

## YOUR GUIDE TO THE *Livesimply* award

**Please use this simple template to make your action plan and return a completed copy to CAFOD.**

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](http://cafod.org.uk/livesimply).

**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**

Please send us a copy of your plan to [livesimplyaward@cafod.org.uk](mailto:livesimplyaward@cafod.org.uk) or CAFOD Campaigns team, Romero House, 55 Westminster Bridge Road, London SE1 7JB. We'll send you a certificate to display to show that your community is working towards the *livesimply* award.

**Main action:** Create vegetable garden (three raised beds situated beside existing flower beds) - selling produce to support out connect 2 Cambodia project

Other activities:

1. Set up walking club at St. Clements meeting 3 times per year – February, June, October
2. Live simply tip of the week-handed out monthly after weekend Masses
3. Make live simply banner from recycled materials
4. CAFOD stations of the cross during lent

## **Actions to live sustainably with creation**

**Main action:** Instigate recycling scheme for church hall including purchase of recyclable cup, plates et. For parish events

Other activities:

Please send us a copy of your plan to [livesimplyaward@cafod.org.uk](mailto:livesimplyaward@cafod.org.uk) or CAFOD Campaigns team, Romero House, 55 Westminster Bridge Road, London SE1 7JB. We'll send you a certificate to display to show that your community is working towards the *livesimply* award.

1. Carry out energy audit
2. Joint parish Christmas card
3. Encourage parishioners, especially the young, to walk or cycle to mass and for meetings held on the premises. Have special walk to Mass event.
4. Set up scheme for tree planting on behalf of newly baptized, first holy communion, confirmed and married.

## **Actions to live in solidarity with the poor**

**Main action:** CAFOD Connect2 project. Cambodia selected and introductory material received from CAFOD.

Other activities:

1. Maintain Fairtrade status by committing to using Fairtrade products at parish events
2. Support CAFOD campaigns throughout the year starting with Power to be
3. Organise 4 Fairtrade breakfasts throughout the year.
4. Continue to support and promote the work of Epsom and Ewell Food bank including increasing the number of volunteers from the parish

Please send us a copy of your plan to [livesimplyaward@cafod.org.uk](mailto:livesimplyaward@cafod.org.uk) or CAFOD Campaigns team, Romero House, 55 Westminster Bridge Road, London SE1 7JB. We'll send you a certificate to display to show that your community is working towards the *livesimply* award.

5.

Name and diocese of parish / community: St Clements Arundel and Brighton Diocese

\_\_\_\_\_

Signature of parish priest / headteacher: \_\_\_\_\_ Date: 22/06/17 \_\_\_\_\_

Contact name: \_\_\_Jonathan Inn\_\_\_\_\_

Contact address: 23 Poole Road, West Ewell, Surrey,

\_\_\_\_\_

Postcode: \_KT199SQ\_\_\_\_\_

Contact email address: \_jonathan.inns@btinternet.com\_\_\_\_\_

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

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

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

Please send us a copy of your plan to [livesimplyaward@cafod.org.uk](mailto:livesimplyaward@cafod.org.uk) or CAFOD Campaigns team, Romero House, 55 Westminster Bridge Road, London SE1 7JB. We'll send you a certificate to display to show that your community is working towards the *livesimply* award.