

I'M AN AGENT OF CHANGE

1. Pray regularly for those in need and organisations like All We Can who are responding to their needs.
2. Keep up to date with the news from around the world – via bbc.co.uk/world
3. become an All We Can Partner Church and transform lives: allwecan.org.uk/partner
4. Share the Climate Coalition's videos: theclimatecoalition.org/show-the-love
5. Visit jointpublicissues.org.uk to learn how UK churches are responding to current issues in the news.
6. Sign up to receive email updates from organisations you care about. allwecan.org.uk/enews
7. Ask your minister or church-leader to make caring about and responding to injustice a key focus for one of the services at your church.
8. Visit actionforchildren.org.uk/how-to-help to find out about campaigns supporting vulnerable children in the UK.
9. Like All We Can's Facebook page and share the videos on social media: [@allwecanuk](https://www.facebook.com/allwecanuk)
10. Ask your church to use the Rethink Sanctions resource in small groups / services - jointpublicissues.org.uk/rethinksanctions
11. Ask your worship group/organist to help the church learn a new song about social justice – e.g. God of Justice (Tim Hughes).
12. Help some of the homeless people in your area to help themselves by buying a copy of The Big Issue every week: bigissue.com
13. Don't put the heating on unless you have to – if possible just put on a jumper instead.
14. Find out about interfaith projects near you – e.g. Touchstone in Bradford: touchstone-bradford.org.uk
15. Reduce your garden and kitchen waste by composting what you can. Visit recyclemore.com to find out how
16. Switch all lights off when you leave a room
17. Replace your family garden hose with a rain water butt
18. Take a quick shower instead of a bath – be careful because power showers can use as much water as a bath if used for more than five minutes
19. Get creative with a sewing needle on that top that you no longer wear instead of buying a new one. Buy a gift instead for someone who needs it: allwecan.org.uk/gifts
20. Don't throw away old toys or equipment – give them to a family friend, your local nursery or donate to a charity shop (unless they are broken!)
21. Use rechargeable batteries with solar powered rechargers.
22. Reuse old envelopes – just cross out the name and it's as good as new!
23. If your school/uni doesn't have a recycling scheme then suggest one.
24. Make your own lunch instead of buying a sandwich – it saves packaging and money.
25. Eat more fruit snacks – saves packaging as well as having health benefits.
26. Wear more cotton. Cotton absorbs CO2 as it grows, as opposed to polyester which generates it.
27. Only fill your kettle with the water you need
28. Turn appliances off at the mains – a TV on standby uses half the electricity of one that's turned on
29. Share your passion to change the world with a friend at school or church.
30. Do something amazing, give blood regularly: blood.co.uk
31. Turn your thermostat down by 1°C; saving precious energy resources.
32. Don't use the oven to cook just one thing, use the energy for something else in your meal too.
33. Use your local council's recycling services as much as possible – if you don't think they are doing enough then write to them and tell them.
34. Recycle your old mobile phone. 15 million handsets get replaced in the UK every year – that's equal to 1500 tonnes of landfill. Most phone retailers have recycling programmes.
35. Drink tap water rather than bottled water, it's around 500 times cheaper. Chill it in the fridge and see if you can taste the difference
36. Turn the tap off while brushing your teeth – if everyone in your family did this you could save up to 26,000 litres of water a year.
37. Buy energy efficient products – look out for Energy Savings Trust logo: est.org.uk
38. Ask your youth group to use resources about social justice for a month/term – examples available at allwecan.org.uk or jointpublicissues.org.uk
39. Find out if your area is a City of Sanctuary and how you can help local refugees: cityofsanctuary.org
40. When travelling less than two miles commit to going by foot, bike or bus.
41. Become carbon neutral by planting trees to offset your carbon emissions. Visit carbonneutral.com to find out more.
42. Write to your MP about the issue of Climate Change. Visit theclimatecoalition.org
43. Download resources on solidarity with Dalit people in India - mwib.org.uk/index.php/download/dalit-solidarity
44. Ask your parents/church to switch to energy saving light bulbs. They use 80% less electricity and can last up to 12 times longer.
45. Find out more about mental health and how you can be a safe place for others - mind.org.uk
46. Hold a sale where people sell old books/CDs instead of throwing them away.
47. Avoid throwing out junk mail by registering at mpsonline.org.uk to stop receiving it in the first place. Recycle any mail you don't need to keep.
48. Commit to giving God the first/last hour of each day, and use it to spend time in prayer, growing deeper in your relationship with the divine.
49. Read a book about Social Justice (e.g. Shane Claiborne's Irresistible Revolution) and then let your new knowledge lead to action
50. Wear a charity wristband for an issue you feel strongly about and pray for this issue each morning
51. Read the Bible regularly. God's heart for the poor and passion for justice is mentioned over 800 times in the Bible: approximately every 12 verses.

