

# Environment News Update

## Save Your Pennies and Protect the Planet

As part of the Keep Britain Tidy campaign some of the team, Canon Jenny, Gemma, Phil, Tracy, Shelley and Alison took on the Buy Nothing New Month challenge — and we did it!

While there were a few slip-ups along the way (we're only human!), we largely stuck to our commitment of buying nothing new beyond essentials. More importantly, the challenge became a valuable reset, encouraging us to think more consciously about what we truly need, how we spend our money, and the impact our choices have on the planet.

From the water and energy used in production to the fuel involved in delivery, every new item comes with an environmental cost. Taking part in Buy Nothing New Month gave us the chance to pause, reflect, and make more mindful decisions about what we consume.

For some of us, this won't stop in January. The challenge has sparked a shift towards more mindful spending — something we'll be carrying forward into the months ahead. If you'd like to continue this mindful spending journey with some of us, please get in touch.

Next month, join a few of us who will be embarking with Tracy on our next sustainability challenge by joining the Plastic Free Communities count, helping us track and reduce the plastic we use day to day.

The Big Plastic Count is the UK's biggest people-powered investigation into household plastic waste. This March, thousands of people across the country from households, schools and communities will take part in counting their plastic waste for one week. By counting every piece of plastic packaging we throw away, together we'll uncover the true scale of the UK's plastics problem and call on the government to do more about it. In previous years, The Big Plastic Count has revealed that most of our plastic isn't actually recycled. The majority is burned in the UK, and the rest is sent overseas or to landfill. Burning plastic waste is a big problem — it accelerates the climate crisis and pollutes the air. You can learn more about the campaign here.

🔗 Find out more here:

<https://plasticfree.org.uk/2024/02/29/get-ready-to-start-counting/>

Small actions, taken together, can make a big difference 🌍♻️

Gemma Hardy  
Environment Group



**THE BIG  
PLASTIC  
COUNT  
9-15 MARCH**

**I'M TAKING PART!  
ARE YOU?**

**SIGN UP: THEBIGPLASTICCOUNT.COM**

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