

ST ELISABETHS



ECO ZINE

OCTOBER 2025



**Roots and Renewal are the
St Elisabeth's Eco Group who meet
regularly to discuss, plan and work to-
gether to raise awareness and improve
the ways in which we can all protect the
world in which we live.**

**Our Eco Champion is Christine and she
along with other members of the group
would be delighted to discuss Eco
matters if anyone wishes to do so.**

We are delighted to announce that on the 16th October 2025 we received the Bronze Eco Church Award from A Rocha UK.

We plan to continue our efforts in working as a community to reach Silver Award in the future.



Stewardship of God's Creation

In September the Roots and Renewal Group led the Sunday service with the theme of 'Creationtide & Being Peacemakers in Seeking Climate Justice'.

David shared the following in his Newsletter (issue 141):

This year's Season of Creation theme is **Peace with Creation**. The prophet Isaiah reminds us that peace is broken when justice is absent, and human destruction leaves Creation desolate. Our hope is that peace will come through justice, but this hope is not passive, it calls us to act, pray, repent, and live in solidarity with God's Creation.

In Scripture, peace (Shalom/Eiréné) is not simply quiet or rest, but the active work of making things whole again. Isaiah tells us peace flows from seeking righteousness. Jesus calls us to love God and our neighbours—near and far. In today's world, that includes loving those most affected by climate change, especially in vulnerable communities across the globe.

The injustice is stark: nearly 800 million people live in extreme poverty, and yet those least responsible for climate breakdown suffer its worst effects. We are called to respond with love - by living sustainably, supporting projects like Esubi that bring education and resilience, and speaking out for policies that promote climate justice.

Members of the Church were invited to write eco commitments onto post-it notes and to place them on the alter. These commitments were made as agreement from individuals to change their habits and show more care for God's creation.

Christine has kindly summarised them into the table overleaf.

St Elisabeth's Eco Commitments

St Elisabeth's congregation commitments to changing habits to show more care for God's creation

Theme	Commitment
Water	Use less water in the shower
	Collect water for flushing loo
	Save water
	Save water to water plants
	Reduce water usage
	Save water
Products	Try eco toilet bombs
	Change kitchen products (dishwasher/laundry/cleaning) to be eco-friendly.
	Use eco sustainable dishwasher tablets and other products.
	Change to eco dishwasher tablets
	Use an alternative to scotchbrite
	Use bamboo wipes instead of paper towel
	Use bamboo cleaners (wipes)
	Use bamboo cloths
	Use more eco friendly cleaning products
	Buy soda crystals
Habits	Buy less cleaning products.
	Try some of tips mentioned at church
	Check all cleaning products
	Don't wash clothes unless basket full.
	Travel more sustainably using public not private; train not plane.
	Take empty plastic bottles to be refilled.
	Stop using single use products
	Make an effort to switch to refill products wherever possible in order to reduce plastic.
	I will make the effort to buy less cleaning products
	Try cleaning with soda crystals
	Use refillable containers
	Use a composter
	Use Ethical Superstore for online shopping
Knowledge	To read more and to be more educated
	To become more aware of ways to become more environment friendly
	Try to be more aware of damage caused to planet through negligence of using plastic.
Campaigning	Raise issues of packaging with supermarkets
	Sign petitions relating to justice

RECYCLING UPDATES

Council to launch new weekly food collections in 2026

Cabinet councillors have approved plans to introduce a new weekly food waste collection service for all Eastbourne homes starting in spring 2026, bringing a welcome boost to the town's recycling rates.



The move is in line with the government's requirement for all councils to operate a weekly food collection from next year.

Councillor Colin Swansborough, Cabinet Member for Regulatory Services, Staff, Performance and Enterprise, said: "This new, free-to-use service will bring environmental benefits with food waste being diverted to a composting facility, which will reduce the amount of household waste that is sent to incineration. Collections will be carried out by an ultra-low emission EV fleet, which marks another positive step towards achieving our carbon net zero goals."

To make it easy for residents to participate, a free roll of compostable caddy liners will be provided with new indoor and outdoor food waste caddies.

In light of the above, the following YouTube video provides an easy to watch round up of the new recycling laws which are coming into effect in April 2026 <https://youtu.be/fuwaOiTHI7U?si=xkqWyo0TGEMDncRO>

If you are interested in following the efforts of Eastbourne's Eco Warriors, take a look at <https://ecoactioneb.co.uk> where you can see all the news and events organised by the Eastbourne ECO Action Network as they continue on their mission to help our town to become a Carbon Neutral town by 2030.



EASTBOURNE ECO ACTION NETWORK
CARBON NEUTRAL 2030

ECO FRIENDLY SHOPPING

Through our discussions at the Eco Meetings we have realised that many of us were unaware of some local treasures where eco products can be purchased, repairs can be undertaken, items can be given a second life etc. Below are some of our favourites but feel free to let us know if you have any recommendations to share:



This store is located on South Street (in town) and offers shoppers the opportunity to 'refill' using their own containers. They offer nourishing wholefoods, eco-friendly toiletries, natural remedies and much more.



Can be located in Unit 1 (up the lane) between house number 81 and 83 on Dudley Road. They can be found on Facebook for more information regarding opening hours.



The Eastbourne Scrap Store are all about 'Reduce, Reuse and Recycle'. One person's rubbish might be another person's treasure. If you love crafts this is the perfect place to visit! Located on the back of Langney Community Centre!

ECO FRIENDLY SHOPPING



Refill and reuse environmentally friendly products

I've been visiting Little Chelsea Health Store in South Street, for a while now, to reuse my containers for cleaning products.

Mel operates a 'closed loop' system with the suppliers, so they take back her large empty containers to reuse and supply her with refilled containers, thus cutting down on waste going to landfill.

She is also willing to order large containers of products for customers if they are willing to return the containers to her. This way if you prefer to store a large container at home, the empty container will not go to landfill.

I take along my small empty containers and get her to refill them for me. If I don't have an appropriate container, she has a basket full of donated containers for customers to use.

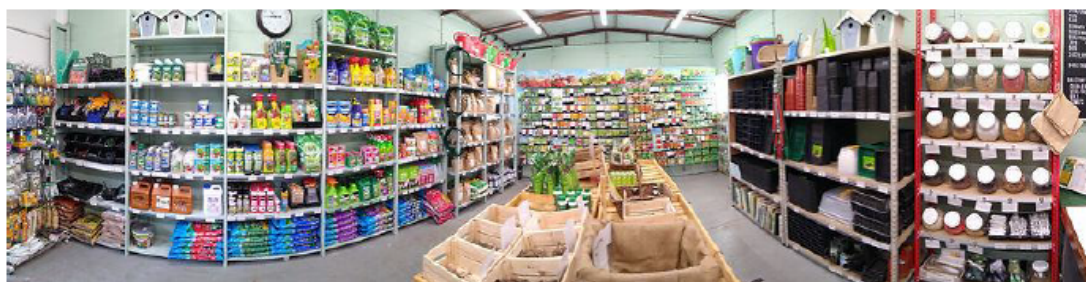
She explained that she carefully checks the provenance of the companies she uses and tries wherever possible to only use UK companies.

She also has a 'refill club' so you get the 10th refill free (I've not got there yet!).

Her food products are also supplied as much as possible from local companies, and she also sells biodynamic products.

Written by Christine

Garden supplies and recycled garden tools @ EAGS



Did you know that you can become a member of the **Eastbourne Allotments and Garden Society (EAGS)** even if you do not have an allotment? I joined a few years ago, when I still had a garden, and often made use of the shop, The Potting Shed, in Gorringe Road. There is a wonderful supply of seasonal products such as seed potatoes and garlic, as well as all the different seeds you may ever want to try growing and of course all the soil improvers and enhancers to make your tomatoes grow even bigger! I would often go there to get sacks of soil and compost for my garden. It's a gardener's treasure trove and much better prices than at the garden centres. There is often a sale shelf outside the shop where people sell surplus seedlings and plants too, so if you don't want to grow your courgettes from seed you can find young plants that someone else has started off.

