

SWA ECO NEWS

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HEDGEHOGS

By Josh Garnett



As we approach spring and our wildlife start to emerge hungry from hibernation, consider feeding your local hedgehogs. If you live in a rural area with green space and gardens, you may have hedgehog activity. The hedgehog population of the UK is rapidly decreasing (as fast as by 8.3% per year) as our towns and villages spread, but we can prevent this. Hedgehogs can eat any wet or dry cat or dog food and (although more expensive) specialist hedgehog food can be found on the market. By leaving a small bowl of food out at night, you can help to support your local population. However, please note that other animals like cats can steal this food. If your food is being eaten, it may be worth staying up a little later one night to see who's really taking it.

Veganuary

Veganuary is an annual challenge run by a UK charity that promotes veganism by encouraging people to try a vegan diet for the month of January. Eating a plant based diet is more sustainable than consuming animal products - according to the vegan society, reducing your consumption of animal products is one of the most effective ways to reduce our impact on the environment, since the production of meat and other animal derived products requires large amounts of grain which contributes to deforestation, habitat loss, and water usage. A vegan diet considerably lowers usage of water and agricultural land. Veganuary is extremely popular, with 629,000 participants in 2022 from 228 countries. They provide lots of support, such as recipes and tips, as well as providing a community to share your experiences. So whether it's for environmental, ethical or personal reasons, why not try eating a plant-based diet, even just for the month of January?

By Charli Morris

ECO COMMITTEE'S NEW YEAR RESOLUTIONS

- To eat more plant-based foods
 - To use less plastic and choose reusable products instead.
- To make my garden more bee friendly by planting wildflowers.
 - Car share, walk, cycle or use public transport, especially for short journeys

Are your new year resolutions to do with helping the environment? If so, join us at Eco Committee, Wednesday week A lunchtimes in room 115