

The Cafod+ Support Group and The *LiveSimply* Challenge

We feel that many parishioners in Our Lady's Parish are already using *livesimply* principles. In order that our parish should be recognised as a *livesimply* parish, we are asking you to tick any of the following boxes that you are attempting to do as a household.

Turn off appliances on stand-by overnight (this costs our country £165 million)	
Run dish-washers and washing machines only when full and on cool cycles	
Hang clothes out to dry and avoid using dryers when possible	
Avoid using a full kettle for making one cup of tea	
Turn off the tap when brushing teeth	
Recycle paper and envelopes	
Support Fair Trade products	
Support the Food Bank	
Reduce driving speed	