Even more useful is the shed where you can purchase second hand tools at a fraction of the price of new. And another shed selling netting and various garden 'fabrics' by the meter.

For £10 you can become a lifelong member of EAGS, check it out! [Eastbourne Allotments Home](http://EastbourneAllotmentsHome).

Below is a link to the 'Climate Eco Café' being held monthly at the Towner until the end of January 2026.



<https://townereastbourne.org.uk/whats-on/climate-eco-cafe>

Climate Café is a chance for you to share how the climate emergency and related biodiversity crisis are affecting you.

The focus of discussion in a Climate Café is our immediate thoughts and feelings rather than what we are doing (or not doing). We make space for uncertainty, instead of merely wishing it away.

What is our over consumption doing to our planet?

Of course we are all consumers, we have to be to survive. But... how did we (that 'we' is mostly those of us that live in the Global North*) become such ardent over consumers that our planet is in an existential emergency and we are, bit by bit, destroying the conditions we need to survive?

We are using the earth's resources at an alarming rate, but also:

Overconsumption isn't just about how much we use - it's also about what happens after we're done with it. The more we consume, the more we throw away, creating a waste crisis that is spiralling out of control. (Kara Anderson, Greenly 2025)

It's not all our fault of course, although this is no excuse. We are constantly influenced by organisations through their marketing strategies. Social media, magazines and such like are also feeding our desire to want more and keep us buying. A particularly devious manufacturing practice, in my opinion, is planned obsolescence. This is the practice of intentionally designing products with a limited lifespan or features that will become outdated, encouraging consumers to purchase replacements.

Some of these organisations have little (or no) concern for the planet and the effects they have on humankind and the natural world. Many more are limited by their mandated main concerns: increasing profits and dividends to shareholders, thus, quite frankly, making the rich richer. In a June 2025 report, Oxfam analysis shows that between 1995 and 2023, global **private** wealth grew by \$342 trillion. ([Oxfam Report](#)) Governments focused on economic growth rather than sustainable circular economies impact hugely on this issue too.

These global production figures (from the Netflix documentary - The Shopping Conspiracy, 2024) are mind blowing and it's only a small snapshot (*global population is about 8.2 billion*):

- 2.5 million shoes produced each hour
- 68,773 phones produced each hour
- 190,000 garments produced each minute
- 12 tons of plastic produced each second
- 712 million trees cut down each year just to provide the world with **loopy paper** (source: The World Counts)

So, where does all this stuff go when we no longer want it. The list below is just clothes and shoes, think of all the other items you might dispose of during a year (source: The Shopping Conspiracy documentary):

Globally

- 25% of clothing waste is incinerated
- 8% of clothes are reused/repurposed
- 10% are recycled
- The rest going to landfill - 60% petroleum-based fabrics (Polyester)

UK

300 million pairs of shoes are thrown out - the majority going to landfill as they are not easily recyclable (Source: Dover District Council)

Wealthier countries often export their waste, transferring the environmental problem to others.

Many clothes end up in Ghana, which has become a “fast fashion graveyard”. Shamefully, the UK is the biggest contributor. These clothes are often largely made of plastics like polyester that break down into harmful microplastics and release toxic chemicals that put people and wildlife in grave danger.

(Greenpeace 2025)

So what can we do?

We all need to reduce the level of our consumption! Here are some of the ways we can do this:

- Shopping our own homes – we often have so much stuff that we can forget what we have! Perhaps the items you want to buy is already in your home or you may have an item that you can repurpose.
- Ask family or friends for the item you need, they may have it and no longer need it. You can also request items via sites like Freecycle.
- Repair items. There are many YouTube videos teaching people how to make simple repairs. Also you may have people with these skills within your family and friendship groups so sharing your skills with others is a great way to extend the life of garments, for example.
- Extend the life of your appliances by maintaining them correctly and regularly.

