

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.

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 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: July 2018

Invite local MP to school George Howarth , Green Party and other groups to school (pupils to write invite) – How is Knowsley contributing to the Live Simply Agenda? Invite Governors also to the Environmental Afternoons- e.g. making pictures from recyclable materials and planting in the school and local church grounds.

Other activities: April and May 2018

1. WOW Walk to School Weeks and reduce the use of valuable resources (use less paper and switch off IWB during the day)
2. Hold a "Power To Be," outside liturgy (School Council)

Actions to live sustainably with creation

Main action: June and July 2018

Parents, pupils, parishioners, Governors, local High School and staff to be involved in "SMAAA in Bloom" (including wildflowers/ fruit/veg)

Other activities: June, July and Sept 2018

1. Plant trees for Holy Communions (parents, pupils and parishioners)
2. To organise litter picks in school and the church next door. Links with Knowsley Environmental Groups to visit school and work with the children.

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Actions to live in solidarity with the poor

Main action: Good Shepherd Fundraising during LENT (LOCAL) Attend Good Shepherd Mass June 2018

Other activities: Oct and Dec 2017

1. Foodbank and Liverpool Homeless Shelter (clothes) Collections. Ask parishioners for contributions to the collections, children to put posters up in church. (LOCAL)
2. 2 CAFOD "Give It Up" and (GLOBAL) March 2018

Name and diocese of parish / community: St Michael and All Angels Kirkby

Signature of parish priest / headteacher: Anne Louise Bowman Date: April 2018

Contact name: Anne Louise Bowman

Contact address: St Michael And All Angels, Sidney Powell Ave, Kirkby

Postcode: L32 0TP

Contact email address: louise.bowman@knowsley.gov.uk

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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I am applying on behalf of a:

Parish

School

Other type of
organisation:
