

## Unison Green Week

23<sup>rd</sup> Sept – 1<sup>st</sup> Oct 2022

### Make some Green changes....

This Unison Green week take some small changes that could not only save the environment but could even save you some money.

My name is Emma Saunders, and I am Unison's new Green Rep. I've only just taken on this role, so still finding my feet. I'm keen to learn and support you all wherever I can, so if you have any ideas of what I/we can do, please get in touch [saunde@caerphilly.gov.uk](mailto:saunde@caerphilly.gov.uk)

To kick off I thought I would just jot down some top tips & signpost you to some local events happening this week so you can join in.



#### DID YOU KNOW.....

Looking at photos of nature helps lower our stress levels and makes us feel better! So even if you can't make it outside, take a moment to look at our beautiful world via photos and images.

**THINK<sup>®</sup>  
DIRTY.**

Think Dirty is the easiest way to learn about the potentially toxic ingredients in your cosmetics and personal care products. It's an independent source that allows you to compare products as you shop. Just scan the product barcode and Think Dirty will give you easy-to-understand info on the product, track dirty ingredients and shop for cleaner options.

[Download the app](#) for free and get scanning!

Share your Top tips on our Facebook page [@ccbcunison!](#)

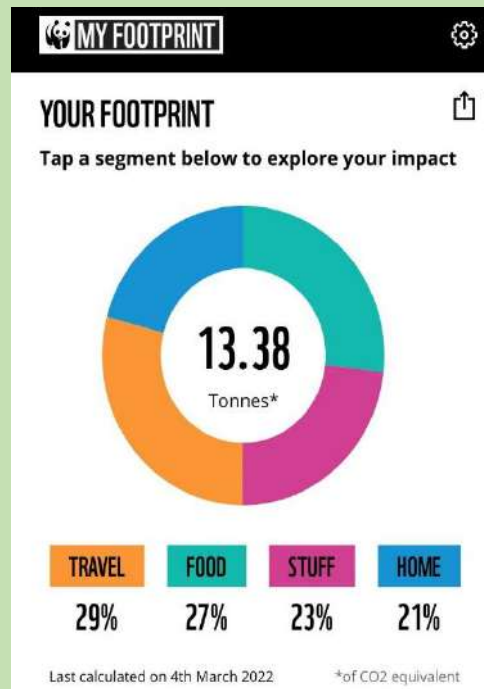
We'd love to hear from you!

## MY FOOTPRINT APP

2020/21 made us all stop and think. In the face of extreme weather, forest fires and the global pandemic, what is it that we can all do to help our planet?

We've seen the devastating impact that human activity can have on the natural world, but it doesn't have to be this way. We can build a better world by making small changes to our everyday lives.

Start by calculating your footprint to really understand your personal impact.



*I downloaded this app and was amazed how much I need to cut down on my Carbon footprint, this is my result! The free app also gives you ideas on how to set yourself challenges to reduce your score – It could even save you money!*

### Reduce Reuse & Recycle

- Turn the brightness down on your TV – You can save up to £96 a year!
- Invest in a clothes horse – you can get some that are heated, which are much cheaper to run than the tumble dryer.
- Switch from shower gel and liquid soap to bars of soap, cheaper and no plastic is used!
- Return old clothes to some stores to get money off new items. Even return empty containers for money off in some stores. Some many places do this now. (H&M, Boots, Body shop, Lush to name a few)
- Store food correctly – An example of this is pop spring onions, asparagus in a glass of water on the window, it lasts weeks)

### List of Local Events (There are so many but here's a few)

- Caerphilly Arts Development are running some 'Move in Nature' sessions this week at Parc Penallta, check them out on [Eventbrite](#) and book on.
- Head4Arts are running Evergreen art session at Cyfarthfa castle on 7<sup>th</sup> Oct
- Head4Arts are also running a Nature sound walk in Pontypool on the 29<sup>th</sup> Sept.
- Oxfam Cymru are running a Second hand campaign in September, with a big clothes swap event on 26<sup>th</sup> Sept in the Temple of peace in Cardiff.