Continued...

- Reduce purchases that generate waste e.g. plastic food packaging, disposable items.
- Plan meals so that you reduce food waste.
- Use sites like Freecycle, Olio etc for free items. Use these sites to also give away items you no longer need.
- If, after taking some time to consider if you really need an item, shop second hand – not just for clothes but for everything!! Almost all items can be found pre-used and in the case of electrical items, for example, tested and reconditioned.
- Hire or borrow item such as clothes, books, tools, appliances, and vehicles instead of owning.
- If you do have to purchase new, buy the best quality items you can afford and care for them well.

By Susan Santos

*The term Global North generally refers to economically developed countries, primarily located in the Northern Hemisphere. This includes countries in Europe, parts of East Asia (Japan, Singapore, South Korea, Taiwan), Israel, USA, Canada, Australia and New Zealand.

Image: Unsplash



Nature on our doorstep...

Nature on our doorstep - Shinewater Lake.

How many of us knew that we had beautiful nature in the middle of a residential area in Eastbourne?

Shinewater Lake is accessed via Larkspur Drive and the No1 bus will take you there from outside St Elisabeth's Church (or anywhere else along its route). Parking is on Larkspur Drive itself. There are areas around the lake with picnic benches - a cafe/toilet area has been constructed but is not yet open. For more information see link below.

<https://www.alltrails.com/en-gb/trail/england/east-sussex/shinewater-lake-circular>

By Sue Fifield



The wonders of nature...

Spending time connecting with nature is brilliant for our mental wellbeing. It is proven to reduce stress and anxiety, lift our mood and help our mind rest. Scientifically it is recommended that 20 minutes a day in nature can be beneficial.

For more information about the health benefits of being out in the natural world visit: <https://www.wwf.org.uk/prescription-for-nature>

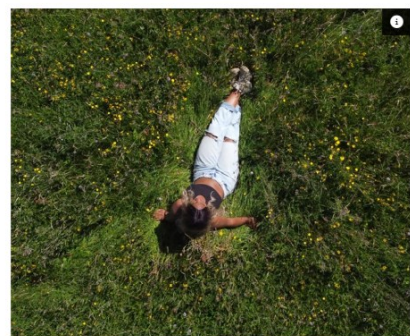
8 ways to get your daily dose of nature



+ Active in Nature -



+ Family Fun -



+ Accessible Activities -



+ Mindful Moments -



+ Nature in your Garden -



+ Urban Explorer -



+ At Home with Nature -



+ Creative Crafts -

Sussex Nature

Amy King is a young Sussex-based photographer and filmmaker who has recently captured some magic in a beautiful short film made at Woods Mill Nature Reserve near Henfield. Amy's film shows some of the extraordinary forms that mushrooms take, and the ingenious ways they disperse their spores.

Narration is by fungi expert Clare Blencowe, whose voice combines with the forest footage and music to make this a wonderfully peaceful watch.

Watch the film here: [Two minutes of peace with the fungi of Woods Mill | Sussex Wildlife Trust](#)



Train Travel in the UK by Christine

During the past 12 months I have been re-learning the joys of travelling by train and getting to see some more of this beautiful country we live in. I am fortunate to have friends scattered across different parts of the UK, which gives me an incentive to travel.

There are many different railcards available making travel a bit cheaper, and most people can find one that suits their needs. Check these sites: [Railcards | Digital Railcard and Prices](#); [Railcards | Digital Railcard Prices & Discounts](#); [UK Digital Railcards for £35 | Buy Online with Trainline](#). Having a disabled persons railcard means that if I have a companion with me, they can also use the 30% discount.

