YOUR GUIDE TO THE *live*simply award

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

Please note that this is a first draft of possible ideas. Any ideas, amendments or additions will be welcomed.

Actions to live simply

Main action: To hold regular, seasonal liturgies with a Live Simply theme which will be followed up by individual, group and whole cluster actions.
For example: Lent and Advent projects. Creation celebrations / Day of prayer on 1st Sept which is Care for Creation day. Feast of St Francis on 4th October - to celebrate established environmental projects and initiate new ones. Cafod support at Lent and Harvest.

Other activities:

1. Live Simply pledges made to Live Simply at home supported by regular information and challenges via the weekly newsletter.

2. Introduce tree planting to mark significant events such as baptisms, marriages, 1st Holy communion to sit alongside the development of the outdoor areas.

(Covers the reflect and worship and the practical action requirements)

Actions to live sustainably with creation

Main action: To establish ourselves as a Fair trade cluster. Also to develop a culture of reducing waste and the use of non-sustainable materials.

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For example : Using products which are ethically sourced. To produce an electronic newsletter for the majority of parishioners. Reduce the need for printed materials. Compost/recycle all waste. Refrain from using single use plastics in the cluster and use as much locally/ethically sourced materials as possible.

Other activities:

1. Rewilding and development of identified outdoor areas. These could be used by children for planting, and installing bug hotels and bird feeders to encourage an attitude of caring for nature and sustainability. They could include a quiet space for prayer and contemplation,an area for outdoor services and celebrations.

2. Continue and extend our role as a collection point for local agencies like the Good Shepherd.

(Covers the practical action, reflect and worship and reaching out requirements)

Actions to live in solidarity with the poor

Main action: Focus on our Cluster principle of " Reaching up and reaching out" we will consolidate the existing great work already going on in the Cluster to support our wider community. Develop the ideas of Catholic Social teaching to put Love into Action. By using the Caritas model we hope to become a community hub focusing initially on the aim of learning how to become a Dementia friendly cluster of churches.

Other activities:

1. Continue to support Local projects such as Compton Hospice, the Good Shepherd , refugees, victims of domestic violence. But to go beyond simply " supporting causes" and to learn how to recognise that "the poor, sick, prisoners, the homeless have the dignity to sit at our table, to feel at home among us and to feel part of our cluster family"

2. Lenten/ Advent drive around Live Simply at home. Making pledges to live more sustainably supported by weekly tips/ideas on the bulletin.
Publishing local initiatives and signposting to ways to live more sustainably.

Name and diocese of parish / community: _____

Signature of parish priest / headteacher: _____ Date:_____

Contact name: _____

Contact address: _____

Postcode: _____

Contact email address: _____

I am applying on behalf of a:

☐ Parish

☐ School

☐ Other type of organisation:

_____

☐ Yes, I would like to join an email list for *live*simply 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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