100 WAYS TO CHANGE THE WORLD



I'M AN AGENT OF CHANGE

52. Pray regularly for the people trapped in poverty. Ask God to move in their lives, and continually inspire you with new ways to get involved.
53. Give up watching one TV programme a week and use the time to pray/read about the world
54. Subscribe to JPIT's Praxis newsletter to find out about social justice issues your church can get involved with: jointpublicissues.org.uk/newsletter
55. Show solidarity with the poor by fasting (if you are able to and have checked with a medical professional that it will not damage your health).
56. Instead of spending ages looking in shops for a Christmas gift, give an Extraordinary Gift which help someone else too: allwecan.org.uk/gifts
57. Save up all your loose change and donate it to a worthwhile charity.
58. Find out about Methodist Women in Britain's latest campaigns and how you, your church or local group could support them - mwib.org.uk.
59. Make Fairtrade your habit: commit to buying Fairtrade wherever possible.
60. Let your credit card be a ballot card: only buy products that reflect your values.
61. Become a buddy or mentor to a younger person at your church.
62. Choose a charity or project to donate money to every month for a year, such as allwecan.org.uk/together
63. Find out if your church has a Fairtrade stall and ask if you could help set one up if not.
64. Visit the Stop the Traffik website to learn about clothes, chocolate and other products that might have been made by exploitation stophetraffik.org
65. When giving to a charity, if there is a minimum donation, consider doubling it.
66. Buy fair trade cards for those special occasions - Oxfam is just one of the shops that sell a selection of fairly traded greetings cards.
67. Every time you treat yourself to a luxury item donate a certain percentage of the amount you have spent to a charity you believe in.
68. What is your money doing the other side of the ATM? Find out about your bank's ethical policy, and think about switching.
69. Say no to sweatshops and always try to buy clothes that made in a safe and ethical environment.
70. Ask your church and/or youth group leaders if they would like to use All We Can's resources at Harvest, Lent or Christmas this year: allwecan.org.uk
71. Start budgeting. Make a list of what you spend and split it up into needs and luxury. What could you do with the money you don't need to spend?
72. Learn what to do if you are worried about a child's welfare - visit actionforchildren.org.uk
73. Send your MP a message asking them to make sure everyone has #enough to live on - jointpublicissues.org.uk/enoughtakeaction
74. When you buy clothes ask how the workers are treated, is the company part of ethicaltrade.org
75. Support a local charity shop by buying something once a month - for you or a friend.
77. Organise an information stand with some friends to raise awareness about an issue
78. Ask your school teachers/local school if you can speak in an assembly about a developmental issue, and what people can do to get involved.
79. Stop the Traffik - learn to spot the signs of human trafficking and how to safely report them: stophetraffik.org
80. Write a letter to your MP about an issue you feel passionately about and ask them their position on the issue and what they are doing about it.
81. Get together with a group of friends to work through All We Can's Lent material - allwecan.org.uk/Lent
82. Find out what you can do about global debt - jubileedebt.org.uk
83. Get involved at dosomethinggood.org.uk and join with other people who want to live lives of justice in this world.
84. Encourage your minister to preach on the issue of social justice, or if you're feeling brave you could offer to do it yourself!
85. Write to your local supermarket and ask them to stock more Fairtrade products.
86. Hold a Fairtrade Fashion show at your local church, invite some friends and show people the different products on offer.
87. Ask your minister and church leaders if they receive the regular updates from All We Can and JPIT about church engagement with justice issues.
88. Sign up to Amnesty International write to politicians about injustice: amnesty.org.uk
89. From the age of 18, take time to consider and use your vote wisely.
90. Find one issue you and a group of friends feel passionate about and write one letter a week to your local government until it is answered.
91. Encourage your local football teams to 'play fair' by using Fairtrade footballs.
92. Speak out about an international issue by holding a sponsored silence, perhaps as a group.
93. Organise a family fun day, and raise money to help others: allwecan.org.uk/give
94. Encourage your school/uni to use Fairtrade products (if they don't already).
95. Sign up to receive regular emails about campaigning from an online organisation like causes.com or home.38degrees.org.uk
96. Buy local food to save the pollution of transporting your food.
97. Share video stories about All We Can's work: allwecan.org.uk/video
98. Sign up to Google Alerts to receive daily emails with the latest news on an issues important to you.
99. Put a reminder in your phone for 3 months' time asking yourself if you did what you pledged to - ask yourself if there are other things you could do now.
100. Give a copy of this list to your friends and encourage them to find a way to change something

100 WAYS TO CHANGE THE WORLD

