



Friday 27 March 2026

From climate stewards lent reflections:

Contentment is a practice. If we have food, shelter, and clothing, it should be enough. Yet with the world of a catalogue at the click of a button, it's become too easy to shop for what we don't need.

This week's challenge: fast from excessive and unnecessary buying, and be satisfied with what we already have.

Overconsumption is costing the earth

- **The fashion industry generates 8-10% of global carbon emissions – more than aviation and shipping combined.**
- **670,000 tonnes of furniture are discarded in the UK each year, yet making new furniture produces up to 1,000 times more CO₂ than refurbishing old pieces.**
- **The UK is the 2nd-largest producer of e-waste per capita in the world at 23.9kg per person, yet only 30% is recycled.**

Every new item we buy carries a carbon footprint from resource extraction, manufacturing, transportation, and eventual disposal. When we fast from excessive buying, we reduce carbon emissions.

Waste Hierarchy: Refuse, Reduce, Reuse, Repair and Recycle

The waste hierarchy shows us the most effective ways to cut our carbon footprint. The best option is to refuse to buy in the first place. Next comes reducing what we buy, then reusing and repairing what we have. Recycling comes last – it's better than landfill, but still uses energy.

[WANT MORE INFO? READ THIS ARTICLE ON THE 5Rs](#)

If you must buy, buy better

Before purchasing, ask:

- **Can I repurpose something I already own?**

- Can I pick up a giveaway? (such as Freegle)
- Can I buy it second-hand? (vinted, eBay, Facebook marketplace, charity shops)
- If buying new things, can I find an eco-friendly or fair-trade version?
- Can I buy it locally to reduce transportation emissions?
- Was it made in sweatshop conditions? Avoid mass-produced items from exploitative supply chains

This Lent, give up things made by slave labour: fast fashion, fast furniture and fast food.

THIS WEEK'S CHALLENGES

Have a go at one of the challenges below:



START SIMPLE

- Spring clean your wardrobe - donate unwanted clothes and household items to charity shops
- Sell items you no longer use on Vinted, eBay or Facebook Marketplace



GO DEEPER

- Attend a clothes swap party or local repair café
- Learn basic repairs – sew on a button, fix a hem, tighten furniture joints
- Buy only second-hand this week (charity shops, vintage stores, refurbished electronics)



BIG LEAP

- Zero new shopping this Lent (apart from food and medical essentials)
- Host or volunteer at a repair café in your community (there are ones in Hoole, Buckley and Mold)
- Commit to a capsule wardrobe – use only what you own for the season