

A Rocha UK's Easy Eco Tips 2026 Calendar

JANUARY

The RSPB's Big Garden Birdwatch (Friday 23–Sunday 25 January) is the world's largest garden wildlife survey! Last year, nearly 600,000 people took part and over nine million birds were counted. We've lost a staggering 38 million birds from UK skies in the last 60 years. With birds facing so many challenges, it's more important than ever to get involved in the Birdwatch. To take part, spend one hour counting the birds you see in one location – your garden, balcony or a local park. Submit your findings to the RSPB. You can download a free guide and ID chart to help you identify the birds you spot on the RSPB website. Find out more at: rspb.org.uk/whats-happening/big-garden-birdwatch

FEBRUARY

This Lent, take part in **Climate Steward's Carbon Fast**. Lent is a time when Christians traditionally fast and focus on God. The Carbon Fast will help you consider ways to live more simply, give you new ideas to cut your carbon footprint and invite you to focus on God and consider the whole of his creation. **Beginning on 18th Feb**, you'll receive a weekly email containing key facts, suggestions for how you could reduce your carbon footprint and a prayer to lead you through this Lenten season. Each week features a different theme designed to help us take climate action in manageable ways that bear witness to a God who has promised to restore all of his creation. Find out more and sign up at climatestewards.org/resources/carbon-fast-for-lent/

MARCH

Take part in a local litter pick or beach clean during **The Great British Spring Clean** (Friday 13–Sunday 29 March), the nation's biggest mass-action environmental campaign. Litter picking benefits the environment by removing rubbish that can be hazardous for wildlife and helps bring people together. See if there's a litter pick in your local area or consider organising your own – after church on Sunday or with a youth group for example. Pray for your local area as you do the litter pick and ask God for opportunities to share why you are doing it. Find out more and pledge to pick up a bag at keepbritaintidy.org/our-work/eliminating-litter/great-british-spring-clean

APRIL

Celebrate new life this Easter and have a go at growing something! April is the perfect time to try to grow something edible or, if you are a seasoned gardener, to encourage someone else to try. Salad leaves or herbs are a great place to start and will reduce your reliance on those oh-so-convenient supermarket salad bags.

For indoor space, try 'micro-greens' (vegetable leaves harvested soon after they open)

For greenhouses, try sowing salad leaf seed mixes.

For outdoors, beetroot, lettuce, onion and pea plants are frost-resistant so can all be planted outside in April.

As you sow, thank God for the opportunity to grow food, and pray for those communities that are facing food shortages and famine.

MAY

Support pollinators. Nothing says Spring like the buzz of a bee! But these precious pollinators are declining due to habitat loss, climate change and agricultural intensification. Wednesday 20 May is World Bee Day, so look around to see how you can improve habitats for bees and other pollinators.

Read more about bees, butterflies and habitats that support them in our Target 25 resources at arocha.org.uk/what-we-do/target-25. Sow a pollinator-friendly seed mix, make or buy a bee hotel, let some wild flowers grow in your garden, and don't use pesticides. Pray that our pollinator populations will increase.

For more about World Bee Day visit: awarenessdays.com/awareness-days-calendar/world-bee-day/

Visit arocha.org.uk for more!



JUNE

Take part in citizen science or a local nature event. Citizen science is a way for ordinary people to get involved in scientific research or data collection. There are many projects to choose from and it's easy to make a contribution. Invite others to get involved with you too. Here are some projects that you could help with:

Search your local beach with a shore survey: wildlifetrusts.org/shoresearch

Spend ten minutes counting pollinators: ukpoms.org.uk

Join in with Churches Count on Nature (6–14 June): arocha.org.uk/what-we-do/churches-count-on-nature/

Do a Bee Walk: beewalk.org.uk

Join Great Big Green Week (6–14 June): greatbiggreenweek.com

JULY

It's **Plastic Free July** and this year we're thinking about laundry, a top source of microplastic pollution. Fibres from synthetic clothes (polyester, nylon, and acrylic for example) shed tiny fibres during washing and drying. These enter the sewage systems and are hard to filter out. Use a microfibre bag or ball to catch the fibres. Learn more about reducing plastic pollution in the laundry process at plasticfreejuly.org/get-involved/what-you-can-do/plastic-free-laundry/ and more about this year's campaign at plasticfreejuly.org.

AUGUST

Looking after wildlife in the heat. Times of drought and dryness can be dangerous for wildlife. Provide water for birds and insects – put a dish of water out to help wildlife stay hydrated. Insects, small mammals, birds, and even badgers, foxes, and deer could benefit. A stone in a plant saucer helps bees to perch and drink without drowning. These small actions make a big difference and are just some of the ways we can live out our calling to care for God's creation. See our blog on looking after wildlife in the heat for more warm weather eco tips: arocha.org.uk/looking-after-wildlife-in-the-heat/.

SEPTEMBER

The **Season of Creation** (1 September–4 October) is dedicated to God as the Creator and sustainer of all life. Join A Rocha UK's Season of Creation prayer and reflection webinar on Wednesday 2 September to start this season with others.

During this period of the church calendar, many churches celebrate Harvest, thanking God for his provision through the land and the food that it produces. If you are part of a church or community, suggest that a service or gathering has a Season of Creation focus. Prayers, worship, teaching and the offering could focus on creation. Could there be an activity with a creation focus too?

Explore more Season of Creation resources at: arocha.org.uk/what-we-do/season-of-creation

OCTOBER

Greening your home this Autumn. Tackle climate change and reduce your heating bills by finding and reducing the draughts in your home. Find the gaps that let cold air in and warm air out (keyholes, letterboxes and gaps around windows, doors, loft hatches and floorboards for example). Do what you can to fix these gaps – there are lots of tutorials on how to do this online. It's also a good time to prepare for winter by putting radiator reflector foil or baking foil behind the radiator. This will reflect heat back into your room.

NOVEMBER

As winter creeps in, homes are really important. God calls us to give nature a home, too. Does your garden have a bird feeder? Could your balcony or windowsill do with some plant life? If you don't own the house you could make a case to the homeowner for a bird box, hedgehog highway or whatever. (For a hedgehog highway do make sure the neighbours are OK with you making a small hole in a shared fence). Why not gather your housemates, friends and family to discuss how a new recycling, heating or transport arrangement might work for you all – you'll go further together!

DECEMBER

Make Christmas greener, one day at a time. Fun, practical, biblical and thoughtful, Olivia Warburton, who heads up her church's eco-group, offers 111 easy eco-tips to go greener at Christmas, in her book, *Dreaming of a Green Christmas: Sustainability and creation care for busy people*. Here's one of its tips: 'Make your own decorations from recyclable materials, such as dried orange slice ornaments, sticks of cinnamon, loo roll fairies or giant paper snowflakes. Turn scrap paper into paper chains. Foraged materials like pine cones and holly can be used for wreaths, which can then be recycled at the kerbside.' Use this eco tip or another one from our blog:

arocha.org.uk/make-christmas-greener-one-day-at-a-time/

Visit arocha.org.uk for more!

