



60 steps  
towards  
being  
green

# Introduction

**Our environment is under threat from pollution and global warming. Unstable weather patterns producing floods, extreme storms, and heat waves with resultant fires are on the increase.**

Greenhouse gasses, such as carbon dioxide (CO<sub>2</sub>), are the main cause of global warming. Most CO<sub>2</sub> comes from the combustion of fossil fuels in cars, buildings, factories, and power plants. Other gases contribute to the problem such as methane released from landfills, natural gas and petroleum industries, and agriculture (especially from grazing animals); nitrous oxide from fertilizers; and gases used for refrigeration and industrial processes.

The loss of forests and marshland that would otherwise store carbon exacerbates the problem. Plants and animals are struggling to adapt to this changing environment, and are also hard hit by pollution caused by micro-plastics, waste chemicals from industry and vehicles, and pesticides, herbicides and fungicides used in agriculture. Insects are declining at a rate of 2.5% per year with a third of species facing extinction, bird numbers have plummeted, coral reefs are being damaged—we are at a critical point in the Earth's history.

Humans rely on insects as pollinators, we depend upon plants for oxygen and the transpiration of plants drives the weather systems that produce rain. If we do nothing the world will become impoverished, with rising sea levels reducing land mass, desertification of large areas, and increasing food and water shortages.

The poorest will suffer most. As Christians we believe that we have been given the responsibility of caring for this earth, of protecting the poor and the vulnerable and of working for justice. Faced with a problem as huge as climate change it is tempting to believe that there is nothing we can do, but our faith teaches us to have a dynamic active hope. If each of us makes some simple changes it will make a difference.

So below are a few ways in which we can all help. It is not an exhaustive list, and anyone who wishes to become more involved can join organisations or lobby businesses and government, but we hope that you will find these simple suggestions a useful place to start.

## The Chapter of Wells Cathedral

# Energy

How much energy do you use? Reducing it will not only save you money, but will reduce the amount of carbon dioxide in the atmosphere. The [Energy Saving Trust](#) provides many useful tips.

- 1. Top up your **roof insulation**\*
- 2. Invest in **double glazing**
- 3. Ensure **hot water tank** is properly lagged\*
- 4. Turn down **radiators** in rooms that are rarely used
- 5. Turn off **TV, chargers and computers** at mains when not in use
- 6. Invest in **solar panels**
- 7. Offset your carbon use through **Climate Stewards**
- 8. Turn down your **thermostat** by one degree and put on an extra jumper
- 9. Use **LED light bulbs** and turn off lights when you leave the room and do not leave external lighting on all night
- 10. Purchase your fuel from **green energy suppliers** such as Ecotricity or Good Energy

# Food

Our choice of food not only affects our health but the health of the planet.

- 11. Use **reusable shopping bags**
- 12. Avoid **pre-packed food**
- 13. Buy **Fair Trade** goods where possible
- 14. Buy **locally-produced food** where possible
- 15. Buy **organic food** where possible
- 16. Eat less **red meat**\*
- 17. Avoid foods containing **palm oil**\*
- 18. Consider **animal welfare** when choosing meat, fish and dairy products
- 19. Buy fish from **sustainable fish stocks** (see the [Good Fish Guide](#))
- 20. Check whether milk is available in **refillable glass bottles** near you

# Clothing

Most clothes made from man-made fibres end up in land fill. These clothes are also a source of micro-plastics which have contaminated all life forms, even in the Arctic.

- 21.** Avoid **acrylic, nylon** and **polyester** which release micro-plastics when washed\*
- 22.** Choose natural fabrics or **viscose** and **modal**, which are made from cellulose
- 23.** Wash clothes in **cool water**
- 24.** Use short, gentle **wash cycles**
- 25.** **Wash clothes** less often
- 26.** Avoid using a **tumble drier**
- 27.** Recycle your **old clothes**
- 28.** Use ecologically friendly **washing liquid**
- 29.** **Mend shoes** rather than replace
- 30.** Investigate ethical **clothes brands**

# Garden

The garden can be an oasis of peace, not just for us, but also for birds and insects.

- 31.** Avoid **pesticides** and **weedkillers** \*
- 32.** Avoid **peat-based compost** \*
- 33.** Use **copper bands** or **Strulch** to deter slugs rather than slug pellets
- 34.** Use **nematodes** to deal with specific pests
- 35.** Plant flowers that are bee and butterfly-friendly (see [RHS website](#))
- 36.** Allow some areas of **lawn** to grow a little longer to provide food and shelter for insects
- 37.** Consider planting an area of **meadow**
- 38.** **Feed the birds** in winter and put up **nest boxes**, **bat boxes** or **bug hotels**
- 39.** **Make a pond (even a tiny pond increases biodiversity)**
- 40.** Make your own **compost**

# Household Items

Changing items and activities in the home can help reduce our carbon footprint and encourage more sustainable behaviour within our families.

- 41.** Use environmentally-friendly **cleaning products** and recycled paper products
- 42.** Avoid **wet wipes**
- 43.** Do not waste **water** (see [Waterwise](#)) \*
- 44.** Do not automatically replace your **phone** when the contract expires
- 45.** When you replace your **duvet** or **bedding** look for recyclable fibres
- 46.** If you buy **wooden furniture**, check that the wood comes from sustainable sources (see the [Friends of the Earth website](#)) \*
- 47.** Consider buying **pre-owned furniture**
- 48.** Use less plastic when **cleaning up after your dog**
- 49.** Put a bell on your **cat's collar** to prevent it killing birds and use ecofriendly cat litter
- 50.** Use **silicon covers** rather than cling film

# Transport

Diesel- and petrol-fuelled cars are major contributors to global warming, mainly due to the volume of CO<sub>2</sub> they emit. Around 27% of the UK's total emissions come from transport, with 91% from domestic and commercial vehicles.

