



More on eco matters coming soon
on our website;

www.southnormanton.church



DID YOU KNOW?

Bees can see the colour **purple** more clearly than any other colour, and some of the best bee plants, such as lavender, alliums, buddleia and catmint, have purple flowers.

That said, many flowers in other colours will still attract bees, so don't pull them up!



HELPING WILDLIFE

Things you could do in the garden

- Add a bird feeder
- Add a bug hotel
- Provide a drink station with pebbles in (for the birds and bugs)
- Don't mow grass as regularly
- Leave an area for wildflowers or as a 'wild' area
- Make a small vegetable or fruit garden (and be prepared to share with the birds and bugs!)
- Don't use pesticides or harmful chemicals
- Include bee/pollinator-friendly plants in your garden (see below)

BEE-FRIENDLY PLANTS

Borage, Lavender, Foxglove, Rosemary,
Crocus, Honeysuckle, Comfrey & many more!

CARING FOR GOD'S EARTH

Small changes you can make to
make a difference



"All good gifts around us
are sent from heaven above;
Then thank the Lord, O thank
the Lord for all his love".





Make It!

Pinecone & peanut butter bird treats

These are so easy and great to involve small kids in.

Equipment

Pinecones, Butter knife or spatula, Twine or ribbon, Small dish or bowl for the birdseed, Metal baking tray, Foil.

Ingredients

Peanut butter, Wild bird seed, Sunflower seeds (or hearts)

Instructions

Tie the twine around the top of the pinecone and form a loop for hanging.

In a small dish, pour some birdseed and sunflower seeds. Cover baking tray with foil.

Using a butter knife or spatula cover the entire pinecone in peanut butter.

Roll and press the peanut butter covered pinecone into the seeds. Place the pinecones on the baking tray and pop them in the freezer for 1 hour so they can firm up. Thread a ribbon or twine round and hang them outside for the birds, making sure to hang them where there is a branch underneath for them to perch on.



REDUCING ENERGY CONSUMPTION

The following tips will not only help reduce energy waste, but also help to trim our monthly expenditure. Here are just a few ideas, but these are just the start!



- Wash your clothes at a lower temperature. Doing your laundry at 30°C (rather than 40°C) cuts the cost by 38%, according to our tests.
- Wash bigger loads less often. Over-washing can cause fading, shrinkage and mis-shaping, as well as cost you more in electricity.
- Use eco settings. Use this setting on any of your appliances that allow it.
- Dry laundry outside when you can.
- Wait for food to cool before freezing and defrost frozen food in the fridge.
- Keep appliances clean regularly descaling your kettle, defrosting your freezer, cleaning your tumble dryer's lint filter and cleaning the coils at the back of your fridge.
- Loft insulation is the cheapest and easiest way to boost your home's insulation. Aim for the recommended 270mm, you could save up to £130 per year in a three-bed semi.
- Insulate Windows; Use draught-proofing strips around the frame. Brush strips work better for sash windows.
- Insulate Doors; Use draught-proofing strips around the edges and brush or hinged-flap draught excluders at the bottom.
- High-volume power showers can use more water in less than five minutes than running a bath, so fit an eco shower head. Your shower will still feel powerful, but it'll cut down on your hot water use.
- Try using a shower timer to keep your shower to four minutes or less. This can save a typical household £95 a year on energy, according to the Energy Saving Trust. You'd also save another £60 on water, if you have a meter.
- Avoid washing up under a free-running tap - wash up in the sink or a bowl instead. Also try not to leave the hot tap running for too long while you're rinsing items.