Trying to find the best price tickets can be a bit of a challenge! I have downloaded a number of different train companies' apps to try to check prices. Trainline are good for finding your preferred travel options but not always the best place to buy your tickets. Beware, because if you buy from a third party (which Trainline is) you can't always get a refund if you change your plans. I have found the staff in the ticket offices at Eastbourne and at Polegate very helpful and knowledgeable when buying tickets, and if you buy directly from Southern you can always get a refund or change your ticket if your plans change. Tickets are issued up to three months ahead, and discounted tickets are in limited supply so if you are able to plan ahead you can set up an alert on your email and you will be informed immediately the tickets for your journey are released so you can try to get a good discount.

Because of my limited mobility these days I don't use the tube anymore but fortunately we have new train lines linking stations across London, which did not exist when I was younger! I can catch a train in Eastbourne, change at Haywards Heath and get all the way to Cambridge. Or get off at St Pancras International and walk a few minutes to Kings Cross or just a bit longer to Euston and change to a train going to the North of England and further to Scotland.

When traveling to the West Country I can either change at Clapham Junction and get a slow train going west or go to Victoria and get the number 36 bus (free with a bus pass) directly to Paddington, where the Riviera Express will take you to Penzance!

It is always a good idea to book a seat on longer journeys. When travelling to Edinburgh last June I managed to access tickets with a very good discount and decided to travel 1st class. The bonus of a first-class ticket is that you get a meal served at your seat and access to the 'lounge' at the station while waiting for your train.

The seats are also a bit wider and, as I was travelling with my son on that journey, he appreciated the extra legroom!

I have to admit that the worst part of the journey for me is often travelling through Gatwick where, unfortunately, the trains can be very busy as people arrive or depart from the airport.

Delays can mean that connections are missed, but there are good compensation systems in place and it's generally very easy to get the compensation paid into your bank account.

I would encourage everyone to consider leaving the car behind and taking a journey by train, even if it is just once or twice a year.

Holidays by Train (by Sue Fifield)

Do you fear flying? Do you enjoy it but are concerned about the environmental impact of air travel? We fall into the latter category and intentionally chose to take a holiday by rail this year. We chose to travel with Great Rail Journeys. Our 10 day holiday took us from London St Pancras to Paris via Eurostar, then onwards to Turin on the high speed French railway. After our time in Turin we travelled by train again down to Sestri Levante on the Italian Riviera where we were based for 7 nights and from where we visited the Cinque Terre villages, Portofino, Genoa by local train/boat/coach before making our way back via San Raphael on the French Riviera, and back to Paris for the Eurostar to London.

Are there negatives? It takes longer to reach your ultimate destination, but a relaxing way to travel with more opportunities to enjoy scenery. Luggage - there is no bag drop(!) or porter, but it is possible with GRJ to send a bag ahead on both outward and return journeys so you can travel lighter.

Will we do it again - definitely!

Portofino



Sestri Lavante



Dreaming of a Green Christmas

The potential for over consumption and waste during the festive period is huge so our efforts to change this will have a significant impact on our environment and will make a huge difference in reducing our individual carbon footprint.

The UK typically generates an estimated 3 million tonnes of waste during the Christmas period. Christmas contributes to a significant spike in overall waste, producing about 30% more than other times of the year. This includes the following each Christmas (in the U.K. alone), that are thrown away (or recycled but the majority is thrown).

- 7.5 million mince pies.
- 11 million potatoes.
- 5 million Christmas puddings.
- The equivalent of 2 million turkeys.
- 227,000 miles of wrapping paper.
- One billion Christmas cards.
- 500 tonnes of fairy lights.
- Approximately 8 million Christmas trees.
- 3,500 tonnes of disposed glass
- One in ten unwanted Christmas presents end up in landfill.



(Source: wastemission.com)

Below are some ideas for a more sustainable Christmas. **You may have others, please share with the St Elisabeth's Roots and Renewal group.**

Christmas Tree

Make your own, the wall tree (picture above) was created by my daughter from woodland branches.

If you have an artificial tree don't get rid of it, use it and look after it so it lasts a long time. If you must buy an artificial tree, buy second hand or get free from freecycle or similar. Potted/rooted Christmas trees have an extended life rather than being thrown away after the holiday.

