

## YOUR GUIDE TO THE *Livesimply* award

**Please use this simple template to make your action plan, return a completed copy to CAFOD and we will send you your *livesimply* 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](http://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](mailto: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 *livesimply* award.

## **Actions to live simply**

Main action: To develop extra-curricular gardening clubs to grow produce in school.

Other activities:

1. Each class to hold Collective Worship outdoors in the Spirituality garden, once per term.
2. Encourage families to make a donation towards a Cafod World Gift, rather than children sending Christmas cards to one another.

## **Actions to live sustainably with creation**

Main action: Reduce our energy use by appointing 'Eco Monitors' in each class who will be responsible for turning off lights, appliances and air conditioning (where appropriate).

Other activities:

1. School council to organise a "Walk to school" week to encourage families to use their cars less.
2. Eco Monitors and the school council to organise an Eco week to raise children's knowledge and awareness of Laudato Si and Pope Francis' vision for our Common home.

Please send us a copy of your plan to [livesimplyaward@cafod.org.uk](mailto: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 *livesimply* award.

## Actions to live in solidarity with the poor

Main action: Termly foodbank collection for the poorest in our local community.

Other activities:

1. Cafod assemblies and workshops during the year to raise children's awareness of global issues and children's rights.
2. Fairtrade stall to be held once per term.

Name and diocese of parish / community: \_St Anne's Catholic Primary School, Liverpool

Archdiocese \_\_\_\_\_

Signature of parish priest / headteacher: \_\_\_\_\_ Date: \_\_\_\_\_

Contact name: \_\_\_\_\_ Sophie Volynchook \_\_\_\_\_

Contact address: \_St Anne's Catholic Primary School, Monastery Lane, Sutton, St Helens, Merseyside \_\_\_\_\_

Postcode: \_\_\_ WA9 3SP \_\_\_\_\_

Contact email address:  
\_\_\_\_\_ Sophie.volynchook@sthelens.org.uk \_\_\_\_\_

I am applying on behalf of a:

- Parish
- School**
- Other type of organisation:

\_\_\_\_\_

Please send us a copy of your plan to [livesimplyaward@cafod.org.uk](mailto: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 *livesimply* award.

- Yes, I would like to join an email list for *livesimply* award contacts to share resources, questions and ideas.
- Yes, I'd like to receive campaigns news, action and updates from CAFOD by email.

Please send us a copy of your plan to [livesimplyaward@cafod.org.uk](mailto: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 *livesimply* award.