

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: Encourage Our Lady of the Valley Parish and its parishioners to commit to a lifestyle change, avoiding waste, investing ethically and spending less on non essentials.

Other activities:

1. Via the Communications and Media Group: develop all forms of communications and social media for parishioners to learn about living simply
2. Use the live simply items generated in the 2017 Laudato Si' meetings to provide a list of examples for parishioners to make an individual personal commitment, recorded and audited e.g reducing energy bills and diverting savings to charities and ethical investment.
3. Work with the Hope in the Future Missionary Support Team to develop a policy and liturgy e.g Masses, services, homilies, newsletter back pages and bidding prayers that celebrates and creates positive change, leading us towards becoming a Poor Church for the Poor.

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Actions to live sustainably with creation

Main action: Reduce individual and parish impact on the environment via education and practical action, to include reducing the energy consumption of the parish and adopting environmentally positive developments to Parish land.

Other activities:

1. Organise a series of presentations and activities and outings to promote the environment and in particular to include families and young people e.g visits to conservation sites and presentations by outside speakers.
2. Encourage parishioners to become involved with the work behind St Mary's and at the cemetery, with a particular emphasis on the practical and educational aspects of preserving the environment.
3. Extend the recycling policies developed at Dunsop Bridge to the other two churches.

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Actions to live in solidarity with the poor


Main action: Educate the Parish on global poverty, engage parishioners in individual commitment to tackling it and present the Parish as a beacon of faith in action.

Other activities:

1. Carry out a parish audit of social action initiatives in the parishes and schools of OLOTV and use this to extend the already good work of Parish groups. Each Parish Group will create a mission statement to reflect Hope in the Future and increase action through greater membership
2. Encourage parishioners to support the activities of at least one Parish Group that has a social action remit e.g, CAFOD, SVP, Food Bank, Refugee Response, Anti-Trafficking, and support either directly or by donations and increased awareness of what they do.
3. Take forward the Fairtrade initiative we started for Fairtrade Fortnight, arranging more regular events in Sabden and helping anyone wanting to extend activity to Clitheroe and/or Dunsop Bridge. Publish products and sources info on the website and update it regularly, via a dedicated Fairtrade page.

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Name and diocese of parish / community: Our Lady of the Valley

Signature of parish priest / headteacher:  Date: 10 May 2018

Contact name: Anthony Brown

Contact address: 21 Eshton Terrace, Clitheroe,

Postcode: BB7 1BQ

Contact email address: abrown.boggarts@gmail.com

- 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.

I am applying on behalf of a: <input checked="" type="checkbox"/> Parish <input type="checkbox"/> School <input type="checkbox"/> Other type of organisation: _____

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