

## YOUR GUIDE TO THE *Livesimply* award

**Please use this simple template to make your action plan, return a completed copy to CAFOD and we will send you your *livesimply* award registration certificate.**

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.

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.

## **Actions to live simply**

### Main action:

Create and maintain a range of habitats for wildlife in our school grounds and provide opportunities for children to explore them, interact with them and have prayer experiences around them so that they understand the importance of caring for our common home. These include a bug hotel; a butterfly garden; a wildflower meadow; a bird paradise and a vegetable patch.

### Other activities:

1. Hold a park away day every month to promote protecting the environment and also encourage families to appreciate the benefits of a simple walk and chat with each other to start the day.
2. Develop a culture of 'buy less, share more', starting with a book swap system throughout the school to encourage children to re-use books.

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

### Main action:

Create a 'bee highway' around Netherton – sell packets of wildflower seed to our families. Money raised will go towards maintaining our environment projects. All families will be asked to plant the seeds in their gardens or in pots to grow flowers all around Netherton so that pollinators can travel around. We'll promote the idea on Twitter and ask families to post photos of their flowers.

### Other activities:

1. Take part in the CAFOD Recycling Scheme – create a recycling point in school for jewellery, bank notes, coins, mobile phones, cameras, tablet computers, electronic gaming devices, stamps, watches and send these to CAFOD.
2. Improve our recycling facilities in school – ensure classroom and staffroom bins are clearly labelled and raise the profile of recycling.

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## Actions to live in solidarity with the poor

### Main action:

Take part in the CAFOD 'Walk Against Hunger'. Children will be asked to collect sponsors. During Lent, we will watch the CAFOD assembly, create posters then take the whole school on a 1Km walk around Netherton to help to stamp out hunger. 200 children x 1Km each = 200Km. All sponsor money will be given to CAFOD.

### Other activities:

1. Provide opportunities for children and their families to make donations to support our local food bank.
2. Change the tea, coffee and sugar used in school to fairtrade.

Name and diocese of parish / community: St. Benedict's Catholic Primary School

Signature of parish priest / headteacher: M. Phillips Date: 4 - 2 - 22

Contact name: Rachael Chadwick

Contact address: Copy Lane, Netherton, Liverpool

Postcode: L30 7PG

Contact email address: rchadwick.stbenedicts@schools.sefton.gov.uk

I am applying on behalf of a:

☐ Parish

☒ School

☐ Other type of  
organisation:

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

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

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