Christmas Decorations

Don't buy new, use what you have or buy second hand or source from freecycle or similar. Avoid baubles made of plastic including tinsel and other plastic based decorations, but if you already have these items use them.

Make your own tree decorations. Make a garland from foraged and garden plants and branches.

Christmas Cards

Cards with glitter/metal on them can't be recycled so avoid. Make your own cards from recycled items (and enter your card into our WI December competition!) Send a free e-card, Friends of the earth and The World Wildlife Fund are among organisations who offer this service.

Gifts

Buy used gifts or make your own.. Wrapping – use what you have book/magazine pages, repurposed wrapping paper, old tins, fabric. Dress your gift using sprigs of greenery or homemade pompoms, for example. Wrapping paper with glitter/metallic on it can't be recycled so avoid.

Avoid novelty gifts that will inevitably be thrown away (and they will be thrown, as most can't be recycled).

Gift an experience or something you can offer, for example, babysitting, gardening, clean a car – make your own voucher.

Use eco tape; Washi, paper or Sellotape Zero Plastic.

Make your own labels, use last year's Christmas cards, for example.

Christmas Table

Don't use single use items like napkins, buy used or make using repurposed fabric. Avoid Christmas crackers containing tiny bits of plastic and novelty items. Make your own, include a small sustainable gift.

By Susan Santos

ECO CLEANING PRODUCTS

Homemade Toilet and Bathroom Cleaners:

To replace Chlorine Bleach Products (very harmful to the environment, just read the back of the product bottles!)

Nancy Birtwhistle's Pure Magic

A natural toilet cleaner (also for the toilet bowl), free from harsh chemicals. A natural way to avoid using bleach or other toilet cleaners containing bleach. As well as killing germs it destroys limescale, and smells very fresh. It also cuts down on plastic as well as being good for your purse! I usually make a double amount of this. *Note: this is a heavy duty acidic cleaner and is not suitable for surfaces that require a non-acidic cleaner.*

Ingredients

200g citric acid*

150ml just-boiled water

20ml eco-friendly washing-up liquid

10-20 drops tea tree oil

Method

Place the citric acid crystals in a heatproof measuring jug and pour over just-boiled water.

Stir until the liquid is clear and the crystals have dissolved, then add the eco-friendly washing-up liquid and tea tree oil and mix well.

Leave the liquid in the jug to cool completely, uncovered, for a few hours then pour into a 400ml glass bottle with spray attachment and screw top.

* I buy a 5 kilo tub (which is very economical), it's food grade so you could use in your baking too!

Nancy Birtwhistle's Non-acidic Multi-surface Cleaner

Ingredients

50g washing soda (Soda Crystals)

200ml just-boiled water

10ml eco-friendly washing-up liquid

10 drops of essential oil of your choice (non-acidic) – natural antibacterial e.g. Tea Tree, Lavender, Peppermint

Method

Place the soda crystals in a heatproof measuring jug and pour over just-boiled water.

Stir until the liquid is clear and the crystals have dissolved, then add the eco-friendly washing-up liquid and essential oil, mix well.

Pour into a 400ml glass bottle with spray attachment and screw top.

Bathroom and Toilet Cleaner

Ingredients

60 ml Castille Liquid Soap

240 ml Water

50 drops Tea Tree essential oil

Method

Combine all ingredients in a spray bottle and shake well. Spray on all bathroom surfaces, wipe clean with damp cloth. Can be used on the toilet also.

Green Bleach

Whiten, clean, sanitise and deodorise by using Sodium Percarbonate (oxygen bleach). It is not harmful to the environment as it decomposes into oxygen, water and salt unlike chlorine that hangs around for years and years.

Picture an example, there are lots of brands/ suppliers.



