

YOUR GUIDE TO THE *Livesimply* award

Please use this simple template to make your action plan, return a completed copy to CAFOD and we will send you your *livesimply* award registration certificate.

To apply for the award, your community should plan one main action – something which involves either a significant change or a lot of people - and at least two smaller actions under each of the three headings.

You can include activities which are already taking place and some that are new, or that aim to reach new people. There are more ideas and inspiration on cafod.org.uk/livesimply.

If you are applying on behalf of a school please [click here](#) to be directed to the LiveSimply for Schools resources.

Use these questions to help you plan your activities:

- *Why* are you taking this action? Who will benefit and what difference will it make?
- *Who* will be involved in making it happen? Think beyond your core group.
- *How* will you show that you've succeeded? Electricity bills, photos, newspaper cuttings and liturgy sheets are some of the ways you can show what you have been doing.
- *When* will you do it by? Be realistic.
- *What* kind of action is it? Is this action reflection and worship; practical action or something which reaches out to involve others beyond the community? It could be all three, but make sure you have all three kinds of action reflected somewhere in your plan.

Actions to live simply

Main action: Information will be shared with the Parish, via the bulletin and website on different subjects each month. Parish members will be invited to make a pledge on a monthly basis to live simply, sustainably and in solidarity with the poor.

For example, topics to be covered:

- Encourage repair over replace – bicycles, fridges – where to access repairs.
- Recycling of clothes and goods.
- Locations of non-domestic recycling points.
- Locations of ethical shopping; “unwrapped shops”, fairtrade shops, co-operatives.
- Where to buy plastic-free products.
- Volunteering opportunities – e.g., litter picking, wildlife trust.
- Clothes washing, low temperatures, washing less.
- Advertise activities with potential for education and inspiration, for example, Holly Hagg guided walks (site developed on permaculture principles, design of regenerative systems).

Sample pledges: As a member of St Francis of Assisi Parish, I pledge to try to live more simply.
I will endeavour to do this by...

- Having a meat-free day once a week.
- Walking instead of driving where possible.
- Taking public transport instead of driving where possible.
- Cycling instead of driving where possible.
- Buying an electric vehicle.
- Buying locally where possible.
- Buying fewer clothes.
- Growing fruit and vegetables.
- Appreciating nature.

Other activities:

1. Install a cycle rack in the church grounds.
 - Parishioners will be encouraged to cycle to church.

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2. Create a Parish virtual equipment bank on WhatsApp.
 - Parishioners will be encouraged to request to borrow items from other parishioners instead of purchasing equipment for a single job.

Actions to live sustainably with creation

Main action: Write a Parish purchasing policy regarding items bought for the church, which will be shared with the Parish with an invitation to make a pledge to follow this at home.

The policy will include:

- All paper goods (printer paper, toilet rolls, kitchen rolls) made from recycled paper.
- All cleaning products (washing up liquid, hand soap, dishwasher tablets) to be eco-friendly, avoiding “green washing” companies.
- All foodstuffs (e.g. tea, coffee, biscuits) to be fair traded and/or organic, where possible.

Other activities:

1. Work with the Parish Council to ensure St Francis of Assisi uses the Interdiocesan Fuel Management Scheme as all the electricity used is from renewable resources, and a growing percentage of gas is from comparatively renewable or green sources.
2. Recycling
 - Provide a bin in the narthex for recycling that doesn't happen domestically (used ball-point pens, etc), collection on a fixed day, advertised in advance.
 - Recycling bin in kitchen for soft plastics to be collected and taken to the Co-op.
 - Signage in kitchen asking users to take home domestic recyclables (paper, glass, plastic bottles, tins).
3. Wildlife garden project – invite parishioners to get involved
 - Make a raised flower bed for wildflowers for insects / a rewilding patch.
 - Hang bird feeders.
 - Label shrubs and trees with seasonal information

Actions to live in solidarity with the poor

Main action: Develop a covenant with the poor to be reviewed and revised annually by the Justice and Peace Group and Parish Council. This will include the Parish's financial commitment and list charities that the Parish will support.

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Other activities:

1. Support CAFOD.
 - Family Fast Days.
 - Fundraising event – annual Parish pantomime.
 - Share information about CAFOD’s work.
 - World Gifts – annual focussed Parish appeal.
 - Financially support emergency appeals.
 - CAFOD campaigns.
 - CAFOD events.
2. Support the S2 Food Bank.
 - Weekly collections.
 - Focussed collections as required.
 - Information in newsletter weekly.
 - Bring and share plus a foodbank donation events.
 - Invite a speaker from S2 foodbank to speak to Parish about how we can best work together.
3. Worship and awareness-raising.
 - Prayer and reflection event every year including either Laudato Sii (reading and discussion) or Screening of “The Letter” event.
 - Regular bidding prayers to highlight LiveSimply.
 - When appropriate, choose hymns about justice.
 - Explore twinning with another Parish in a deprived area.
 - Share volunteering opportunities.
4. Arrange toilet twinning for the toilets in the church building.

Name and diocese of parish / community: Sy Francis of Assisi Catholic Church

Signature of parish priest: _____ Date: _____

Contact name: Maria Levesley

Contact address: 23 Gatefield Road, Sheffield

I am applying on behalf of a: <input checked="" type="checkbox"/> Parish <input type="checkbox"/> Other type of organisation: _____

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Postcode: S7 1RD

Contact email address: marialevlesley@icloud.com

Yes, I would like to join an email list for *livesimply* award contacts to share resources, questions and ideas.

Yes, I'd like to receive campaigns news, action and updates from CAFOD by email.

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