

**20th November 2006**

## **Tearfund's Top Ten Tips To Help Stop Climate Chaos**

With the issue climate change at the heart of Tony Blair's final Queen's Speech, a local Tearfund volunteer is issuing a challenge to the people of Pembrokeshire to do their bit to help the environment.

Says Kilgetty-based Tearfund volunteer, "When we hear about climate change and global warming, we often think of power stations and long haul flights. Perhaps less obvious is the link with watching TV, cooking the dinner or tumble-drying our clothes. Yet our everyday lives do have an impact on our world and those in the developing world who are already feeling the effects of climate change. What's more, many of these ideas may also help save money, time and even help us get fitter!" adds Sharron Hardwick.

A recently published booklet by Tearfund, *For Tomorrow Too*, is packed full of handy hints and tips on how we can all do our bit to minimise our carbon footprint, from switching off lights after leaving the room and unplugging mobile phone chargers when not in use.

"We know that these changes alone will not answer the global problem of climate change. But if we want our Government and the international community to act then lets ensure we do our bit too," says Sharron Hardwick.

*Tearfund's tips include:*

- 1: Do not always fill the Kettle. Use only the water you need, the energy saved could power over  $\frac{3}{4}$  of UK street lights.
- 2: Turn off the lights when you leave the room.
- 3: Turn down your central heating. According to the World Wildlife Fund - Lowering the temperature by just 1 degree can cut 10% of energy bills.
- 4: Put lids on pans when cooking, this conserves heat and cooks faster.
- 5: Close the fridge door and defrost your fridge/freezer regularly to maintain efficiency.
- 6: Unplug mobile phone chargers. 95% of the energy they use is when the phone is not plugged in.
- 7: Turn electrical appliances off at the main rather than leaving them on standby. According to Climate Care – 8% of electricity consumed at home is from appliances that we are not using.
- 8: Wash your clothes at lower temperatures (40 Degrees C or below) and always have a full load.
- 9: Use hot water sparingly, take a shower rather than a bath, and turn off the tap when brushing your teeth.
10. The school run forms 20% of morning urban congestion. Why not beat the traffic and walk instead.

For more information see [www.tearfund.org/campaigning](http://www.tearfund.org/campaigning) or for a more local contact call 07791 646076.

Together we can make a difference.