VEGAN RECIPES

Easy Ginger Cake

Recipe given to Sue Fifield by Bill Fennell who used to be a member of St E's

Prep Time 10 min Cook Time 25 min Total Time 35 min
Author Domestic Gothess

Ingredients

- 450 g (3 + $\frac{3}{4}$ cups) plain (all-purpose) flour sifted
- 1 $\frac{1}{4}$ tsp baking powder
- 1 $\frac{1}{4}$ tsp bicarbonate of soda (baking soda)
- 4 $\frac{1}{2}$ tsp ground ginger
- 2 tsp mixed spice (pumpkin spice)
- Chopped stem ginger (optional)
- 160 g ($\frac{3}{4}$ cup) caster (superfine) sugar
- $\frac{1}{2}$ tsp salt
- 160 ml ($\frac{2}{3}$ cup) sunflower oil (or another neutral oil)
- 200 g (7oz) golden syrup
- 200 g (7oz) treacle (molasses)
- 360 ml (1 $\frac{1}{2}$ cups) boiling water



Lemon Glaze:

75 g icing (powdered) sugar sifted
juice of $\frac{1}{2}$ a lemon

Instructions

Preheat the oven to 180C/350F/gas mark 4. Grease a 23x33cm / 9x13inch rectangular cake tin and line with a strip of baking parchment. Whisk together the sifted plain flour, baking powder, bicarbonate of soda, ginger, mixed spice, caster sugar and salt in a large bowl. Add the golden syrup, treacle, sunflower oil and boiling water to the bowl and whisk until no lumps of flour remain. Pour the batter into the prepared tin and bake for about 25 minutes, until a skewer inserted into the centre comes out clean. Leave to cool in the tin for 20-30 minutes then carefully flip the cake out onto a wire rack and leave to cool completely. To make the lemon glaze, place the sifted icing sugar in a bowl and gradually stir in enough lemon juice to reach a drizzling consistency.

Mushroom Wellington with Onion Gravy and Mash (vegan)

Ingredients and instructions are for **2 people**

-  Puff pastry (160g)
-  White cup mushrooms (160g)
-  Shredded kale (120g)
-  White potato x 3
-  Red onion
-  Walnuts (25g)
-  Shallot
-  Balsamic vinegar (15ml)
-  Soy sauce (8ml)
-  Garlic clove
-  Vegetable stock mix (5.5g)
-  Dried sage (1tsp)

Preheat the oven to 200°C/ 180°C (fan)/ gas 6 and boil a full kettle

Peel your **potatoes** and chop them into large, bite-sized pieces

Wash your **shredded kale**, then pat dry with kitchen paper, then peel your **shallot[s]** and **garlic**

Peel and finely slice your **red onion[s]**

Add the **chopped potatoes** to a pot with plenty of **boiled water** and a generous pinch of **salt** and bring to the boil over a high heat

Once boiling, reduce the heat to medium and cook for 12-15 min or until fork-tender

Once done, drain and return to the pot with a small knob of **butter** and a splash of **milk**, season with **salt** and **pepper** and mash until smooth

Add the **peeled garlic** and **shallot[s]**, **white cup mushrooms**, **dried sage** and **walnuts** to a **food processor** and pulse for 3 secs or until roughly blitzed – this is your **mushroom mixture**

Tip: If you don't have a food processor, chop everything finely!

Heat a large, wide-based pan (preferably non-stick) with a drizzle of **olive oil** over a medium-high heat and once hot, add the **mushroom mixture** and **soy sauce** to the pan, then cook for 3-4 min or until all the liquid is absorbed

Meanwhile, line a baking tray with **non-stick baking paper**

Unwrap your **puff pastry** and roll it out to approx. 0.5cm thickness with a **rolling pin** and cut into 1 square per person

Divide the **mushroom mixture** evenly between the pastry squares, covering one half, then fold the pastry over the mushroom mixture to form a sealed parcel[s] (reserve the pan)

Put the tray in the oven for 20-25 min or until the pastry is golden and cooked through – this is your **mushroom Wellington**

Once the Wellington is in the oven, cut a large piece of **tin foil** (or two!) approx. the size of a sheet of A3 paper

