

Abergavenny and Crickhowell Friends of the Earth

Ten Point Plan

Would you like to help FOE Abergavenny & Crickhowell develop an accessible and local '**10-Point Plan for the Planet**' to help individuals make greener choices? If so we would love to hear from you! We are looking for volunteers and partners from business and other groups to help us to develop these ideas further.

For each of these 10 points we will be looking for ideas:

- that individuals can take forward
- involving children and young people
- to garner support from local businesses
- to work with our local councils and other interested parties

(1) Get Active / Active travel ideas

How many of your short car journeys to the shops or to school could be done on foot or on a bike?

- reduce car use
- reinvent the shopping trolley

(2) Ditch the disposables

We can all reduce the amount of plastic waste we produce and put more pressure on the big supermarkets to reduce plastic in their supply chains

- single use plastic
- packaging
- coffee cups
- water bottles
- nappies (see Nappiness Abergavenny)
- sanitary towels/ incontinence pads
- plastic bags

(3) Look after our patch of earth

We are lucky to live in a beautiful part of the world, with the Wye Valley AONB and the Brecon Beacons right on our doorstep. We owe it to our children's generation to look after it and to ensure that the insects, birds, and mammals who depend on this landscape all thrive.

If you have a garden of your own these are some ideas to make it more wildlife-friendly:

- compost

- garden wildlife/ birds/insects/pollinators
- ponds
- no chemicals
- grow own food

If you don't have your own garden you can still contribute

- community green spaces- volunteering
- Brecon Beacons national park
- Litter picking (Keep Wales Tidy)

(4) Eat Green

It's not just food miles that contribute to global warming; evidence is mounting that some forms of farming are actively contributing to deforestation across the world.

- local food produce
- eat seasonally
- reduce meat and dairy
- food miles
- organic if you can
- veg boxes
- food waste – buy what you need

(5) Get cosy

Reducing our carbon footprint can be as simple as turning down the thermostat by 1 degree

- insulation for home
- turn thermostat down- wear a jumper
- thermostatic radiators

(6) Buy less new stuff

It's time to move away from the consumer mentality and towards one where we consider alternatives to buying new.

- library (books and things)
- fixing things – repair café, Abergavenny
- fast fashion
- charity shops
- swapping/ Whatsapp groups/ freecycle

(7) Switch to greener energy

Website comparison sites needed

- energy suppliers

(8) Be water wise

Did you know that we all live in a watershed? The rain that falls on us flows into our rivers and reservoirs; and so does the water we flush or drain away. Learn more so that you don't inadvertently contribute to pollution of our rivers and seas.

- showers/ baths
- water butts
- surface run off
- flooding
- water meters
- microplastics/ chemicals
- rubbish in toilets and streets washing into sewers

(9) Move your Money

Do you know if your bank or insurance company actively supports companies which are contributing most to global warming?

- pensions
- ISAs
- Mortgages
- Insurance

(10) Use your voice

Together we are stronger. Follow us on social media to see what FOE and other environmental groups are doing, and how you can be a part of a growing movement for change.

- demand change from retailers, governments, banks and others
- join friends of earth group
- we can't do this as individuals only

If you would like to be a part of the group taking this forward, please contact foeaandsocialmedia@gmail.com

You can also follow us on Facebook <https://www.facebook.com/Abergavenny-Crickhowell-Friends-of-the-Earth-1793691424194395/>