- 51.** Avoid **unnecessary travel** \*
- 52.** **Car share** when possible
- 53.** Use **public transport** for longer journeys \*
- 54.** **Walk or cycle** for shorter journeys \*
- 55.** **Service your car** regularly
- 56.** If you can afford it, replace with an **electric car** or more **fuel-efficient car** \*
- 57.** Drive at a **steady speed** to avoid excess emissions from fuel and tyres
- 58.** Choose **holiday destinations** with regard to the impact of visitors
- 59.** When buying from parcel delivery companies, consider the impact of **delivery vans**
- 60.** Use **environmentally-friendly products** to clean your car

# Our Climate Change Commitment

“The Cathedral, its Chapter and community are radically committed to making environmental concerns central to all its decisions.

“At present we work hard to be energy efficient, to limit our use of plastic, to recycle, to make our land attractive, and wherever possible to use sustainable, locally-sourced produce in catering. However, we are aware that more can be done.

“To assist us we have registered with the A Rocha Eco Church scheme and are determined to reduce our carbon footprint, use more environmentally-friendly products, make our land welcoming to birds and insects, engage more with local environmental groups, and encourage worshippers to become aware of how they too can make a difference.

“We have gained a Silver Eco Church Award since starting this journey, but eventually we hope to reach gold standard.”



**The Very Revd Toby Wright**  
Dean of Wells

# Useful Links

## **Somerset Climate Action**

[somersetcan.org.uk](http://somersetcan.org.uk)

## **Eco Church**

[ecochurch.arochoa.org.uk](http://ecochurch.arochoa.org.uk)

## **Diocesan Environmental Advice**

[bathandwells.org.uk/ministry-for-mission/mission/environment/](http://bathandwells.org.uk/ministry-for-mission/mission/environment/)

## **Water Use**

[waterwise.org.uk](http://waterwise.org.uk)

## **Wildlife Gardening**

[rhs.org.uk/advice/wildlife-garden](http://rhs.org.uk/advice/wildlife-garden)

## **Energy Saving**

[energysavingtrust.org.uk](http://energysavingtrust.org.uk)

## **Offsetting Carbon Use**

[climatestewards.org](http://climatestewards.org)

## **Top Tips**

[onehome.org.uk/the-bigger-picture/280-10-top-tips-for-tackling-climate-change](http://onehome.org.uk/the-bigger-picture/280-10-top-tips-for-tackling-climate-change)

## **Carbon footprint calculator**

[carbonfootprint.com/calculator.aspx](http://carbonfootprint.com/calculator.aspx)

# Quick Guide



## Steps in a GREEN direction



### Energy

1. Top up your **roof insulation**
2. Invest in **double glazing**
3. Ensure **hot water tank** is properly lagged
4. Turn down **radiators** in rooms less used
5. Turn off **electronics** at mains when not in use
6. Invest in **solar panels**
7. Learn how to **offset your carbon use**
8. Turn down your **thermostat** by one degree
9. Use **LED light bulbs** and **turn off lights**
10. Use **green energy suppliers**

### Garden

31. Avoid **pesticides** and **weedkillers**
32. Avoid **peat-based compost**
33. Use **copper bands** or **Strulch** to deter slugs
34. Use **nematodes** to deal with specific pests
35. Plant flowers that are **bee and butterfly-friendly**
36. Allow some areas of **lawn** to grow longer
37. Consider planting an area of **meadow**
38. Put up a **nest boxes, bat boxes, or bug hotels**
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### Food

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17. Avoid foods containing **palm oil**
18. Consider **animal welfare**
19. Buy fish from **sustainable fish stocks**
20. Use **refillable glass bottles** for milk

### Household

41. Use eco-friendly **cleaning products**
42. Avoid **wet wipes**
43. Do not waste **water**
44. Do not upgrade your **phone** unnecessarily
45. Buy bedding made from **recyclable fibres**
46. Check **furniture** is from sustainable sources
47. Consider buying **pre-owned** furniture
48. Clean up **dog** waste with **plastic-free** bags
49. Prevent your **cat** killing birds with a collar bell
50. Use **silicon covers** rather than cling film

### Clothing

21. Avoid **acrylic, nylon** and **polyester**
22. Choose natural fabrics like **viscose** or **modal**
23. Wash clothes in **cool water**
24. Use **short, gentle wash cycles**
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26. Avoid using a **tumble drier**
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28. Use ecologically friendly **washing liquid**
29. Try to **mend shoes** rather than replace
30. Investigate **ethical clothing brands**

### Transport

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52. Consider **Car sharing** when possible
53. Use **public transport** for longer journeys
54. Try to **Walk** or **cycle** for shorter journeys
55. Ensure you **Service your car** regularly
56. Save for an **EV** or more **fuel-efficient car**
57. Drive at a **steady speed**
58. Consider the impact of **holiday destinations**
59. Consider the impact of **parcel deliveries**
60. Clean your car with **eco-friendly materials**

Find out more at [wellscathedral.org.uk/60steps](http://wellscathedral.org.uk/60steps)



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60 steps towards being green

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