive a signed RUFC football

Competition TIME!

Design a #TidyUpOurTown poster to encourage friends and family to tidy up their area by doing litter picks.

There are three categories:
KS1 (Y1 & Y2) • Lower KS2 (Y3 & Y4) • Upper KS2 (Y5 & Y6)

The Community Trust Team will pick the top 5 in each category and then the public will vote for their winner and runners up.

Rotherham United Community Trust
@rotherhamunited_CT
@RUFC_CT
Rotherham United CT

PLEASE REMEMBER

Include your Name, your School and year group on your entry.

Entries to community@rotherhamunited.net

Closing date Fri 17th November 2023

***Shortlisted entries will be shared across multiple social media platforms.**
No child names or school names will be used during the voting process

EFL WEEK OF ACTION

ROTHERHAM UNITED COMMUNITY TRUST

Scan to find out more

www.ruct.co.uk

Your town needs YOU!

Rotherham United Community Trust are launching the 'Tidy Up Our Town' project for this year's EFL week of action, and we need your help!

6th - 10th November

We are calling on schools, communities, businesses, sports clubs, social groups and individuals to tidy up their area by doing litter picks.

EFL WEEK OF ACTION

We want to see you in action!

- Rotherham United Community Trust
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- @RUFC_CT
- Rotherham United CT

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