

PLANET SHAFTESBURY

Responding to the climate and ecological emergencies, we are a network of diverse individuals who share a concern for all life on Earth, the planet that is our precious home. We seek changes that will contribute to nature's recovery and help us all adopt more sustainable lifestyles.

Our meetings are open to all, informal and welcoming. Check online about joining us at Shaftesbury Town Hall, every 3rd Thursday of the month, 7.30-9.30pm.



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What <u>you</u> can do for your health & the planet

... and some of what Planet Shaftesbury has been doing

Use your voice in the community

Join others to call for changes that will make our environment healthier for all.

Eat a more plant-based, balanced diet

Healthier diets rich in vegetables and pulses are also better for the planet. We've hosted discussions around changes facing local farmers.

Walk & cycle more, if you can

We've supported efforts to make Shaftesbury more cycle-friendly and explored whether an electric car club could help the town.

Make your home easier to heat

Well-insulated homes cut energy bills & pollution. We share ideas through meetings, the website and 'open greener homes' events.

Bring nature into your home

Boost your wellbeing with potted plants, food growing & wildlife friendly gardening.

Enjoy & look after natural spaces

Get to know our local surroundings. Investigate volunteering opportunities: nurture nature, test water quality, plant trees, & more.

Be a more conscious consumer

Buy less, share more, avoid single-use items, repair, re-use, create, and go for second-hand wherever possible.

Keep learning & be prepared

Subscribe to the newsletter with local news and links to so much more.

Talk to others

Climate change is here so it's important to learn to adapt. Sharing thoughts & feelings supports wellbeing and helps us overcome challenges.

More information and newsletter sign-up: **www.planetshaftesbury.org** '9 things you can do' - Grantham Institute for Climate Change & the Environment



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