



MAY 2024

Collect the rubbish left in your street or join in a local clean-up event

www.stockport.gov.uk/news/stockport-council-launch-spring-clean-campaign-for-2024

Joining a local clean-up event is a hands-on way to combat litter and promote community engagement. It's about taking responsibility for our shared spaces and enjoying a cleaner, greener neighbourhood.

Plus, it's a fantastic way to meet like-minded individuals who share your passion for the environment. Together, you can make a tangible difference in your local area.

Practice mindful shopping—buying only what you need.

Mindful shopping is about being aware of your consumption patterns and opting to buy only what you need. This habit not only saves you money but also reduces the amount of waste generated. It's an approach that promotes a simpler, less cluttered lifestyle while also being kinder to our planet.

Fit more active travel into your day and daily routine.

As the weather warms up, it's worth considering what journeys can be made by walking or cycling. Could you get off a stop early to walk the rest of your journey, take a relaxing stroll home, or hop on a bike and enjoy a cycle friendly route? If you prefer exploring outdoors on foot, here's your local rambling group 'Woodbank Wanderers' usually meet at Vernon Park Café on a Thursday at 1pm. Contact breegeplynch1964@gmail.com to check place, time and fitness level required.

7 Tips For Eco-Friendly Lifestyle Choices In 2024

- Reducing your meat consumption is one way to lead an eco-friendly lifestyle. Have a couple of meat free meals a week and see how you get on.
- Choosing reusable water bottles, utensils, & shopping bags is essential.
- Install energy-efficient appliances – saving you money in the long run.
- Support local food sources – such a Stockport Market for your fruit, veg and meat
- Use public transport and check out the new Interchange whilst you're at it. A single journey costs £2 per adult see how far you can go for £2
- Compost your uncooked food scraps to reduce landfill waste.
- Switch to eco-friendly, non-toxic cleaning and personal care products. Kinder to the environment, kinder to your home and kinder to you.