



**Carbon Fast**  
for Lent



**Climate Stewards**



**FAST TO HELP PEOPLE AND PLANET TO FLOURISH!**

**WEEK 6: FAST FROM WASTING ENERGY**

**THIS WEEK'S CHALLENGE?**

**UNPLUGGING FROM ENERGY WASTE**

**WHY? IN THE UK, HOME ENERGY ACCOUNTS FOR ONE-FIFTH OF OUR NATIONAL CARBON FOOTPRINT - AND MUCH OF IT IS ENTIRELY AVOIDABLE.**



**EVERY TIME WE OVERCHARGE OUR PHONES, KEEP DEVICES ON STANDBY OVERNIGHT AND LEAVE LIGHTS ON IN EMPTY ROOMS, WE ARE CONSUMING ENERGY.**

**EARTH HOUR 2026**

**SATURDAY, 28TH MARCH**

**JOIN GLOBAL MOVEMENT AT 8:30PM TO SWITCH OFF LIGHTS AND DEVICES AND GIVE AN HOUR FOR EARTH.**

**TOP CHALLENGES THIS WEEK: PLUG INTO ONE!**

- **AT NIGHT SWITCH OFF STANDBY MODE ON ALL DEVICES**
- **HEAT PERSON, NOT THE SPACE: LOWER THERMOSTAT BY 1°C**
- **SWITCH TO 100% RENEWABLE ENERGY TARIFF**
- **INSTALL A SMART METER AND TRACK ENERGY USE**
- **HOLD AN UNOFFICIAL BIG DELETE WEEK: CLEAR OLD EMAILS, PHOTOS AND CLOUD STORAGE**
- **INSTALL SOLAR PANELS AND/OR JOIN A SOLAR CO-OPERATIVE**
- **ASK EMPLOYER ABOUT THEIR AI STRATEGY AND IF THEY CAN CONSIDER ENVIRONMENTAL CONCERNS IN THEIR DISCUSSIONS WITH SERVICE PROVIDERS**

**SIGN UP!**



**CARBON FAST NEWSLETTER**

**SIGN UP FOR CARBON FAST NEWSLETTER FOR ECO TIPS AND INSIGHTS**