Lay the **shredded kale** in the middle with a knob of **butter** and 1 tbsp [1 1/2 tbsp] [2 tbsp] **water** and scrunch the edges of the foil around the shredded kale to form a sealed parcel[s] then place on a separate baking tray

Add the tray to the oven for 10-15 min or until tender – this is your **roasted kale**

Reboil half a kettle

Return the reserved pan to a medium-high heat with a knob of **butter**

Once hot, add the **sliced onion** with 1 tsp [1 1/2 tsp] [2 tsp] **sugar** and your **balsamic vinegar** and cook for 5-6 min until caramelised

While the onion is caramelising, dissolve your **vegetable stock mix** in 250ml [375ml] [500ml] **boiled water**

Once the onion has caramelised, add 1 tsp [1 1/2 tsp] [2 tsp] **flour** to the pan and cook for 1 min, stirring until the onion is evenly coated in the flour

Pour in the **vegetable stock** and cook for 7-8 min or until thickened to a gravy-like consistency – this is your **onion gravy**

Serve the **mushroom Wellington** over the **mash** with the **roasted kale** to the side

Pour the **onion gravy** all over

Enjoy!



Christmas Shopping...

Before you rush out and buy Christmas presents this year, why not take some time to shop local in places like:

'Oxfam' in the town centre, the Second Hand Book Shop on Grove Road, the new art and craft collective shop called Starlings (also on Grove Road). Many of these shops provide a second life to items that otherwise would have been discarded and thrown away, but we are also fortunate to have many shops who make gorgeous items from natural resources.

Below are a list of websites that are also worth a browse:

<https://www.wrap.ngo/media-centre/press-releases/christmas-all-wrapped-wrap-shows-how-have-sustainable-christmas-and>

<https://www.wwf.org.uk/green-christmas-gift-guide>

<https://www.finder.com/uk/banking/unwanted-gifts>

<https://www.pillarboxblue.com/diy-scandinavian-christmas-decorations/>

<https://moralfibres.co.uk/zero-waste-christmas-decorations-to-diy/>

<https://www.wwf.org.uk/top-tips-sustainable-christmas>



Useful Websites

Eco Church - An A Rocha Project [Eco Church - An A Rocha UK Project](#)

Creation Care scheme – register your church and household, promote the free online questionnaire and ideas for next steps towards a Bronze, Silver or Gold award and offer to present certificates in your church services.

<https://creationcare.org.uk>

Church of England Net Zero Carbon Church – help choose the right actions for your church. [https://](https://www.churchofengland.org/resources/churchcare/net-zero-carbon-church)

www.churchofengland.org/resources/churchcare/net-zero-carbon-church

Church of England Environment Programme - information, webinars and recordings. <https://churchofengland.org/about/church-england-environment-programme>

Tearfund's Climate Emergency Toolkit – use step by step to help your church respond to the climate emergency. <https://climateemergencytoolkit.com>

One Planet - Connect with local environmental and community groups, schools and councils to share information, expertise, ideas and resources and work together to make a difference. <https://OnePlanet.com>

St Marks Holbrook - Have fun enjoying God's creation, working together and celebrating your achievements.

More information: <https://www.stmarksholbrook.org.uk/EcoChurch>

Green Christian - <https://greenchristian.org.uk/>

A Rocha - <https://arocha.org.uk/>

CofE - <https://www.churchofengland.org/about/church-england-environment-programme>

Too Good To Go - Social impact company on a mission to inspire and empower everyone to fight food waste together.
<https://www.toogoodtogo.com/>

Olio - Beat waste with Olio: the app for finding what you need and sharing what you don't with local people. <https://olioapp.com/en/>

Royal Mail Opt Out - Opting out of receiving leaflets or unaddressed promotional material. [How do I opt out of receiving any leaflets or unaddressed promotional material?](#)

Eastbourne Scrap Store - [Eastbourne Scrap Store - Reduce, Reuse and Recycle | ESCIS](#)