

## Tick when you (regularly):

*(at 50 points each)*

- .. Don't leave appliances on standby
- .. Defrost freezer
- .. Don't overfill kettle
- .. Recycle rubbish
- .. Use mainly energy-efficient light bulbs
- .. Turn off lights when not in room
- .. Wear a jumper instead of turning up the heating
- .. Wash clothes at 40 degrees or below
- .. Reuse plastic shopping bags or use non-plastic bags
- .. Switch off mobile phone and iPod chargers when not in use
- .. Sign the Stop Climate Chaos pledge  
(see [www.tearfund.org/climate](http://www.tearfund.org/climate))

*(at 100 points each)*

- .. Set the thermostat one degree lower
- .. Don't use a tumble dryer
- .. Use at least one A-rated energy-efficient kitchen appliance
- .. Regularly cycle/walk short journeys instead of using a car
- .. Travel to work/school/ university on public transport
- .. Have a car band A–B  
(rate your car at [www.vcacarfueldata.org.uk](http://www.vcacarfueldata.org.uk))
- .. Get ten people to sign the Tearfund Stop Climate Chaos pledge (see weblink below)
- .. Write to your MP/Government  
(see [www.tearfund.org/climate](http://www.tearfund.org/climate))

*(at 200 points each)*

- .. Have loft insulation
- .. Have cavity wall insulation
- .. Have double glazing
- .. Have a condensing boiler
- .. Walk/cycle to work /school/ university
- .. Holiday in UK/Europe by coach or train
- .. Switch to green electricity tariff (not 100%)
- .. Take part in a climate change event  
(see [www.tearfund.org/climate](http://www.tearfund.org/climate))

*(at 500 points each)*

- .. Switch to green electricity provider (100%)  
(see [www.good-energy.co.uk/affinity/tearfund.html](http://www.good-energy.co.uk/affinity/tearfund.html);  
or ring 0845 456 1640)
- .. Install solar panels for water  
([www.est.org.uk/housingbuildings/renewables](http://www.est.org.uk/housingbuildings/renewables);  
or ring 0800 512 012)
- .. Don't have a car
- .. Become a Tearfund volunteer and talk to groups about climate change  
([www.tearfund.org/volunteering](http://www.tearfund.org/volunteering), or ring 0845 355 8355)

*(at 1000 points each)*

- .. Install wind turbines/solar panels/geothermal micro-generation for all electricity  
([www.est.org.uk/housingbuildings/renewables](http://www.est.org.uk/housingbuildings/renewables),  
0800 512 012)

more overleaf/

## Lose points when you regularly -

.. Holiday by plane in UK/Europe and offset  
([www.climatestewards.org.uk](http://www.climatestewards.org.uk) or phone 020 8574 5935)

- 50

.. Holiday by plane in UK/Europe and don't offset

- 100

.. Holiday by plane outside UK/Europe and offset

- 100

.. Holiday by plane outside UK/Europe and  
don't offset

- 200

.. Have car Band F+

- 200

## My grand total –

*Add up your points, pop your score in the totals box and give your form or score to Tamsin Graves, or e-mail to [tearfundcampaign@highfieldschurch.org.uk](mailto:tearfundcampaign@highfieldschurch.org.uk), or hand in at the Information Desk.*

*All the scores, including the Church Centre scores, will be forwarded to Tearfund by Nov. 1<sup>st</sup>. Environmentally responsible churches will qualify for a Tearfund certificate.*

***Diolch/Thank you***

[www.tearfund.org/derek](http://www.tearfund.org/derek)

## Tearfund Church Climate Change Campaign



## Household Survey

*You don't have to travel hundreds of miles to help the poor in practical ways.*

*By making simple, small changes to everyday things you do, you can start putting the brakes on climate change right where you are, today.*

*Simply tick the boxes overleaf that you have, do or use regularly.*

*So, for instance, if you/your household change standard light bulbs to energy-efficient ones (50 points) and regularly walk instead of using your car (100 points), you score 150 points, and so on.*

**“ Christians are sleeping giants: we can change the whole world if we are willing. ”**

Dr Kiran Martin,  
founder of Tearfund  
partner Asha, India